

POST STUDY SURVEY RESULTS
Feedback from 16 participating therapists

Based on my experience of participating in the SDM study, I continue to use the SDM model.

56% (SOMETIMES)
25% (YES)
19% (NO)

Some clients benefited from selecting a therapy goal prior to each session.

100% (YES)

Which Clients?

Depressed clients	69% (YES)
Anxious clients	50% (YES)
Thought Disordered clients	38% (YES)
“Other” Disordered clients	31% (YES)
Manic clients	13% (YES)
Hyperactive clients	13% (YES)

The provided pre-study information and materials were helpful in implementing the SDM study.

53% (YES)

For clients who seemed to benefit from SDM, the benefits went beyond “therapy as usual”.

47% (YES)

I had difficulty adapting my style to the SDM approach.

7% (YES)

The SDM approach was a distraction to achieving the clients’ treatment plan goals.

20% (YES)

Written comments from participating therapists:

“I think it has benefits and attributes that should/could be helpful to all of us, similar to Scott Miller’s Solution Focused”

“My clients who did this were annoyed at having to do it, especially more than once”

“The client that used the survey reported that she liked being able to rate and talk about things that were in the survey”

“Overall, it was helpful”