

APPENDIX A
INFORMATION SUMMARY

PROJECT TITLE: The Effects of Different Kinds of Group Therapy with Adult Chemically Dependent People

Investigator: Brenda S. Freed, RMT-BC

This study involves research about different kinds of group therapy with adult chemically dependent people. You are being asked to participate in a study that will take about 60 minutes of your time while in treatment. If you agree to participate, you will be asked to attend a 45-minute session of either group therapy, or free time in the lounge. Following the session you will be asked to fill out two surveys that ask how you felt about the group and other group members. You will also be asked questions about your age, gender, and the kind of music you like.

Two people will be watching and tape recording the session. In order to keep everything confidential, information will be gathered using ID numbers rather than subject names. All information will be locked up during the study and destroyed when the study is done. After the group, all people who were there will be asked not to talk about what was said during the group.

This study is designed to look at better ways to run group therapy. You may get help from the group, and we hope the results of the study will help us improve ways to lead group therapy.

Questions about this research project can be answered by Brenda Freed, RMT-BC, Activities Therapy, University of Iowa Hospitals and Clinics, Iowa City, Iowa, 52242 (phone - 319-356-1103).

You can choose to participate in this study if you wish. Whether or not you choose to be in it will not affect any other part of your treatment. The types of therapy to be used are all used during routine treatment so you will experience nothing unusual. Any therapy you get while participating in the study will be in addition to all other therapy you get in treatment. You may withdraw from the study at any time.

Subject's Signature

I have discussed the above points with the subject or the legally authorized representative, using a translator when necessary. It is my opinion that the subject understands the risks, benefits, and obligations involved in participation in this project.

(Investigator)

(Date)

(Auditor-witness)

(Date)

APPENDIX B
BASIC CONSENT FORM

CERTIFICATION OF SUBJECT CONSENT

Project Title: The Effects of Different Kinds of Group Therapy with Chemically Dependent People

Investigator Brenda S. Freed, RMT-BC

I, _____, hereby certify that I
(subject's name)

have been told by Brenda S. Freed, RMT-BC of University of Iowa
(investigator) (department)

Hospitals and Clinics Activities Therapy Department about the research on different group therapies with chemically dependent people and its purposes. I have been told about the procedures to be followed, which of them are experimental, and how much time is involved. I understand the possible risks and discomforts I may experience and the possible benefits to me and to others from the research. I have also been told the

extent to which any records which may identify me will be kept confidential.

A written summary of what I have been told is attached. I have been given adequate opportunity to read it.

I understand that my participation is voluntary, that I may refuse to participate or withdraw my consent and stop taking part at any time without penalty or loss of benefits to which I may be entitled.

I hereby freely consent to take part in this research project.

(Signature of Subject)

I, the undersigned, certify that I was present during the oral presentation of the written summary attached, when it was given to the above subject.

(Signature of Auditor-Witness)

APPENDIX C
LISTENING TO MY HEART

This town, so familiar
Sometimes I just can't stand the place
Ghosts of the past appear
And stare me right in the face.

I don't know what to say
I'm tired of playing the part
It's what I've always done the very best
Been far from listening to my heart.

Now time taps me on the shoulder
Reminding me of my past
And asks if I've been living a lie to fit in
with the mass.

It's time, it's overdue
This time I just can't escape the pain
I'll go on, now I have to
There's no one else I can blame.

I won't resist this change
Hide behind the fear, play that old part again
'Cause I know my life will rearrange
When I start listening to my heart.

When time taps me on the shoulder
Reminding my old ways to depart
I won't be living a lie
I'll be listening to my heart.

When time taps me on the shoulder
Reminding my old ways to depart
I won't be living that lie
I'll be listening from my heart.

I'll be listening to my heart.
I'll be listening to my heart.

APPENDIX D
MUSIC STYLE PREFERENCE QUESTIONNAIRE

Put a check by the style of music that you prefer to listen to. Next to your style of preference, please write your favorite group, artist, song, etc. Please be honest with your responses.

