Appendix B

Details of Item responses for all outcomes at all time-points

Appendix B. 1 –Secondary outcome items at baseline 3, 6 and 12 months

*i) Mental health status and ii) Substance use measures*

| **Assessment** | **item** | **Summary statistics/categories** | **Empower** | **TAU**  |
| --- | --- | --- | --- | --- |
| base | 3m | 6m | 12m | base | 3m | 6m | 12m |
| **PANSS** | 1 Delusions | Pseudo continuous (1-6)n; mean(sd), median(IQR), min/max |  |  |  |  |  |  |  |  |
| 2 Hallucinatory Behaviour |  |  |  |  |  |  |  |  |
| 3 Unusual Thought Content |  |  |  |  |  |  |  |  |
| 4 Suspiciousness Persecution |  |  |  |  |  |  |  |  |
| 5 Grandiosity |  |  |  |  |  |  |  |  |
| 6 Somatic Concern |  |  |  |  |  |  |  |  |
| 7 Lack Of Spontaneity |  |  |  |  |  |  |  |  |
| 8 Blunted Affect |  |  |  |  |  |  |  |  |
| 9 Emotional Withdrawal |  |  |  |  |  |  |  |  |
| 10 Social Withdrawal |  |  |  |  |  |  |  |  |
| 11 Motor Retardation |  |  |  |  |  |  |  |  |
| 12 Poor Rapport |  |  |  |  |  |  |  |  |
| 13 Social Avoidance |  |  |  |  |  |  |  |  |
| 14 Stereotyped Thinking |  |  |  |  |  |  |  |  |
| 15 Poor Attention |  |  |  |  |  |  |  |  |
| 16 Disorientation |  |  |  |  |  |  |  |  |
| 17 Disorganisation |  |  |  |  |  |  |  |  |
| 18 Difficulty In Abstraction |  |  |  |  |  |  |  |  |
| 19 Mannerisms |  |  |  |  |  |  |  |  |
| 20 Lack Of Judgement |  |  |  |  |  |  |  |  |
| 21 Disturbance Of Volition |  |  |  |  |  |  |  |  |
| 22 Preoccupation |  |  |  |  |  |  |  |  |
| 23 Poor Impulse Control |  |  |  |  |  |  |  |  |
| 24 Excitement |  |  |  |  |  |  |  |  |
| 25 Hostility |  |  |  |  |  |  |  |  |
| 26 Uncooperativeness |  |  |  |  |  |  |  |  |
| 27 Anxiety |  |  |  |  |  |  |  |  |
| 28 Depression |  |  |  |  |  |  |  |  |
| 29 Guilt |  |  |  |  |  |  |  |  |
| 30 Tension |  |  |  |  |  |  |  |  |
| **PSP** | Socially Useful | Pseudo continuous (1-6)n; mean(sd), median(IQR), min/max |  |  |  |  |  |  |  |  |
| Social Relationships |  |  |  |  |  |  |  |  |
| Self Care |  |  |  |  |  |  |  |  |
| Aggressive Behaviours |  |  |  |  |  |  |  |  |
| **Calgary median(IQR)** | Depression | 0- Absent1- Mild2- Moderate3- Severe |  |  |  |  |  |  |  |  |
| Hopelessness |  |  |  |  |  |  |  |  |
| Self Depreciation |  |  |  |  |  |  |  |  |
| Guilty Ideas |  |  |  |  |  |  |  |  |
| Pathological Guilt |  |  |  |  |  |  |  |  |
| Morning Depression |  |  |  |  |  |  |  |  |
| Early Wakening |  |  |  |  |  |  |  |  |
| Suicide |  |  |  |  |  |  |  |  |
| Observed Depression |  |  |  |  |  |  |  |  |

