

USING RATING SCALES FOR GOAL WRITING

Making Goals Specific & Measurable:

SMART Goals

Specific – Who, what, when, where, & how. What exactly do you want to accomplish?

Measurable – How will you know if you have reached your goal? Document intensity, frequency, duration of symptoms.

Attainable – A reasonable expectation within a certain treatment period. Decide if the change is reasonable. Is the goal set too high or too low?

Relevant – How is this goal relevant to the member's treatment? Does it address an aspect of the member's diagnosis?

Timely – In what time frame will the goal be achieved?

Why use the SMART format?

- It helps the therapist write specific measurable goals.
- It helps you and your client know if they are making progress.
- It demonstrates to the utilization staff that you are working on goals related to the diagnosis.
- It provides utilization staff with concrete information to show that the client is making progress.

Self-Rating Scales

The therapist may also use self-rating scales. An Example would be to have a client rate their depression on a scale from 1 – 10.

Depression: 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____
None Extremely Severe

Self-Rating Scales

Diagnosis: Major Depression. Behaviors/Symptoms = Sad Mood, Suicidal Thoughts, Sleep Disturbance, and Diminished Interest

Goal/Objective Examples:

- Decrease the number of suicidal thoughts per day/week from _____ to _____. (Client Self Report)
- Decrease the score on the Suicidal Behaviors Questionnaire from _____ to _____. (Standardized Rating Scale)
- Decrease the score on the PHQ-9 Scale from _____ to _____. (Standardized Rating Scale)
- Improve overall mood as evidenced by an increase in their self-rating score from _____ to _____. (Self-Rating Scale)
- Improve sleep from _____ hours per night to _____ hours per night (Self-Rating Scale)