

# Goal Attainment Scales

- ◆ Definition
- ◆ Examples
- ◆ Scoring

# Definition and Use

- ◆ Measures achievement of treatment or intervention goals.
- ◆ Can be used with persons with different kinds of treatment issues.
- ◆ Can be used with persons with different numbers of treatment goals.
- ◆ Produces a Goal Attainment Score (GAS) which allows you to track progress.

Level at intake: ★ Date \_\_\_\_\_

Level at followup: ✓ Date \_\_\_\_\_

## Goal Attainment Scale

<i>Check whether or not scale has been mutually negotiated between client and therapist</i>	<i>Goal Headings and Goal Weights</i>				
	<i>Yes__No__</i>	<i>Yes__No__</i>	<i>Yes__No__</i>	<i>Yes__No__</i>	<i>Yes__No__</i>
<b>Goal Attainment Levels</b>	<b>Goal 1</b>	<b>Goal 2</b>	<b>Goal 3</b>	<b>Goal 4</b>	<b>Goal 5</b>
most unfavorable treatment outcome thought likely (-2)	!	!	!	!	!
less than expected success with treatment (-1)	!	!	!	!	!
expected level of treatment success (0)	!	!	!	!	!
more than expected success with treatment (+1)	!	!	!	!	!
best anticipated success with treatment (+2)	!	!	!	!	!
<b>Comments:</b>	!	!	!	!	!

# Goal Area Selection

- ◆ First step involves selecting high priority goal areas.
- ◆ Identify areas where an undesirable set of behaviors should be minimized or where a favorable set of behaviors should be increased.
- ◆ Usually between 3 and 5 goal areas are identified.

# Expected Outcomes

- ◆ Start by identifying the most likely outcome. This should be what you reasonably expect from treatment.
- ◆ The middle level is the most probable level of goal attainment.
- ◆ This is the level that would indicate success in treatment.
- ◆ Above this level is even greater success,
- ◆ Below this level is less successful treatment.

- The outcomes should be not be vague, they should be measurable and specific.
- Be careful not to set up goals that are too easily accomplished, or too difficult. Realistic expectations for outcomes should be used to accurately evaluate the program.
- Another staff person should be utilized to double- check the realism of the goals.
- While the outcome does not have to quantified, it must be stated so that hypothetically two independent observers could agree on whether it has been obtained.

# Scoring Goal Attainment Scales

- ◆ If you are working with clients with the same numbers of goals:
  - Each time you choose to measure goal attainment mark the box which indicates the client's current status.
  - To obtain a GAS, simply add up the scores for each goal. Scores on each goal range from -2 to +2 with 0 indicating treatment success.
  - The total across all goals represents the GAS.

◆ If you are comparing or collecting scores from a number of clients with different numbers of goals:

- Obtain the GAS as previously instructed.
- You must convert the GAS into a standard score.
- Refer to the GAS conversion table on the following slide.
- Find the row which indicates a client's GAS and find the column which represents the client's number of goals.
- The standardized GAS score is where the row and column intersect.



# Goal Attainment Score Conversion Table

Total raw score (Sum of scale scores)	Number of Goals in Followup Guide					
	1	2	3	4	5	6
-12						19
-11						22
-10					20	24
-9					23	27
-8				21	26	29
-7				25	29	32
-6			23	28	32	35
-5			27	32	35	37
-4		25	32	35	38	40
-3		31	36	39	41	42
-2	30	38	41	43	44	45
-1	40	44	45	46	47	47
0	50	50	50	50	50	50
1	60	56	55	54	53	53
2	70	62	59	57	56	55
3		69	64	61	59	58
4		75	68	65	62	60
5			73	68	65	63
6			77	72	68	65
7				75	71	68
8				79	74	71
9					77	73
10					80	76
11						78
12						81

## Example

Level at intake: ★  
Level at followup: ✓

## Goal Attainment Scale

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<i>Check whether or not scale has been mutually negotiated between client and therapist</i>	<i>Goal Headings and Goal Weights</i>				
	Yes___No___	Yes___No___	Yes___No___	Yes___No___	Yes___No___
<b>Goal Attainment Levels</b>	<b>Goal 1</b> Employment	<b>Goal 2</b> Protective Order	<b>Goal 3</b> Housing	<b>Goal 4</b> Clothing	<b>Goal 5</b> Day Care
most unfavorable treatment outcome thought likely (-2)	No applications obtained.	Protective order denied.	No housing - no progress toward housing.	No progress toward obtaining clothes.	No day care.
less than expected success with treatment (-1)	Applications obtained.	No progress toward protective order.	Waiting list for temporary housing.	Vouchers provided, no clothing.	Unsatisfactory day care (cost, location, etc.)
expected level of treatment success (0)	Applications submitted.	Papers filed for protective order.	Temporary or transitional housing.	Some clothing obtained.	Satisfactory day care obtained
more than expected success with treatment (+1)	Interviews set.		Transitional housing; list for permanent.	Most clothing needs met.	Satisfactory day care; list for assistance.
best anticipated success with treatment (+2)	Full- time employment obtained.	Protective order granted.	Permanent housing.	All clothing needs met.	Satisfactory day care with financial assistance.