*iii) Emotional distress*

| **Assessment** | **Item** | **n(%)** | **Empower** | **TAU** |
| --- | --- | --- | --- | --- |
| base | 3m | 6m | 12m | base | 3m | 6m | 12m |
| **Fear of Recurrence Scale (FoRSe)** | 1. I have been worrying about relapse. | 1 - Do Not Agree; 2 - Agree Slightly; 3 - Agree Moderately; 4 - Agree Very Much; |  |  |  |  |  |  |  |  |
| 2. I have been remembering previous episodes of being unwell.  |  |  |  |  |  |  |  |  |
| 3. I have been more aware of my thoughts.  |  |  |  |  |  |  |  |  |
| 4. I have experienced thoughts intruding into my mind.  |  |  |  |  |  |  |  |  |
| 5. I have been worrying about my thoughts.  |  |  |  |  |  |  |  |  |
| 6. I have felt unable to control my illness. |  |  |  |  |  |  |  |  |
| 7. I have been worrying about being in hospital.  |  |  |  |  |  |  |  |  |
| 8. I have lacked confidence in my ability to cope.  |  |  |  |  |  |  |  |  |
| 9. My thoughts have been uncontrollable.  |  |  |  |  |  |  |  |  |
| 10. My thoughts have been going too fast.  |  |  |  |  |  |  |  |  |
| 11. I have been worrying about losing control.  |  |  |  |  |  |  |  |  |
| 12. My thoughts have been distressing.  |  |  |  |  |  |  |  |  |
| 13. I have felt more in touch with my thoughts.  |  |  |  |  |  |  |  |  |
| 14. I have been constantly aware of my thoughts.  |  |  |  |  |  |  |  |  |
| 15. I have been unable to switch off my thinking.  |  |  |  |  |  |  |  |  |
| 16. I have paid close attention to how my mind is working.  |  |  |  |  |  |  |  |  |
| 17. The world has seemed more vivid and colourful.  |  |  |  |  |  |  |  |  |
| 18. My thoughts have been more interesting.  |  |  |  |  |  |  |  |  |
| 19. I have had new insights and ideas.  |  |  |  |  |  |  |  |  |
| 20. Unpleasant thoughts have entered my head against my will  |  |  |  |  |  |  |  |  |
| 21. My thinking has been clearer than usual.  |  |  |  |  |  |  |  |  |
| 22. I have been checking my thoughts.  |  |  |  |  |  |  |  |  |
| 23. The thought of becoming unwell has frightened me. |  |  |  |  |  |  |  |  |

