



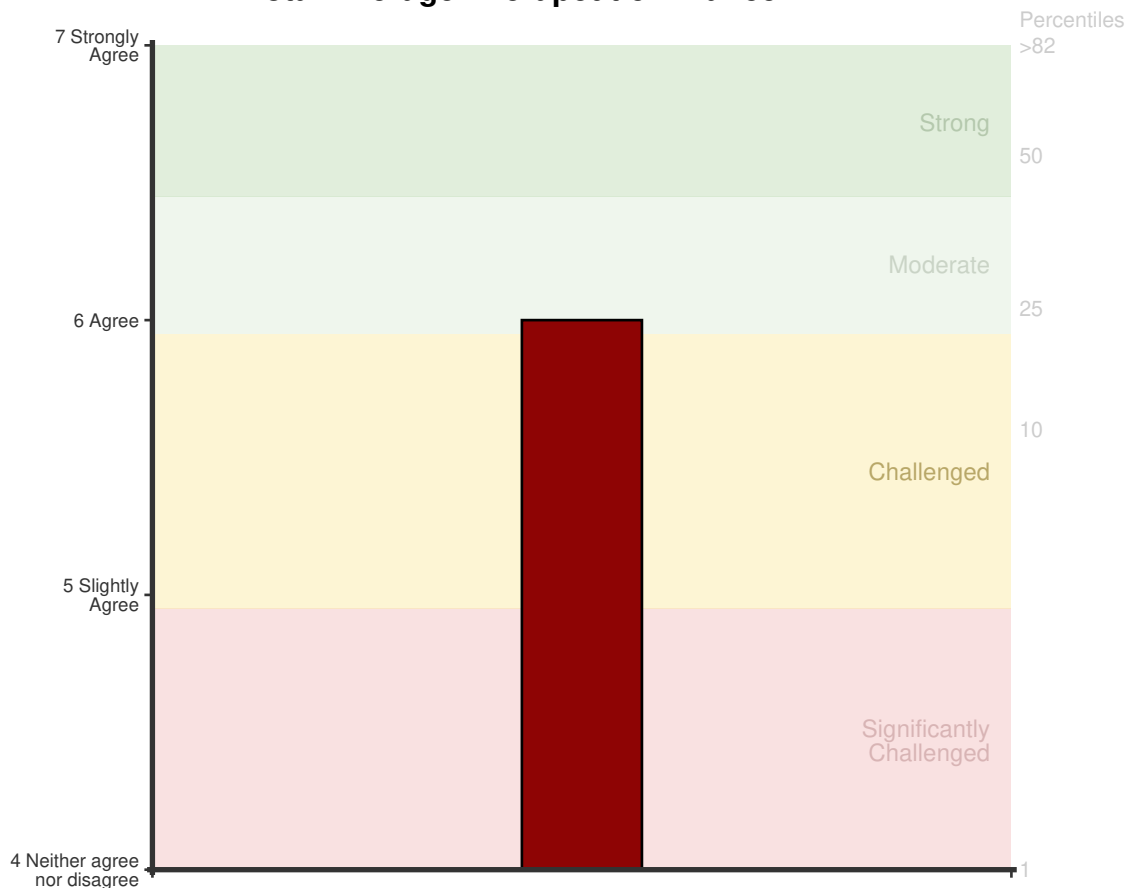
Agnew Relationship Measure – 5 (ARM-5)

<i>Client Name</i>	Generic Joe	<i>Date administered</i>	28 Jun 2026
<i>Date of birth (age)</i>	1 Jan 1900 (126)	<i>Time taken</i>	8s
<i>Assessor</i>	Joseph Phillips		

Results

	Raw Score	Average (1-7)	Percentile	Alliance Strength
Total Average Therapeutic Alliance	30	6	26.2	Moderate
Bond	7	7	-	-
Partnership	9	4.5	-	-
Confidence	14	7	-	-

