

Title: Interpersonal Counseling in the Treatment of Adolescent Depression: A Randomized Controlled Effectiveness and Feasibility Study in School Health and Welfare Services

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A list of assessed therapeutic components of IPC

Basic IPC Competencies, Scale 1-5		1. Session	4. Session	6. Session
		<i>n = 24</i>	<i>n = 22</i>	<i>n = 20</i>
1.	Knowledge of basic principles and rationale for IPC	3.05	3.41	3.38
2.	Knowledge of depression	3.17	3.41	3.61
3.	Ability to implement IPC in a manner consonant with its supportive and active stance	3.26	3.64	3.72
4.	Ability to assess suitability for IPC	3.09	3.55	3.61
5.	Ability to engage the client in IPC	3.30	3.68	3.76
6.	Ability to reframe the client's presenting problems as an illness	2.90	3.20	3.37
7.	Ability to identify an interpersonal problem area that will provide the focus for the middle phase of therapy	2.83	3.27	3.42
8.	Ability to maintain a focus on an IPC interpersonal problem area linked with the onset and/or maintenance of symptoms	2.72	3.18	3.44
9.	Ability to identify and explore difficulties in communication	3.06	3.26	3.40
10.	Ability to facilitate the expression and acceptance of a range of emotions	3.15	3.55	3.61
11.	Ability to encourage interpersonal change in between sessions	3.11	3.50	3.53
12.	Ability to engage the client in preparation for ending	3.15	3.45	3.61
13.	Ability to use questionnaire measures to guide therapy and to monitor outcomes	3.17	3.64	3.82
Specific Techniques				
Ability to make selective use of specific techniques to support the strategies and goals of the focus area:				
14.	Ability to use clarification, summaries and questions	3.05	3.52	3.50
15.	Ability to use communication analysis	2.78	2.86	2.91
16.	Ability to use decision analysis	1.86	2.83	2.70

17.	Ability to use role-playing	1.25	2.33	2.00
Overarching Competencies / IPC-Specific Competencies				
18.	Ability to adapt the core IPC strategies to the client's individual needs and the time available	2.88	3.36	3.41
19.	Ability to balance being focused and maintaining the therapeutic alliance	2.89	3.32	3.65
20.	Ability to establish an appropriate balance between counselor activity and non-directive exploration	3.00	3.45	3.76

Note: 0 = skill/technique was not used/was not relevant at this point, 1 = skill/technique was not mastered at all, 2 = skill/technique was mastered to a small amount, 3 = skill/technique was mastered relatively well, 4 = skill/technique was mastered well.