| **Assessment** | **Item** | **n(%)** | **Empower** | **TAU** |
| --- | --- | --- | --- | --- |
|  |  |  | base | 3m | 6m | 12m | base | 3m | 6m | 12m |
| **HADS** | 1. I feel tense or wound up
 | 1. Not at all
2. From time to time, occasionally
3. A lot of the time
4. Most of the time
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I still enjoy the things I used to enjoy
 | 1. Definitely as much
2. Not quite as much
3. Only a little
4. Hardly at all
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I get a sort of frightened feeling as if something awful is about to happen
 | 1. Not at all
2. A little, but it doesn’t worry me
3. Yes, but not too badly
4. Very definitely and quite badly
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I can laugh and see the funny side of things
 | 1. As much as I always could
2. Not quite so much now
3. Definitely not so much now
4. Not at all
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. Worrying thoughts go through my mind
 | 1. Only occasionally
2. From time to time but not too often
3. A lot of the time
4. A great deal of the time
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I feel cheerful
 | 1. Most of the time
2. Sometimes
3. Not often
4. Not at all
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I can sit at ease and feel relaxed
 | 1. Definitely
2. Usually
3. Not often
4. Not at all
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I feel as if I am slowed down
 | 1. Not at all
2. Sometimes
3. Very often
4. Nearly all of time
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I get a sort of frightened feeling like butterflies in the stomach
 | 1. Not at all
2. Occasionally
3. Quite often
4. Very often
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I have lost interest in my appearance
 | 1. I take just as much care as ever
2. I may not take quite as much care
3. I don’t take so much care as I should
4. Definitely
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I feel restless as if I have to be on the move
 | 1. Not at all
2. Not very often
3. Quite a lot
4. Very much indeed
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I look forward with enjoyment to things
 | 1. As much as I ever did
2. Rather less than I used to
3. Definitely less than I used to
4. Hardly at all
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I get sudden feelings of panic
 | 1. Not at all
2. Not very often
3. Quite often
4. Very often indeed
5. missing
 |  |  |  |  |  |  |  |  |
|  | 1. I can enjoy a good book or radio or TV programme
 | 1. Often
2. Sometimes
3. Not often
4. Very seldom
5. missing
 |  |  |  |  |  |  |  |  |
| **Personal Beliefs about Illness Questionnaire-Revised** **(PBIQ-R)** | 1. I will always need to be cared for by professional medical staff.  | **1 - Strongly Disagree; 2 - Disagree; 3 - Agree; 4 - Strongly Agree;****1 - Strongly Disagree; 2 - Disagree; 3 - Agree; 4 - Strongly Agree;** |  |  |  |  |  |  |  |  |
| 2. My illness frightens me.  |  |  |  |  |  |  |  |  |
| 3. I can talk to most people about my illness.  |  |  |  |  |  |  |  |  |
| 4. I am capable of very little as a result of my illness.  |  |  |  |  |  |  |  |  |
| 5. Because of my illness I have to rely on psychiatric services.  |  |  |  |  |  |  |  |  |
| 6. My illness stops me doing the things I want to do.  |  |  |  |  |  |  |  |  |
| 7. I find it difficult to cope with my current symptoms.  |  |  |  |  |  |  |  |  |
| 8. I am the same person I was before my illness.  |  |  |  |  |  |  |  |  |
| 9. I know when Im relapsing but I cant do anything about it.  |  |  |  |  |  |  |  |  |
| 10. My illness is a judgement on me.  |  |  |  |  |  |  |  |  |
| 11. I am powerless to influence or control my illness. |  |  |  |  |  |  |  |  |
| 12. My illness stops me getting on with things I want to do.  |  |  |  |  |  |  |  |  |
| 13. Society needs to keep people with my illness apart from everyone else.  |  |  |  |  |  |  |  |  |
| 14. I feel excluded because of my illness. |  |  |  |  |  |  |  |  |
| 15. I am embarrassed by my illness. |  |  |  |  |  |  |  |  |
| 16. My illness is too delicate / brittle for me to work or keep a job. |  |  |  |  |  |  |  |  |
| 17. I am ashamed about my illness.  |  |  |  |  |  |  |  |  |
| 18. Because of my illness I dont fit in.  |  |  |  |  |  |  |  |  |
| 19. I have changed for the worse because of my illness. |  |  |  |  |  |  |  |  |
| 20. I can get on with others as well as I used to.  |  |  |  |  |  |  |  |  |
| 21. My illness prevents me from having friends and relationships.  |  |  |  |  |  |  |  |  |
| 22. My illness prevents me from planning for my future.  |  |  |  |  |  |  |  |  |
| 23. My relationship with my friends has changed for the worse.  |  |  |  |  |  |  |  |  |
| 24. I feel an outsider because of my illness.  |  |  |  |  |  |  |  |  |
| 25. I am intimidated by my illness.  |  |  |  |  |  |  |  |  |
| 26. I feel trapped by my illness.  |  |  |  |  |  |  |  |  |
| 27. Because of my illness others see me as fragile or weak.  |  |  |  |  |  |  |  |  |
| 28. I have the same goals now as I had before my illness.  |  |  |  |  |  |  |  |  |
| 29. Others look down on me because of my illness.  |  |  |  |  |  |  |  |  |