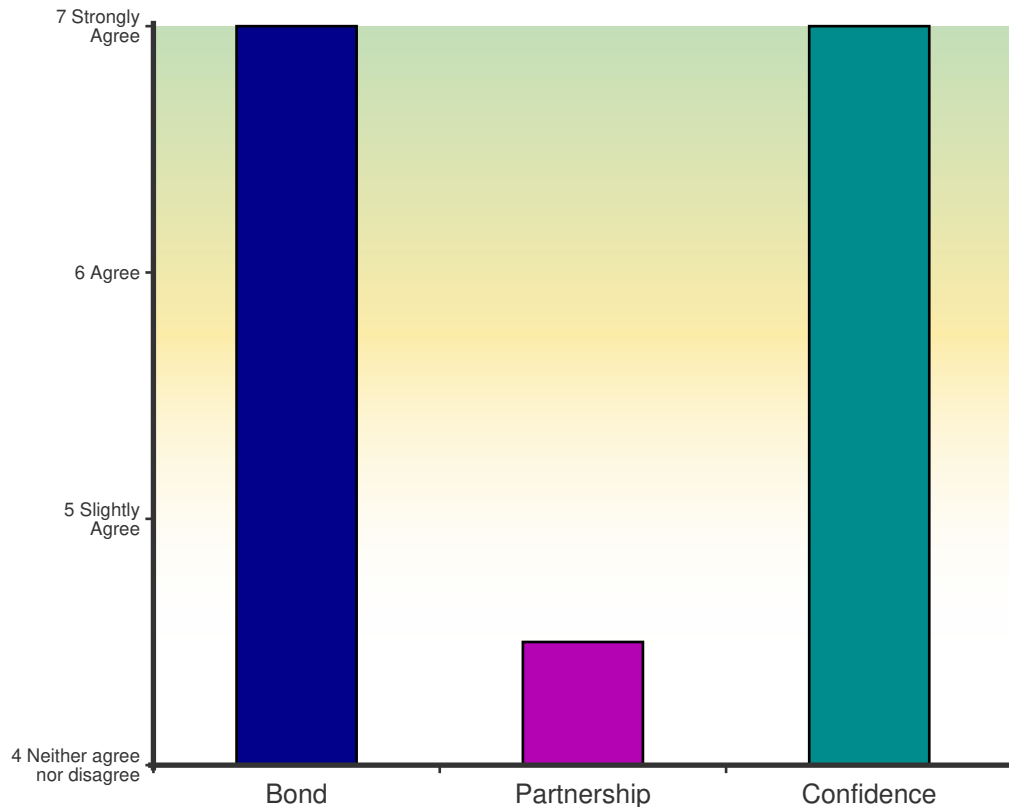
Total Average Therapeutic Alliance





Client Name | Generic Joe

Bond, Partnership and Confidence



Interpretation

The Agnew Relationship Measure (ARM-5) was administered on 28 June 2026. The total alliance score was 30 out of 35 (an average of 6 on the 1 to 7 scale), at approximately the 26th percentile of the reference sample, in the Moderate band. As this is the first administration, there is no previous score for comparison. The respondent rates the working relationship positively. Although the overall alliance is in the Moderate band, the following item was rated *slightly agree* or less and may still be worth exploring with the respondent:

- 3. *My therapist and I work jointly as a partnership* (2 Disagree)

Scoring and Interpretation Information

For comprehensive information on the Agnew Relationship Measure (ARM-5), [see here](#).

The ARM-5 produces a total core alliance score. The total is reported both as a raw score (ranging from 5 to 35) and as an average item score (ranging from 1 to 7), where higher scores indicate a stronger client-rated alliance. Because the three content areas (Bond, Partnership, & Confidence) are highly interrelated and tend to move in the same direction, the total score is the primary output.

