

## **MODIFIED CASE FORMULATION CONTENT CODING METHOD**

### **Sub-categories**

#### **Descriptive category of information**

1. Identifying information
2. Symptom identification
3. History of previous episode
4. Medical history (adulthood)
5. Developmental history
6. Adult life history
7. Mental status information
8. Other descriptive information
9. Need for more descriptive information

#### **Inferential category of information**

10. Problems in global functioning
11. Symptoms/problems inferred from the vignette
12. Predisposing events
13. Precipitating of current stressor
14. Inferred mechanism psychological
15. Inferred mechanism biological
16. Inferred mechanism socio-cultural
17. Positive motivation for treatment
18. Identified therapy interfering behaviour

#### **19. Diagnosis (single category)**

#### **Treatment category of information**

##### *Type of treatment/therapy considered*

20. Individual therapy
21. Individual CBT
22. Individual psychodynamic or interpersonal
23. Group therapy
24. Couples and family therapy
25. Inpatient/psychiatric/hospitalisation
26. Refer elsewhere
27. No psychotherapy recommended

##### *Evaluation and assessment*

28. Assessment
29. Physical assessment

- 30. Psychometric testing
- 31. Further develop the case conceptualisation
- 32. Ongoing use of scales to monitor symptoms

### *Specific structured techniques*

- 33. Specific structured CBT techniques (thought record, five-part model, activity schedule etc)
- 34. Relaxation
- 35. Exposure
- 36. Assign homework
- 37. Role playing
- 38. Explicit psycho-education

### *Broad aspects of the patient*

- 39. Possible red flags
- 40. Treatment contract (problems& goals)
- 41. Client therapist relationship
- 42. Signs and symptoms.

### *Predisposing events and traumas*

- 43. Predisposing events
- 44. Childhood and adolescence
- 45. Adulthood
- 46. Precipitating and current stressor
- 47. Past therapy relationships
- 48. Family Psychiatric history

### *Underlying Psychological mechanisms*

- 49. Psychological mechanisms (the vicious cycle)
- 50. Problematic aspects of self (core belief/schema work)
- 51. Problematic aspects of relationships with others
- 52. Dysfunctional thoughts not related to self and others
- 53. Affect regulation
- 54. Defences/ coping mechanisms (compensatory behaviours)
- 55. Skills and social learning deficits

### *56. Social and cultural factors*

#### *57. Biological factors*

#### *58. Strengths in global and occupational functioning.*