*iv) Service engagement -*

| **Assessment** | **Item** | **n(%)** | **Empower** | **TAU** |
| --- | --- | --- | --- | --- |
| **Service Attachment Scale (SAS)** |  | base | 3m | 6m | 12m | base | 3m | 6m | 12m |
| 1. I have somebody who listens attentively to me |  |  |  |  |  |  |  |  |  |
| 2. I have regular time with the same person that knows me and my problems  | 1 - Not at all; 2 - Sometimes; 3 - Quite often; 4 - Always;1 - Not at all; 2 - Sometimes; 3 - Quite often; 4 - Always; |  |  |  |  |  |  |  |  |
| 3. I feel under pressure to get better and be discharged  |  |  |  |  |  |  |  |  |
| 4. I have a feeling of being looked after  |  |  |  |  |  |  |  |  |
| 5. I have the feeling that Ill be accepted for who I am, whatever I say  |  |  |  |  |  |  |  |  |
| 6. Im helped to realise that its not just me – other people have similar problems.  |  |  |  |  |  |  |  |  |
| 7. I dont feel listened to, or taken notice of  |  |  |  |  |  |  |  |  |
| 8. I get frustrated because I have to wait too long to see my key worker/therapist  |  |  |  |  |  |  |  |  |
| 9. I feel confident that support will be provided when I am discharged  |  |  |  |  |  |  |  |  |
| 10. I feel suffocated by the service rather than feeling safe |  |  |  |  |  |  |  |  |
| 11. I cant relate to/get on with certain people in the service  |  |  |  |  |  |  |  |  |
| 12. It feels like theres a them and us attitude from the staff  |  |  |  |  |  |  |  |  |
| 13. I feel that people in the service understand my needs and problems  |  |  |  |  |  |  |  |  |
| 14. I know that the same person is there for me consistently  |  |  |  |  |  |  |  |  |
| 15. I worry that I wont be better within the allocated time and will need longer  |  |  |  |  |  |  |  |  |
| 16. I feel safe within the service  |  |  |  |  |  |  |  |  |
| 17. I dont feel judged, just accepted  |  |  |  |  |  |  |  |  |
| 18. I feel patronised and stigmatised by the service  |  |  |  |  |  |  |  |  |
| 19. I dont feel that people really want to listen to what my problems are  |  |  |  |  |  |  |  |  |
| 20. I worry that Ill be discharged without any follow-up from my key worker/therapist  |  |  |  |  |  |  |  |  |
| 21. I feel confident that if I need more time and help, over longer, that it will be given  |  |  |  |  |  |  |  |  |
| 22. I feel frustrated at my lack of freedom within the service  |  |  |  |  |  |  |  |  |
| 23. I feel I have a partnership with my key worker/therapist and that we work together  |  |  |  |  |  |  |  |  |
| 24. I have the feeling my key worker/therapist is really interested in me and wants to help |  |  |  |  |  |  |  |  |
| 25. I am made to feel that I am a burden to the service and outstaying my welcome  |  |  |  |  |  |  |  |  |
| **Medication Adherence Rating Scale (MARS)-** | **n(%)** | **base** | **3m** | **6m** | **12m** | **base** | **3m** | **6m** | **12m** |
| 1. Do you ever forget to take your medication? | 1:Yes; 2:No; |  |  |  |  |  |  |  |  |
| 2. Are you careless at times about taking your medication?  |  |  |  |  |  |  |  |  |
| 3. When you feel better, do you sometimes stop taking your medication?  |  |  |  |  |  |  |  |  |
| 4. Sometimes if you feel worse when you take the medication, do you stop taking it?  |  |  |  |  |  |  |  |  |
| 5. I take my medication only when I am sick  |  |  |  |  |  |  |  |  |
| 6. It is unnatural for my mind and body to be controlled by medication  |  |  |  |  |  |  |  |  |
| 7. My thoughts are clearer on medication  |  |  |  |  |  |  |  |  |
| 8. By staying on medication, I can prevent getting sick.  |  |  |  |  |  |  |  |  |
| 9. I feel weird, like a 'zombie' on medication  |  |  |  |  |  |  |  |  |
| 10. Medication makes me feel tired and sluggish |  |  |  |  |  |  |  |  |