- _____ Rock
- _____ Classical
- _____ Folk
- _____ Disco
- _____ Jazz
- _____ Soul
- _____ Country
- _____ New Age
- _____ Pop
- _____ Opera
- _____ Reggae
- _____ Blues
- _____ Other, specify

APPENDIX E
SUBJECT VERBAL PARTICIPATION RATING SCALE

Verbal Rating Scale Code	Definition	Example
S	Client's comment solicited	Client responds to a question asked
U	Client's comment unsolicited	Client comment or question self-initiated
1	Client's comment not topic related; incinuates that he is not listening to discussion	Comments about the room temperature; comments about his drug of choice in the middle of self-esteem discussion
2	Client makes an inappropriate or sarcastic topic related response; argumentative, negative or defiant comment;	Client makes a joke about his situation; brags about past abuse or discusses method of abuse (war stories) talks about how he plans to use after

	denies that the discussion applies to him but he is still listening to the discussion	treatment; I can't do this; Yeah, right I guess I'll just throw my spouse out
3	Client intellectualizes; rambles about a related issue; rationalizes; (personalized or not); a way of contributing to discussion without sharing anything about self; defocusing Client talks about related issues as if he were talking about himself but uses "you" instead of "I" (could be in answer to a question)	The song means...; Society encourages alcoholism; music is powerful; A lot of people cry when...; talks about where drugs are found; you have to be aware and then you have to do something about it.
4	A client response indicating agreement with or encouraging a peer; paraphrases another peer indicating he understands or is relating; asks permission	Yeah, I know; you mean you got strung out; I know what you mean; I like that; Can I say something?; That's what I used to do, too. I enjoy;

- | | | |
|---|---|--|
| 5 | An appropriate answer to a question; client asks question for information or imparts information to peers; statement to clarify what is being said (could be a "you" or "I" statement); short appropriate response such as reading the lyrics in answer to a question | Express ourselves; find something else to do; How do you get a sponsor?; That's what a sponsor is for; you just have to take care of yourself |
| 6 | Client gives advice to peer; Client challenges, disagrees or confronts peer or therapist | You need to find a job; tells peer what to do or what not to do; What would happen if you didn't do that?; I don't think that's right; You just said you didn't care; Yeah, but if you do that you'll....; |
| 7 | Client shares past personal experience, attribute or attitude about himself which leads to insight in an "I" statement; shares a hope, desire or goal for the future | I lied to my spouse; I don't want to have to do that; I didn't have any motivation; I want to meet new people; I hope I'll be able to...; I need to; I wish I could....; I think I can |

8 | Client expresses a feeling,
value or belief about a peer
or himself, past or present
experience in an "I" state-
ment in here and now;
discusses something he
normally would not share;
takes a risk

I feel lonesome; my higher power
will see me through; You've done
well; I was so scared at that point; My
father use to beat me; I have found
that it helps me to

APPENDIX F
THERAPIST VERBAL PARTICIPATION RATING SCALE

Therapist Code Number	Definition	Example
1	Therapist asks an open ended question	What are some obstacles you might encounter? How could you respond differently? When is that appropriate?
2	Therapist asks a closed question	Are there others who have experienced this? Can you think . . . ? Is this important? (did, do, were, who)
3	Therapist encourages group members; affirmative to client's response; validates client response; gives a directive	Yeah, right; I know what you mean; Go on; Let's think of and share a time when that has happened; Listen to that comment; Think about that; Tell us more about that; I believe you: That's true

