

Supplement S2. Patient opinions

The SRS-DV consists of four items assessed separately on a 0–10 visual analogue scale with a total score ranging from 0 (poor quality of working alliance) to 40 points (best possible quality of working alliance), with the cutoff point score of 34 for a good quality of working alliance (42). The items refer to the characteristics of the interaction between therapist and patient: Relationship (i.e., “Does the patient feel heard, understood, and respected?”), Goals and Topics (i.e., “Does the patient feel that the session focused on what he/she wanted to work on?”), Approach and Methods (i.e., “Was the therapist’s approach a good fit?”) and Overall (“Was the session helpful [right] for the patient?”).

The WAI-SF 12 items measure Task, Goal and Bond dimensions (four items, respectively). Items are scored on a 5-point Likert scale ranging from 1= ‘never’ to 5= ‘always’ and captures three key alliance aspects 1) agreement on the goals of therapy (goals); 2) agreement on the tasks of therapy (task) and 3) development of an affective bond (bond). Total score ranges from 12 points, indicating ‘weak working alliance’, to 60 points indicating ‘strong working alliance’ (Hatcher & Gillaspy, 2006; Munder et al., 2010).

The GPE has two items, each is scored on a 7-point Likert scale, from completely recovered to worse than ever and from absolutely satisfied to absolutely unsatisfied, respectively.

References

- Hatcher, R. L., & Gillaspy, J. A. (2006). Development and validation of a revised short version of the Working Alliance Inventory. *Psychotherapy Research*, 16(1), 12-25.
- Munder, T., Wilmers, F., Leonhart, R., Linster, H. W., & Barth, J. (2010). Working Alliance Inventory-Short Revised (WAI-SR): psychometric properties in outpatients and inpatients. *Clin Psychol Psychother*, 17(3), 231-239. <https://doi.org/10.1002/cpp.658>