

Table 1. Assessment methods and times of measurement.

Assessment method and evaluation method ¹		Time of measurement (months)																Reference
		<0	0	3	7	9	12	18	24	36	48	60	72	84	96	108	120	
ASSESSMENT OF THE PATIENT																		
Psychiatric diagnosis and symptoms																		
Psychiatric diagnosis (DSM-IV)	I		x		x		x			x		x		x				American Psychiatric Association 1994
Global Assessment of Functioning scale (GAF)	I		x		x		x			x		x		x				American Psychiatric Association 1994
Beck Depression Inventory (BDI)	Q		x	x	x	x	x	x	x	x	x	x	x				x	Beck et al. 1961; Beck 1970
Symptom Check List, Global Severity Index (SCL-90-GSI)	Q	x	x	x	x	x	x	x	x	x	x	x	x				x	Derogatis et al. 1973
Symptom Check List, Depression scale (SCL-90-DEP)	Q	x	x	x	x	x	x	x	x	x	x	x	x				x	Derogatis et al. 1973
Symptom Check List, Anxiety scale (SCL-90-ANX)	Q	x	x	x	x	x	x	x	x	x	x	x	x				x	Derogatis et al. 1973
Hamilton Depression Rating Scale (HDRS)	I		x		x		x			x		x						Hamilton 1960; Williams 1988
Hamilton Anxiety Rating Scale (HARS)	I		x		x		x			x		x						Hamilton 1959; Bruss et al. 1994
Suicidal ideation (one item from HDRS)	I		x		x		x			x		x						Hamilton 1960; Williams 1988
Target Complaints (TC)	Q		x		x		x		x	x	x	x	x				x	Battle et al. 1966
Psychiatric Symptoms Questionnaire (PSQ)	Q			x	x	x	x	x	x	x	x	x	x				x	Knekt and Lindfors 2004
Post-therapeutic treatment																		
Perceived need for post-therapeutic treatment	Q			x	x	x	x	x	x	x	x	x	x				x	-
Realized post-therapeutic treatment	R, Q			x	x	x	x	x	x	x	x	x	x	x	x		x	-
Work ability																		
Work Ability index (WA)	Q		x		x		x		x	x	x	x	x				x	Tuomi et al. 1997, 1998; Ilmarinen et al. 1997
SAS - Work (work subscale of SAS-SR)	Q		x	x	x	x	x	x	x	x	x	x	x				x	Weissman and Bothwell 1976
Perceived Psychological Functioning scale (PPF)	Q		x		x		x		x	x	x	x	x					Lehtinen et al. 1991
Sick leave	Q		x	x	x		x	x	x	x	x	x	x				x	-
Occupational Functioning Scale (OFS)	Q		x		x		x			x		x						Hannula et al. 2006
Completion of studies	Q		x				x		x	x	x	x	x					-
Personality functions																		
Quality of Object Relations Scale (QORS)	I		x		x		x			x		x						Azim et al. 1991
Level of Personality Organization (LPO)	I		x		x		x			x		x						Kernberg 1984, 1996; Valkonen 2012
Defense Style Questionnaire (DSQ)	Q		x		x		x		x	x	x	x	x				x	Andrews et al. 1989

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Structural Aspects of Social Behaviour (SASB)	Q		x		x		x		x	x	x	x	x				x	Benjamin 1996
Inventory of Interpersonal Problems (IIP)	Q		x		x		x			x		x	x	x			x	Horowitz et al. 2000
Rorschach Inkblot Method	T		x							x		x						Urist 1977; Exner 1993
Suitability for Psychotherapy Scale (SPS)	I		x															Laaksonen et al. 2011
Childhood Family Atmosphere Questionnaire (CFAQ)	Q		x															Kurki 2009
Wechsler Adult Intelligence Scale (WAIS-R)	T		x															Wechsler 1981
Social functioning																		
Perceived competence	Q		x	x	x	x	x	x	x	x	x	x						Wallston 1990; Smith et al. 1991; Härkäpää 1995
Life Orientation Test (LOT)	Q		x		x		x			x		x						Scheier and Carver 1985
Social Adjustment Scale, self-report (SAS-SR)	Q		x	x	x	x	x	x	x	x	x	x	x				x	Weissman and Bothwell 1976
Sense of Coherence scale (SOC)	Q		x		x		x			x		x		x			x	Antonovsky 1993
Life Situation Survey (LSS)	Q		x		x		x			x		x						Chubon 1987
Lifestyle and somatic health																		
Smoking, alcohol consumption, leisure time exercise, body mass index	Q		x		x		x		x	x	x	x					x	Aromaa et al. 1989
Serum determinations	L		x							x		x						-
Diseases, hospitalization, use of medication	R, Q	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	-
Health economics data	R, Q	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	-
ASSESSMENT OF THE THERAPIST AND THE THERAPY																		
Development of Psychotherapists Common Core																		
Questionnaire (DPCCQ)	Q	x																Orlinsky et al. 1999
Psychotherapists' Identity Interview (PII)	I	x																- ²
Working Alliance Inventory (WAI)	Q		x	x	x	x	x	x	x	x	x	x						Horvath and Greenberg 1989
Psychotherapy Process Assessment (PPA)	I				x		x			x		x						Knekt and Lindfors 2004

¹ I = Interview, L = Laboratory determination, Q = Questionnaire, R = Register, T = Test.² Pirjo Lehtovuori, personal communication