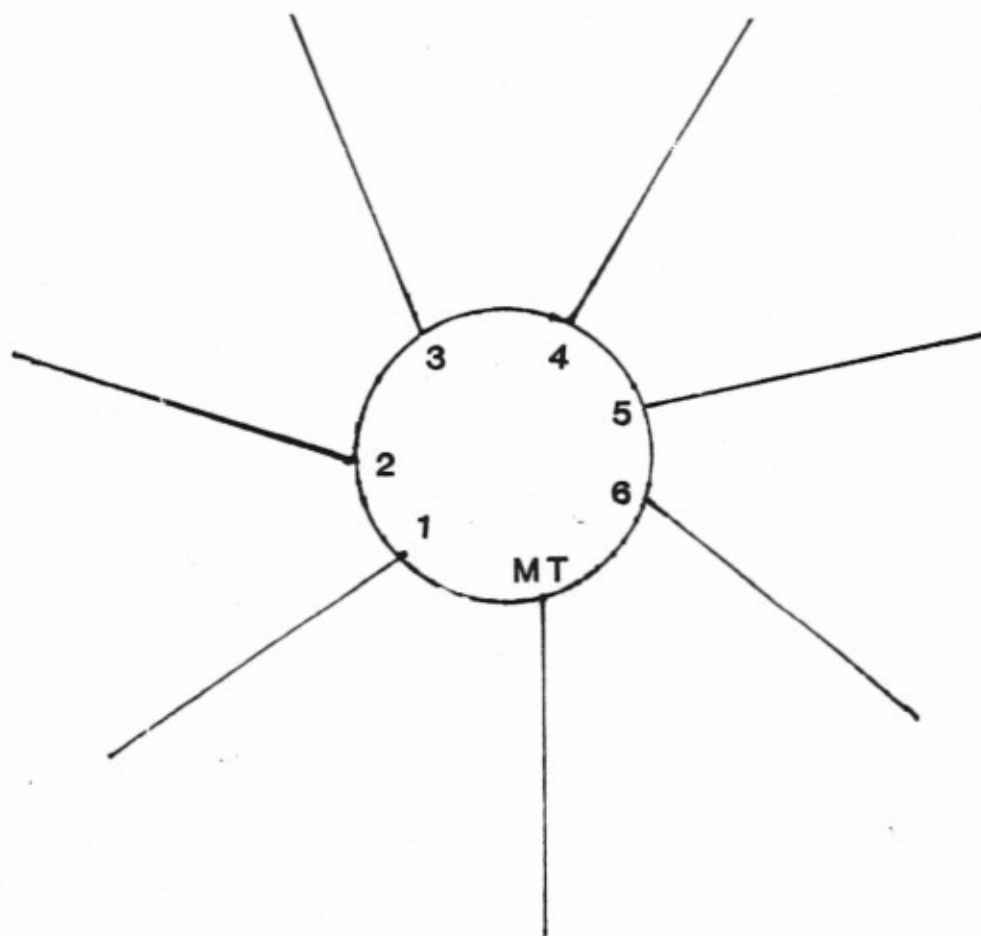
- | | | |
|---|---|--|
| 4 | Therapist makes a group intervention, comment about the group; a comment to the group or an individual in the form of a paraphrase, summarization, reflection of feeling or reflection of meaning | It seems many people in the group have experienced this; The group is working hard; We've been talking about losses; It sounds like this is an issue for many; That sounds like it was painful; It sounds like you were lonely, or forced into that; So you wanted help but didn't know what to do |
| 5 | Therapist imparts information or makes a suggestion | Suppression of bad feelings can cause depression; You need to find something else to do; That is what a sponsor is for; AA teaches . . . ; You might want to make a list; I encourage you to . . . ; Maybe you could have handled that differently |
| 6 | Therapist redirects discussion; focuses discussion; challenges or confronts the group or individual clients | Let's stick with . . . ; Take a look at . . . ; (when focussing on a new point) We don't need to be concerned with that right now; I see all this joking as avoiding the real issue; I question your sincerity |

7 | Therapist self-discloses or
his/her feelings

because you just told a sad story
with a smile on your face

My experience has been . . . ;
Sometimes I . . . ; I feel sad hearing
that story; I have felt that way;
That's happened to me.

APPENDIX G
VERBAL PARTICIPATION RECORDING SHEET



APPENDIX H

COMMENT NUMBER AND RATING

VERBAL PARTICIPATION RECORDING SHEET

[illegible]

APPENDIX I

DATA SHEET COMPARING RATINGS

Group # _____

Condition_____

[illegible]

APPENDIX J
CODING STRADEGY

CODING STRATEGY

For every comment heard on the tape:

- 1) stop the taperecorder.
- 2) repeat the comment to confirm you are rating the same comment.
- 3) Confirm what number you are on and what client said it. If you do not agree on who the speaker is, put the rating where you think it should go.
- 4) Rate the comment without discussion.

