

Clinician Affective REsponse (CARE) scale

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Patient name: _____	Age: __ __	Sex: <input type="checkbox"/> M <input type="checkbox"/> F
Therapist name: _____	Session #: __ __	Date: __ __ / __ __ / __ __

The following are 15 statements that psychotherapists might use to describe how they feel toward their patients. Think about your last session with that specific patient, then read each statement and rate it on the extent to which it is true of the way how you felt during that session. Select the response that corresponds with your answer placing a cross on the appropriate number. Do not worry if your responses appear to be inconsistent, as people often experience mixed and conflicting feelings.

During the last therapy session, how much did		Not at all	A little	Somewhat -to-Very much
1.	I really like them as a person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	I do all I could for them to a greater extent than for my other patients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	I feel frustrated in my efforts to help them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	I wish I could give them the genuine love and care that they never received, need, or deserve.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	I think what we are working on was interesting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	I feel like I was incompetent or “not good enough” to help them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	I feel tenderness towards them, more than I usually feel for my other patients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	I feel hopeless for them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.	I feel annoyed, irritated, or angry with them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10.	I feel more protective of them than of most patients in my care.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.	I feel enthusiastic about working together with them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12.	I find it hard to step into their inner world.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13.	I was more concerned with their feelings, needs, and wishes than with other patients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14.	I feel happy to see them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15.	I feel overall comfortable and enjoy working with them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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Scoring instructions:

Higher values correspond to more intense feelings. Items 1, 5, 11, 14, and 15 are summed to provide a measure of positive engagement with the patient (Positively engaged factor). Items 2, 4, 7, 10, and 13 are summed to provide a measure of potentially overwhelming emotional investment in the patient (Enmeshed factor). Items 3, 6, 8, 9, and 12 are summed to provide a measure of the feeling that the therapy is stuck (Stuck factor).