

# What are outcome measures and why should I fill them in?



## What are outcome measures?





Outcome measures are a way of looking at changes in your mental health and wellbeing over the course of your therapy. They often look like questionnaires and ask questions about how you feel. You'll be asked to fill in some outcome measures before your therapy begins and again when it finishes. We might also ask you to fill some in during your therapy.

Here is an example of the type of question and answer you might see on an outcome measure questionnaire - you'd be asked to circle how often you feel sad or empty.

1. I feel sad or empty Never Sometimes **Often** Always

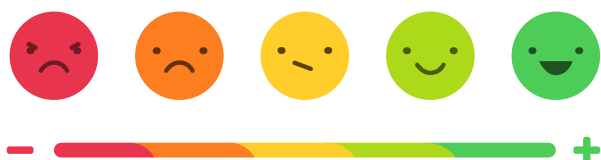


If you are a child or young person, filling in outcome measures is one way in which we can make sure your rights are met. We are working hard across the Anna Freud Centre to make sure that when it comes to decisions that affect you, you have:

-  A safe, inclusive space to form and express your opinions
-  Support to voice your opinions
-  An audience to listen to your views
-  Influence to have your views be acted upon<sup>1</sup>

We hope that the outcome measures you receive feel relevant to you and are easy to understand. If not, please let your therapist know.

<sup>1</sup>This is known as the 'Lundy model of Participation'





## How do I fill in outcome measures?

Please fill in the outcome measures included in this email before your first appointment. Click on the link and you'll be taken to a form to complete. The form is then sent to your therapist so that they can learn more about you before you meet.

If you have any questions about the outcome measures before your appointment, please get in touch with your support officer.

If you're not able to fill them in before your first appointment, you can do it with your therapist in your first session on the Centre's iPad or your phone. Mid-therapy and end of therapy outcome measures will be filled in with your therapist in a session together.

Most outcome measures take between 2 and 15 minutes to complete. If any of the questions don't make sense to you, or you're not sure what they're asking, your therapist will be more than happy to help.

## What are the benefits of outcome measures?

- ✓ They give you a say in the therapy you are having, so that you can be better supported.
- ✓ They help you describe and understand how you are feeling.
- ✓ They help you express what you need from your therapist.
- ✓ They help you and your therapist look at your progress over time.
- ✓ They help the Anna Freud Centre improve services to make them better for others in the future.



As well as talking about your responses to the outcome measures in your sessions together, at the end of your therapy your therapist may write a report which includes what you have learnt together from the outcome measures.

**This video has information about outcome measures and why they are useful:** <https://youtu.be/BMwkNN4Nuiw>

## Who will see my responses?

Your therapist will see your responses and discuss them with you in your sessions. Your responses will also be anonymised (meaning your name and any other personal details will be removed) and staff will look at your responses with those of other people who have had the same therapy to learn more about and improve our services for the future.



*THANK YOU!*