APPENDIX K
RULES FOR CODING

- 1) Rate all comments excluding "Yeah", "Yes" and "No" remarks
- 2) Rate qualitative comments following "Yes" or "No"
- 3) Count client/therapist "goods" or "rights"
- 4) If therapist or subject asks a question and it is answered by one subject, that answer is solicited. Any answer to the same question by another client following the first answer is unsolicited.
- 5) Break down all long comments into parts and confirm that you are rating the exact same comment.
- 6) If you can not determine the content of a comment after hearing it twice, just place a number and a dash on the line of who said it
- 7) Remarks terminated or interrupted without completing a thought are not counted.
- 8) If several subjects start talking at once and you can not understand what they are saying but you can identify the speaker and you can tell their responses are comments of some sort, place consecutive numbers on the lines for those particular subjects and put a dash instead of a rating.

9) When a subject recites a part of the lyrics as an unsolicited response, with no additional comments, the response is a short appropriate response (5 rating).

10) If in answer to a question, a subject recites a part of the lyrics only, rate it "5."

11) If in answer to a question a client recites a part of the song and then comments on it, assume the song is being used to make a point for what he is going to say and rate only the additional comments.

12) When a subject rambles about something using "you" or "I" without really expressing any feelings or taking any risks, rate it "3."

13) If a subject answers a question and uses "you" instead of "I" but it seems like an appropriate answer for the way the question was worded, rate it a "5." If subject rambles it's a "3."

14) The difference between a rating of "5" and "8" is the level of self-disclosure. The rating of "8" can be in answer to a question if the comment is really self-disclosing. An "8" rating requires subject to take some risk or state something that demonstrates he has gained some self-awareness.

15) Past experiences shared that give insight or tell how they influenced subjects lives are self-disclosures of some degree.

APPENDIX L
SOCIOMETRIC QUESTIONNAIRE

Group_____ ID_____

Respond to the following statements by ranking the members of your group from 1 - 6, with one being the first choice and 6 being the last choice. Please respond honestly.

1. List the members of the group from the one you most trust to the one you least trust.

_____ (most trust)

_____ (least trust)

2. List the members of the group from the one you most like to the one you least like.

_____ (most like)

_____ (least like)

3. List the members of the group from the one with whom you would most like to spend free time to the one with whom you would least like to spend free time.

_____ (most like to spend time with)

_____ (least like to spend time with)

APPENDIX M
GROSS COHESIVENESS QUESTIONNAIRE

Group_____ ID_____

1. How many of your group members fit what you feel to be the idea of a good member?
 - a. All of them.
 - b. Most of them.
 - c. Some of them.
 - d. Few of them.
 - e. None of them.

2. To what degree do you feel that you are included by the group in the group activities?
 - a. I am included in all the group's activities.
 - b. I am included in almost all the group's activities.
 - c. I am included in some of the activities, but not in some others.
 - d. I don't feel that the group includes me in very many of its activities.
 - e. I don't feel that the group includes me in any of its activities.

3. How attractive do you find the activities in which you participate as a member of your group?
 - a. Like all of them very much.
 - b. Like almost all of them.
 - c. Like some of them, but not others.
 - d. Like very few of them.
 - e. Like none of them.

4. If most of the members of your group decided to dissolve the group by leaving, would you like an opportunity to dissuade them?
 - a. Would like very much to persuade them to stay.
 - b. Would like to persuade them to stay.
 - c. Would make no difference to me if they stayed or left.
 - d. Would not like to try to persuade them to stay.
 - e. Would definitely not like to try to persuade them to stay.

5. If you were asked to participate in another project like this one, would you like to be with the same people who are in your present group?
 - a. Would want very much to be with the same people.
 - b. Would rather be with the same people than with most others.
 - c. Makes no difference to me.
 - d. Would rather be with another group more than present group.
 - e. Would want very much to be with another group.

6. How well do you like the group you are in?
 - a. Like it very much.
 - b. Like it pretty well.
 - c. It's all right.
 - d. Don't like it too much.
 - e. Dislike it very much.

