Anna Freud
National Centre for
Children and Families

MBT Adherence and Competence Scale – Scoring Template - Addendum

FREQUENCY (F)

= Amount of time and attention devoted by the clinician to a particular technical or stylistic intervention

⇨ Scored for each item/intervention

1	2	3	4	5	6	7
Not at all	A little	Infrequently	Somewhat	Quite a bit	Considerable	Extensively

EXTENSIVENESS (E)

= Number of items within the domain; variance in use of the range of items

⇨ Scored within the domain

1	2	3	4	5	6	7
Not at all	A little	Infrequently	Somewhat	Quite a bit	Considerable	Extensively

UNADJUSTED DOMAIN SCORE

= (single) composite raw domain score; overall judgment based on F & E

⇨ Starting point = 4: Practitioner is "adequate" until proven otherwise ("good enough" therapist)
⇨ Adjust above or below the bar based on F & E

9	Not done at all / not rateable					
1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent

QUALITY HOW SCORE

= How intervention is delivered, taking into account frequency, extensiveness, appropriateness, timing and context

!!! Quality/skill level ≠ effectiveness of intervention

-1	-0.5	0	+0.5	+1
Harm/poor	poor	acceptable/adequate	good	excellent

ADJUSTED DOMAIN SCORE

= unadjusted domain score +/- quality how score

9	Not done at all / not rateable					
1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent

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QUALITY ABSENCE SCORE
Absence = Interventions/domain not delivered when expected / should be according to the model/manual
⇨ Added/subtracted when calculating final score (Exception: non-mentalizing modes)

-1	-0.5	0	+0.5
Harm	Poor	Acceptable	Marked, active, appropriate avoidance

ADHERENCE SCORE
= Domain total score (sum of scores rateable domains) / number of rateable domains
FINAL SCORE
= Adherence score +/- quality absence score
⇨ An adherence rating of 3.5-4.5 is adherent and competent

1	2	3	4	5	6	7
Very poor	poor	acceptable	adequate	good	very good	excellent