



Agnew Relationship Measure – 5 (ARM-5)

Instructions:

Thinking about today's meeting, please indicate how strongly you agree or disagree with each statement

		Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1	My therapist is supportive	1	2	3	4	5	6	7
2	My therapist and I agree about how to work together	1	2	3	4	5	6	7
3	My therapist and I have difficulty working jointly as a partnership	7	6	5	4	3	2	1
4	I have confidence in my therapist and their techniques	1	2	3	4	5	6	7
5	My therapist is confident in him/herself and his/her techniques	1	2	3	4	5	6	7

Developer Reference:

Cahill, J., Stiles, W. B., Barkham, M., Hardy, G. E., Stone, G., Agnew-Davies, R., & Unsworth, G. (2012). Two short forms of the Agnew Relationship Measure: The ARM-5 and ARM-12. *Psychotherapy Research*, 22(3), 241–255. <https://doi.org/10.1080/10503307.2011.643253>

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