7. How often do you think your group should meet?
 - a. Much more often than at present.
 - b. More often than at present.
 - c. No more often than present.
 - d. Less often than at present.
 - e. Much less often than at present.

APPENDIX N
SCORING FOR GROSS QUESTIONNAIRE

1. How many of your group members fit what you feel to be the idea of a good member?
 - 5 a. All of them.
 - 4 b. Most of them.
 - 3 c. Some of them.
 - 2 d. Few of them.
 - 1 e. None of them.

2. To what degree do you feel that you are included by the group in the group activities?
 - 5 a. I am included in all the group's activities.
 - 4 b. I am included in almost all the group's activities.
 - 3 c. I am included in some of the activities, but not in some others.
 - 2 d. I don't feel that the group includes me in very many of its activities.
 - 1 e. I don't feel that the group includes me in any of its activities.

3. How attractive do you find the activities in which you participate as a member of your group?
- 5 a. Like all of them very much.
 - 4 b. Like almost all of them.
 - 3 c. Like some of them, but not others.
 - 2 d. Like very few of them.
 - 1 e. Like none of them.
4. If most of the members of your group decided to dissolve the group by leaving, would you like an opportunity to dissuade them?
- 5 a. Would like very much to persuade them to stay.
 - 4 b. Would like to persuade them to stay.
 - 3 c. Would make no difference to me if they stayed or left.
 - 2 d. Would not like to try to persuade them to stay.
 - 1 e. Would definitely not like to try to persuade them to stay.
5. If you were asked to participate in another project like this one, would you like to be with the same people who are in your present group?
- 5 a. Would want very much to be with the same people.
 - 4 b. Would rather be with the same people than with most others.
 - 3 c. Makes no difference to me.
 - 2 d. Would rather be with another group more than present group.
 - 1 e. Would want very much to be with another group.

6. How well do you like the group you are in?

- 5 a. Like it very much.
- 4 b. Like it pretty well.
- 3 c. It's all right.
- 2 d. Don't like it too much.
- 1 e. Dislike it very much.

7. How often do you think your group should meet?

- 5 a. Much more often than at present.
- 4 b. More often than at present.
- 3 c. No more often than present.
- 2 d. Less often than at present.
- 1 e. Much less often than at present.

APPENDIX O
SUBJECT PROFILE FORM (SONG)

GROUP _____ ID # _____

1. Number of days in this treatment _____ Age _____

Circle Male or Female

2. Circle your highest level of education achieved.

8th grade 9-11 High School Grad. College: 0-2 yrs.

3-4 Grad. Post Grad.

3. Circle Drug of Choice

(downers)

(speed)

Alcohol

Marijuana

Cocaine

Barbituates

Amphetamines

(heroin)

(acid)

Narcotics

Hallucinogens

Other _____

4. Have you ever been in this treatment center for chemical abuse?

Yes No

5. If yes, how many times before have you been here? 1 2 3 4
6. Did you attend music therapy during that treatment?
Yes No
7. Before attending this group, approximately how many music therapy sessions have you attended during this treatment?
1-3 4-6 7-9 10-12
8. Have you received treatment for chemical abuse in any other treatment center? Yes No
9. If yes, did you have music therapy services there? Yes No
10. Indicate the number of hours you listen to music (of any style) in a typical week.
0-2 3-5 6-8 9 or more
11. I would describe myself as a person who enjoys music a lot.
strongly agree agree disagree strongly disagree
12. I would describe myself as a person who enjoys poetry a lot.
strongly agree agree disagree strongly disagree