ARM Subscales

The ARM-5's five items map onto three content areas of the alliance:



Client Name	Generic Joe
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- Bond (item 1, "My therapist is supportive"; score range 1–7): the client's sense of a supportive, warm working relationship with the therapist.
- Partnership (items 2 and 3, "My therapist and I agree about how to work together" and, reverse-scored, "My therapist and I have difficulty working jointly as a partnership"; score range 2–14): the client's sense of agreement and joint work on the tasks and goals of therapy.
- Confidence (items 4 and 5, "I have confidence in my therapist and their techniques" and "My therapist is confident in him/herself and his/her techniques"; score range 2–14): the client's confidence in the therapist and in the treatment.

The three areas are shown because they add clinical detail the total alone cannot: seeing which aspect of the relationship a client rated lower, whether the bond, the sense of partnership, or their confidence in the therapist and the approach, gives the clinician a concrete place to begin a conversation about repairing or strengthening the alliance.

ARM-5 Percentile Context

A percentile is presented for the total alliance score to give relative context. The percentile compares the client's average alliance score against the NovoPsych routine-care sample. A percentile of 50 marks the median score, the middle of the sample. A higher percentile indicates a stronger client-rated alliance relative to the sample, and a lower percentile indicates a weaker alliance. Because client alliance ratings cluster high, the percentile is best read as a relative position within a therapy sample rather than as an absolute judgement of the relationship, and the highest possible ARM-5 score sits at around the 82nd percentile.

ARM-5 Score Descriptors

Total ARM-5 scores are grouped into four descriptor bands. The bands are anchored to the response scale, where 6 is "agree" and 7 is "strongly agree", so an average of 6.6 or above means the client agrees the alliance is strong; the percentile is shown alongside as relative context against the adult reference sample.

- Strong (average 6.6 or above; raw 33–35): consistent agreement that the alliance is strong; around the 50th percentile and above.
- Moderate (average 6.0 to 6.4; raw 30–32): the client agrees the alliance is good; around the 23rd to 42nd percentile.
- Challenged (average 5.0 to 5.8; raw 25–29): only slight agreement, so the alliance is not yet fully endorsed; around the 3rd to 14th percentile.
- Significantly Challenged (average below 5.0; raw 5–24): at or below slight agreement, indicating a more substantial concern; around the 3rd percentile or below.

Most clients fall in the Moderate or Strong bands; the lower two flag relationships to attend to and openly discuss. A drop in score over time is more telling than any single rating.

ARM-5 Interpreting Change

The ARM-5 is designed for repeated administration so that change in the alliance can be tracked over the course of therapy. The direction and size of any change in the total score since the previous administration are reported and plotted over time. Any decrease in a client's score is treated as potentially meaningful and worth attention. Even small, session-to-session drops in the alliance can matter: single-point decreases on a brief alliance measure have been associated with poorer outcomes at the end of treatment, even when scores otherwise remain high (Miller et al., 2016), and session-to-session change in the alliance predicts later symptom change (Falkenström et al., 2013). A decline is therefore highlighted as a prompt to consider and discuss the working relationship.

**Client Name** Generic Joe**ARM-5 Graphs**

On a first administration the report presents the client's current total alliance score against the four descriptor bands, with the percentile shown as context on the right-hand side. Because alliance scores cluster near the top of the scale, the chart's average-score axis is truncated to a floor of 4 (the neutral point) whenever the score is above 4, so that differences near the ceiling remain visible; if the score is 4 or below, the axis extends to the full 1 to 7 range. A second chart displays the Bond, Partnership and Confidence areas as separate bars.

On repeat administrations a line chart plots the total alliance score across administrations so the trajectory of the working relationship is visible at a glance, with a secondary line chart of the three content areas showing which aspect of the alliance is shifting. The area bars and trajectories are there to aid discussion. Where the current alliance is low, or has declined since the previous administration, the report flags this as a prompt to attend to the alliance.

Client Responses

		Strongly Disagree	Disagree	Slightly Disagree	Neither agree nor disagree	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 themselves and their techniques	1	2	3	4	5	6	7