Appendix B. 2 – Mechanisms at base, 3, 6 and 12 months

 *i) Recovery and Self Efficacy:*

| **Assessment** | **Items** | **n%** | **Empower** | **TAU** |
| --- | --- | --- | --- | --- |
| **base** | **3m** | **6m** | **12m** | **base** | **3m** | **6m** | **12m** |
| **Questionnaire for Personal Recovery (QPR)** | I feel better about myself  | 0 - Disagree strongly; 1 - Disagree; 2 - Neither agree nor disagree; 3 - Agree; 4 - Agree Strongly; |  |  |  |  |  |  |  |  |
| I feel able to take chances in life  |  |  |  |  |  |  |  |  |
| I am able to develop positive relationships with other people  |  |  |  |  |  |  |  |  |
| I feel part of society rather than isolated  |  |  |  |  |  |  |  |  |
| I am able to assert myself  |  |  |  |  |  |  |  |  |
| I feel that my life has a purpose  |  |  |  |  |  |  |  |  |
| My experiences have changed me for the better  |  |  |  |  |  |  |  |  |
| I have been able to come to terms with things that have happened to me in the past and move on with my life  |  |  |  |  |  |  |  |  |
| I am basically strongly motivated to get better  |  |  |  |  |  |  |  |  |
| I can recognise the positive things I have done  |  |  |  |  |  |  |  |  |
| I am able to understand myself better  |  |  |  |  |  |  |  |  |
| I can take charge of my life  |  |  |  |  |  |  |  |  |
| I can actively engage with life  |  |  |  |  |  |  |  |  |
| I can take control of aspects of my life  |  |  |  |  |  |  |  |  |
| I can find the time to do the things I enjoy  |  |  |  |  |  |  |  |  |
| **General Self Efficacy Scale (GSE)**  | manage to solve difficult problems if try hard enough  | 1:Not at all true; 2:Hardly true; 3:Moderately true; 4:Exactly true; |  |  |  |  |  |  |  |  |
| If someone opposes me, I can find the means and ways to get what I want.  |  |  |  |  |  |  |  |  |
| It is easy for me to stick to my aims and accomplish my goals.  |  |  |  |  |  |  |  |  |
| I am confident that I could deal efficiently with unexpected events.  |  |  |  |  |  |  |  |  |
| Thanks to my resourcefulness, I know how to handle unforeseen situations. |  |  |  |  |  |  |  |  |
| I can solve most problems if I invest the necessary effort.  |  |  |  |  |  |  |  |  |
| I can remain calm when facing difficulties because I can rely on my coping abilities.  |  |  |  |  |  |  |  |  |
| When I am confronted with a problem, I can usually find several solutions.  |  |  |  |  |  |  |  |  |
|  If I am in trouble, I can usually think of a solution  |  |  |  |  |  |  |  |  |
|  I can usually handle whatever comes my way.  |  |  |  |  |  |  |  |  |