13. I have played a musical instrument. Yes No

14. If yes, how long did you play the instrument?

3 years or less 4-6 years 7-9 years or more

15. Do you like to sing? Yes No

16. Have you participated in music classes in school? Yes No

17. Approximately, how many years ago?

0-3 4-6 7-9 10 or more

18. Have you participated in band or vocal groups (for example, Rock groups, choir, concert band)? Yes No

19. Approximately how many years ago? 0-3 4-6 7-9 10 or more

20. Circle your favorite kind of music. Check others you enjoy.

___ Rock
___ Classical
___ Folk
___ Disco
___ Soul
___ Country
___ New Age

___ Pop
___ Opera
___ Reggae
___ Blues
___ Jazz

_____ Other

21. Please rate your enjoyment of the song you just heard:

Didn't like 1 2 3 4 5 6 7 Liked very much

22. Please rate your enjoyment of the music you just heard:

Didn't like 1 2 3 4 5 6 7 Liked very much

23. Please rate your enjoyment of the lyrics you just heard:

Didn't like 1 2 3 4 5 6 7 Liked very much

24. Who is your counselor?

Alan Yolanda Patrick David

APPENDIX P
SUBJECT PROFILE FORM (POEM)

GROUP _____ ID # _____

1. Number of days in this treatment _____ Age _____

Circle Male or Female

2. Circle your highest level of education achieved.

8th grade 9-11 High School Grad. College: 0-2 yrs.

3-4 Grad. Post Grad.

3. Circle Drug of Choice

			(downers)	(speed)
Alcohol	Marijuana	Cocaine	Barbituates	Amphetamines
(heroin)	(acid)			
Narcotics	Hallucinogens			

Other _____

4. Have you ever been in this treatment center for chemical abuse?

Yes No

5. If yes, how many times before have you been here? 1 2 3 4
6. Did you attend music therapy during that treatment?
Yes No
7. Before attending this group, approximately how many music therapy sessions have you attended during this treatment?
1-3 4-6 7-9 10-12
8. Have you received treatment for chemical abuse in any other treatment center? Yes No
9. If yes, did you have music therapy services there? Yes No
10. Indicate the number of hours you listen to music (of any style) in a typical week.
0-2 3-5 6-8 9 or more
11. I would describe myself as a person who enjoys music a lot.
strongly agree agree disagree strongly disagree
12. I would describe myself as a person who enjoys poetry a lot.
strongly agree agree disagree strongly disagree

13. I have played a musical instrument. Yes No

14. If yes, how long did you play the instrument?

3 years or less 4-6 years 7-9 years or more

15. Do you like to sing? Yes No

16. Have you participated in music classes in school? Yes No

17. Approximately, how many years ago?

0-3 4-6 7-9 10 or more

18. Have you participated in band or vocal groups (for example, Rock groups, choir, concert band)? Yes No

19. Approximately how many years ago? 0-3 4-6 7-9 10 or more

20. Circle your favorite kind of music. Check others you enjoy.

___ Rock
___ Classical
___ Folk
___ Disco
___ Soul
___ Country
___ New Age

___ Pop
___ Opera
___ Reggae
___ Blues
___ Jazz

_____ Other

21. Please rate your enjoyment of the poem you just heard:

Didn't like 1 2 3 4 5 6 7 Liked very much

22. Who is your counselor?

Alan Yolanda Patrick David

APPENDIX Q
SUBJECT PROFILE FORM (DISCUSSION AND FREE TIME)

GROUP _____ ID # _____

1. Number of days in this treatment _____ Age _____

Circle Male or Female

2. Circle your highest level of education achieved.

8th grade 9-11 High School Grad. College: 0-2 yrs.

3-4 Grad. Post Grad.

3. Circle Drug of Choice

			(downers)	(speed)
Alcohol	Marijuana	Cocaine	Barbituates	Amphetamines
(heroin)	(acid)			
Narcotics	Hallucinogens			

Other _____

4. Have you ever been in this treatment center for chemical abuse?

Yes No

5. If yes, how many times before have you been here? 1 2 3 4
6. Did you attend music therapy during that treatment?
Yes No
7. Before attending this group, approximately how many music therapy sessions have you attended during this treatment?
1-3 4-6 7-9 10-12
8. Have you received treatment for chemical abuse in any other treatment center? Yes No
9. If yes, did you have music therapy services there? Yes No
10. Indicate the number of hours you listen to music (of any style) in a typical week.
0-2 3-5 6-8 9 or more
11. I would describe myself as a person who enjoys music a lot.
strongly agree agree disagree strongly disagree
12. I would describe myself as a person who enjoys poetry a lot.
strongly agree agree disagree strongly disagree