## Example

Level at intake: ★  
Level at followup: ✓

## Goal Attainment Scale

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<i>Goal Headings and Goal Weights</i>					
<i>Check whether or not scale has been mutually negotiated between client and therapist</i>	<i>Yes__No__</i>	<i>Yes__No__</i>	<i>Yes__No__</i>	<i>Yes__No__</i>	<i>Yes__No__</i>
<b>Goal Attainment Levels</b>	<b>Goal 1</b> Self-esteem	<b>Goal 2</b> Fear	<b>Goal 3</b> Isolation	<b>Goal 4</b> Education	<b>Goal 5</b> Education
most unfavorable treatment outcome thought likely (-2)	Generally negative regard (feels worthless).	Does not feel fear of partner 10% of the time.	Spends all time in room, except for meal/appointment times, no social conversations	No attempt to enroll in program.	Unsure about obtaining GED.
less than expected success with treatment (-1)	More negative features than positive.	Does not feel fear of partner 25% of the time.	Leaves room occasionally, no social contact.	Interest and plan for enrolling in program.	Decision to pursue GED.
expected level of treatment success (0)	Feels that her positive and negative features are about equal.	Does not feel fear of partner 50% of the time (self-report).	Leaves room, converses only if approached, does not initiate contact.	Enrolled in program.	Attends GED classes.
more than expected success with treatment (+1)	More positive features than negative.	Does not feel fear of partner 75% of the time.	Sometimes interacts social interactions outside room.	Attending classes, no vocational goal.	Completes GED classes, but has not obtained GED.
best anticipated success with treatment (+2)	Generally positive regard for self.	Does not feel fear of partner at least 95% of the time.	Also participates in group or outside social activities.	Attending classes toward vocational goal.	Obtains GED.

## Example

Level at intake: \*

Level at followup: ✓

## Goal Attainment Scale

<i>Goal Headings and Goal Weights</i>					
<i>Check whether or not scale has been mutually negotiated between client and therapist</i>	Yes___No___	Yes___No___	Yes___No___	Yes___No___	Yes___No___
Goal Attainment Levels	Goal 1 Decision-making	Goal 2 Career Planning	Goal 3 Control of Anger	Goal 4 Depression	Goal 5 Depression
most unfavorable treatment outcome thought likely (-2)	Can consider alternatives but makes no decisions.	Has not chosen any preferred fields.	Less than 25% of time.	Continually depressed or episodes longer than one month.	85 or more on Beck's depression scale.
less than expected success with treatment (-1)	Makes concrete plans, but no follow-through.	One or more fields chosen but no planning.	At least 25% of time.		84 to 60 on Beck's depression scale.
expected level of treatment success (0)	Makes concrete plans, follows through with assistance.	Selected one or more fields with plans for achieving at least one.	Controlled anger at least 50% of time in last 2 weeks (self-report).	Depression interferes occasionally with daily activities (eating, sleep, work)	59 to 40 on Beck's depression scale.
more than expected success with treatment (+1)	Makes concrete plans, follows through without assistance.	Has followed through with plan (application, interview, etc.)	At least 65% of time.		39 to 31 on Beck's depression scale.
best anticipated success with treatment (+2)	Makes concrete plans, reaches goal without assistance.	Acquired job in a selected field.	At least 85% of time.	Infrequent periods of depression that do not interfere with daily functioning.	30 or less on Beck's depression scale.

## Example

Level at intake: \*  
Level at followup: ✓

## Goal Attainment Scale

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Check whether or not scale has been mutually negotiated between client and therapist	Goal Headings and Goal Weights				
	Yes ___ No ___	Yes ___ No ___	Yes ___ No ___	Yes ___ No ___	Yes ___ No ___
Goal Attainment Levels	Goal 1 Dental Needs	Goal 2 Medical Needs	Goal 3 Special Foods	Goal 4 Substance Use	Goal 5 Assertiveness
most unfavorable treatment outcome thought likely (-2)	Dental problems go unaddressed.	Medical problems go unaddressed.	Dietary needs go unaddressed.	Uses substances on a regular basis, no attempt to abstain.	Able to appropriately express needs/opinions 10% or less of time.
less than expected success with treatment (-1)	Plans made to address immediate dental problems.	Plans made to address immediate medical problems.	Efforts made to address dietary needs, but diet remains inadequate.	Attempts to abstain, but continues to use substances.	Able to appropriately express needs and opinions 25% of the time (self-report).
expected level of treatment success (0)	Immediate dental needs addressed.	Immediate medical needs addressed.	Dietary needs met to satisfaction.	Abstains from substance use, but doesn't attend group meetings.	Able to appropriately express needs and opinions 50% of the time (self-report).
more than expected success with treatment (+1)	Progress made toward resolution of all dental needs.	Progress made toward resolution of all medical needs.	Dietary needs, and occasionally, preferences met.	Abstains from use, and occasionally attends support group meetings.	Able to appropriately express needs and opinions 75% of the time (self-report).
best anticipated success with treatment (+2)	All dental needs resolved.	All medical needs resolved.	Dietary needs and preferences met.	Complete abstinence and daily attendance in support groups.	Able to appropriately express needs and opinions at least 90% of the time.