*ii) Social and Interpersonal Context:*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Assessment** | **Items** |  | **Summary statistics/categories** | **Empower** | **TAU** |
| **base** | **3m** | **6m** | **12m** | **base** | **3m** | **6m** | **12m** |
| **Psychosis Attachment Measure (PAM)** | 1. I prefer not to let other people know my true thoughts and feelings.
 | \* | n(%)\*0 - Not at all; 1 - A little; 2 - Quite a bit; 3 - Very much;\*\*0 - Very much;1 - Quite a bit2 -; A little3 - Not at all; |  |  |  |  |  |  |  |  |
|  | 1. I find it easy to depend on other people for support with problems or difficult situations
 | \*\* |  |  |  |  |  |  |  |  |
|  | 1. I tend to get upset, anxious or angry if other people are not there when I need them.
 | \* |  |  |  |  |  |  |  |  |
|  | 1. I usually discuss my problems and concerns with other people.
 | \*\* |  |  |  |  |  |  |  |  |
|  | 1. I worry that key people in my life wont be around in the future.
 | \* |  |  |  |  |  |  |  |  |
|  | 1. I ask other people to reassure me that they care about me
 | \* |  |  |  |  |  |  |  |  |
|  | 1. If other people disapprove of something I do, I get very upset.
 | \* |  |  |  |  |  |  |  |  |
|  | 1. I find it difficult to accept help from other people when I have problems or difficulties.
 | \* |  |  |  |  |  |  |  |  |
|  | 1. It helps to turn to other people when Im stressed.
 | \*\* |  |  |  |  |  |  |  |  |
|  | 1. I worry that if other people get to know me better, they wont like me
 | \* |  |  |  |  |  |  |  |  |
|  | 1. When Im feeling stressed, I prefer being on my own to being in the company of other people.
 | \* |  |  |  |  |  |  |  |  |
|  | 1. I worry a lot about my relationships with other people.
 | \* |  |  |  |  |  |  |  |  |
|  | 1. I try to cope with stressful situations on my own.
 | \* |  |  |  |  |  |  |  |  |
|  | 1. I worry that if I displease other people, they wont want to know me anymore.
 | \* |  |  |  |  |  |  |  |  |
|  | 1. I worry about having to cope with problems and difficult situations on my own.
 | \* |  |  |  |  |  |  |  |  |
|  | 1. I feel uncomfortable when other people want to get to know me better.
 | \* |  |  |  |  |  |  |  |  |