13. I have played a musical instrument. Yes No

14. If yes, how long did you play the instrument?

3 years or less 4-6 years 7-9 years or more

15. Do you like to sing? Yes No

16. Have you participated in music classes in school? Yes No

17. Approximately, how many years ago?

0-3 4-6 7-9 10 or more

18. Have you participated in band or vocal groups (for example, Rock groups, choir, concert band)? Yes No

19. Approximately how many years ago? 0-3 4-6 7-9 10 or more

20. Circle your favorite kind of music. Check others you enjoy.

___ Rock

___ Classical

___ Folk

___ Disco

___ Soul

___ Country

___ New Age

___ Pop

___ Opera

___ Reggae

___ Blues

___ Jazz

_____ Other

21. Who is your counselor?

Alan Yolanda Patrick David

APPENDIX R
CODING FOR SUBJECT PROFILE FORM (SONG)

1)GROUP_____ 2) ID #_____

1 0

3)1. Number of days in this treatment _____ 4)Age____Circle
Male or Female

6)2. Circle your highest level of education achieved.

8th grade	9-11	High School Grad.	College: 0-2 yrs.	3-4
1	2	3	4	5
Grad.		Post Grad.		
6	7			

7)3. Circle Drug of Choice

			(downers)	(speed)
Alcohol	Marijuana	Cocaine	Barbituates	Amphetamines
1	2	3	4	5
(heroin)	(acid)			
Narcotics	Hallucinogens			
6	7			
Other_____8_____				

8)4. Have you ever been in this treatment center for chemical abuse?

1 2

Yes No

1 2 3 4

9)5. If yes, how many times before have you been here? 1 2 3 4

1 2

10)6. Did you attend music therapy during that treatment? Yes No

11)7. Before attending this group, approximately how many music therapy sessions have you attended during this treatment?

1-3 4-6 7-9 10-12

1 2 3 4

12)8. Have you received treatment for chemical abuse in any other

1 0

treatment center? Yes No

1 0

13)9. If yes, did you have music therapy services there? Yes No

14)10. Indicate the number of hours you listen to music (of any style) in a typical week.

0-2 3-5 6-8 9 or more

1 2 3 4

15)11. I would describe myself as a person who enjoys music a lot.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

16)12. I would describe myself as a person who enjoys poetry a lot.

strongly agree	agree	disagree	strongly disagree
1	2	3	4

17)13. I have played a musical instrument. Yes No

1	0
---	---

19)14. If yes, how long did you play the instrument?

3 years or less	4-6 years	7-9 years or more
1	2	3

19)15. Do you like to sing? Yes No

1	0	1	0
---	---	---	---

20)16. Have you participated in music classes in school? Yes No

21)17. Approximately, how many years ago? 0-3 4-6 7-9 10 or more

1	2	3	4
---	---	---	---

22)18. Have you participated in band or vocal groups (for example, Rock groups, choir, concert band)? Yes No

1	0	1	2	3	4
---	---	---	---	---	---

23)19. Approximately how many years ago? 0-3 4-6 7-9 10 or more

1

2

0 if nothing

20. Circle your favorite kind of music. Check others you enjoy.

24)___Rock

31)___Pop

25)___Classical

32)___Opera

26)___Folk

33)___Reggae

27)___Disco

34)___Blues

28)___Soul

35)___Jazz

29)___Country

30)___New Age

36)_____Other

40)21. Please rate your enjoyment of the song you just heard:

Didn't like 1 2 3 4 5 6 7 Liked very much

coding 1 2 3 4 5 6 7

39)22. Please rate your enjoyment of the music you just heard:

Didn't like 1 2 3 4 5 6 7 Liked very much

coding 1 2 3 4 5 6 7

38)23. Please rate your enjoyment of the lyrics you just heard:

Didn't like 1 2 3 4 5 6 7 Liked very much

coding 1 2 3 4 5 6 7

37)24. Who is your counselor? Alan Yolanda Patrick David
1 2 3 4

Discussion and Control

Possible 37

Poetry

Possible 38

Song

Possible 40

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