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**THE DEVELOPMENT OF THE HOMEWORK ADHERENCE AND  
COMPETENCE SCALE (HAACS): A MEASURE FOR ASSESSING  
THERAPIST ADHERENCE AND COMPETENCE IN  
ADMINISTERING HOMEWORK ASSIGNMENTS  
WITHIN COGNITIVE BEHAVIOUR THERAPY**

**A thesis presented in partial fulfilment of the requirements  
for the degree of Master of Arts in Psychology  
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## ABSTRACT

Homework assignments are considered an integral feature of Cognitive Behaviour Therapy (CBT) and are believed important in producing and maintaining treatment gains. Accordingly, increasing attention has been focused on measuring therapist adherence and competence in administering homework assignments in CBT. Existing measurement instruments have been criticised for, among other things, having a limited homework focus. The present study describes the development of the Homework Adherence And Competence Scale (HAACS); a new measure for specifically assessing therapist adherence and competence in administering homework assignments within CBT. An empirically and theoretically based guiding model for practice is described, which underpinned the development process. The detailed pilot testing and measure revision process is also described. The final version of the HAACS has evidence for face and content validity, and had excellent interrater reliability for both the adherence and competence constructs.



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