Appendix B. 3 – Carer Outcome Items at base, 3, 6 and 12 months

|  |  |  |  |
| --- | --- | --- | --- |
| **IEQ** | **n(%)** | **Empower** | **TAU** |
| **base** | **3m** | **6m** | **12m** | **base** | **3m** | **6m** | **12m** |
| 1. Has your relative/friend disturbed your sleep?\* | 1:Never; 2:Sometimes; 3:Regularly; 4:Often; 5:(Almost) always;1:Never; 2:Sometimes; 3:Regularly; 4:Often; 5:(Almost) always; |  |  |  |  |  |  |  |  |
| 2. Has the atmosphere been strained between you both, as a result of your relative/friend’s behaviour  |  |  |  |  |  |  |  |  |
| 3. Has your relative/friend caused a quarrel?  |  |  |  |  |  |  |  |  |
| 4. Have you been annoyed by your relative/friends behaviour?  |  |  |  |  |  |  |  |  |
| 5. Have you heard from others that they have been annoyed by your relative/friend’s behaviour  |  |  |  |  |  |  |  |  |
| 6. Have you felt threatened by your relative/friend?  |  |  |  |  |  |  |  |  |
| 7. Have you thought of moving out, as a result of your relative/friends behaviour?  |  |  |  |  |  |  |  |  |
| 8. Have you worried about your own future?  |  |  |  |  |  |  |  |  |
| 9. Have your relative/friends mental health problems been a burden to you?\*  |  |  |  |  |  |  |  |  |
| 10. Have you guarded your relative / friend from committing dangerous acts?  |  |  |  |  |  |  |  |  |
| 11. Have you guarded your relative / friend from self-inflicted harm?  |  |  |  |  |  |  |  |  |
| 12. Have you ensured that your relative / friend received sufficient sleep?  |  |  |  |  |  |  |  |  |
| 13. Have you guarded your relative / friend from drinking too much alcohol?  |  |  |  |  |  |  |  |  |
| 14. Have you guarded your relative / friend from taking illegal drugs?  |  |  |  |  |  |  |  |  |
| 15. Has your relative / friend disturbed your sleep?\*  |  |  |  |  |  |  |  |  |
| 16. Have you worried about your relative / friends safety?  |  |  |  |  |  |  |  |  |
| 17. Have you worried about the kind of help / treatment your relative / friend is receiving?  |  |  |  |  |  |  |  |  |
| 18. Have you worried about your relative / friends general health?  |  |  |  |  |  |  |  |  |
| 19. Have you worried about how your relative / friend would manage financially if you were no longer able to help?  |  |  |  |  |  |  |  |  |
| 20. Have you worried about your relative / friends future?  |  |  |  |  |  |  |  |  |
| 21. Have your relative / friends mental health problems been a burden to you?\*  |  |  |  |  |  |  |  |  |
| 22. Have you encouraged your relative / friend to take proper care of him/herself?  |  |  |  |  |  |  |  |  |
| 23. Have you helped your relative / friend to take proper care of him/herself?  |  |  |  |  |  |  |  |  |
| 24. Have you encouraged your relative / friend to eat enough?  |  |  |  |  |  |  |  |  |
| 25. Have you encouraged your relative / friend to take up an activity?  |  |  |  |  |  |  |  |  |
| 26. Have you accompanied your relative / friend on some kind of activity, because he/she did not dare go alone?  |  |  |  |  |  |  |  |  |
| 27. Have you ensured your relative / friend has taken the required medicine?  |  |  |  |  |  |  |  |  |
| 28. Have you carried out tasks normally done by your relative / friend?  |  |  |  |  |  |  |  |  |
| 29. Have you encouraged your relative / friend to get up in the morning?  |  |  |  |  |  |  |  |  |
| 30. How often during the past 4 weeks have you been able to pursue your own activities and interests?  |  |  |  |  |  |  |  |  |
| 31. Have you got used to your relative / friends mental problems? |  |  |  |  |  |  |  |  |
| 32. How often have you felt able to cope with your relative / friends mental health problems?  |  |  |  |  |  |  |  |  |
| 33. Has your relationship with your relative / friend changed since the onset of the mental health problems?  |  |  |  |  |  |  |  |  |

Appendix B. 4 – Co-ordinators Outcome Items at base, 3, 6 and 12 months

|  |  |  |  |
| --- | --- | --- | --- |
| **SES** | **n(%)** | **Empower** | **TAU** |
| **base** | **3m** | **6m** | **12m** | **base** | **3m** | **6m** | **12m** |
| 1. The client seems to make it difficult to arrange appointments
 | 1:Not at all or rarely; 2:Sometimes; 3:Often; 4:Most of the time; |  |  |  |  |  |  |  |  |
| 1. When a visit is arranged, the client is available
 |  |  |  |  |  |  |  |  |
| 1. The client seems to avoid making appointments
 |  |  |  |  |  |  |  |  |
| 1. If you offer advice, does the client usually resist it?
 |  |  |  |  |  |  |  |  |
| 1. The client takes an active part in the setting of goals or treatment plans
 |  |  |  |  |  |  |  |  |
| 1. The client actively participates in managing his/her illness
 |  |  |  |  |  |  |  |  |
| 1. The client seeks help when assistance is needed
 |  |  |  |  |  |  |  |  |
| 1. The client finds it difficult to ask for help
 |  |  |  |  |  |  |  |  |
| 1. The client seeks help to prevent a crisis
 |  |  |  |  |  |  |  |  |
| 1. The client does not actively seek help
 |  |  |  |  |  |  |  |  |
| 1. The client agrees to take prescribed medication
 |  |  |  |  |  |  |  |  |
| 1. The client is clear about what medications he/she is taking and why
 |  |  |  |  |  |  |  |  |
| 1. The client refuses to co-operate with treatment
 |  |  |  |  |  |  |  |  |
| 1. The client has difficulty in adhering to the prescribed medication
 |  |  |  |  |  |  |  |  |