

## Patient and Carer Collaboration Scale - C (PACCS)

We are interested in your thoughts on some areas of caregiving. Please be as frank and honest as you can.

The statements below describe situations that are commonly associated with eating disorders. For each situation please rate how confident you are that you could respond in the way described.

**Rate your degree of confidence from 0 to 100 using the scale given below.**

<b>0</b>	<b>10</b>	<b>20</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>
<b>Almost never</b>		<b>Occasionally</b>				<b>Frequently</b>			<b>Almost Always</b>	

For example, a rating of 100 means that you are absolutely, 100% confident that you could perform the activity whenever you wished. For each scenario, please circle the number that you feel best reflects your confidence. You can choose any score between 0 and 100 (10, 20, 30, etc.)

**Please make all your ratings based on what you could do THIS WEEK** as the person you are NOW rather than on the person you used to be or the person you would like to be. This is very important.

If you feel some of the questions aren't applicable to you, try to rate how confident you would be should the situation arise.

The blank spaces refer to your loved one with an eating disorder. You do not need to fill in the gaps.

Thank you for taking the time to complete this questionnaire.

### How confident are you that you can.....

1. ...Keep doing the things that you enjoy whilst caring for \_\_\_\_\_?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always

2. ...Discuss and explain your own feelings about the eating disorder openly with \_\_\_\_\_?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always

3. .... Discuss the eating disorder openly with *all* other immediate family members involved?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always

4. .... Be understanding towards \_\_\_\_\_, even when you are angry or frustrated with them?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

5. .... Avoid getting drawn into arguments about the eating disorder with \_\_\_\_\_?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

6. .... Be calm when dealing with difficult behaviours associated with the eating disorder?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

7. .... Take some time for yourself when you need a break?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

8. .... Talk and listen with \_\_\_\_\_ about difficult and complex emotions that s/he is feeling?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

9. .... Engage \_\_\_\_\_ so that she thinks more positively about making changes?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

10. ....Be reassured by even the smallest signs of improvement?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

11. .... Keep hope that \_\_\_\_\_ will recover?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

12. .... Step back and trust that \_\_\_\_\_ will cope with day to day challenges by themselves?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

13. ...Agree boundaries, plans or household rules in collaboration with \_\_\_\_\_?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

14. ...Uphold boundaries/rules consistently in a compassionate tone, even when \_\_\_\_\_ is arguing with you?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

15. ... Control the urge to argue against the eating disorder behaviours, even though you believe your argument to be logical?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

16. .... Have pleasant verbal interactions with \_\_\_\_\_, not related to the eating disorder?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

17. .... Do things with \_\_\_\_\_ not related to the eating disorder, including things s/he enjoyed before the illness?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

18. .... Control the urge to keep enquiring or checking on \_\_\_\_\_ 's behaviour even when you are very worried?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

19. .... Praise change or attempts at change by \_\_\_\_\_ even if the effects/results were less than you were hoping for?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

20. .... Resist constantly reminding/asking about agreed behaviour targets?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

21. .... Intervene without criticising \_\_\_\_\_ when s/he is engaging in eating disorder behaviour?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

22. .... Avoid getting caught in repetitive conversations with \_\_\_\_\_ about food and eating?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

23. .... Keep your eye on \_\_\_\_\_'s overall progress/the bigger picture?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

24. .... Resist relying solely on weight as a marker of how s/he is doing?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

25. ....Avoid getting caught in conversations with \_\_\_\_\_ about weight and shape?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

26. ....Separate \_\_\_\_\_ as a person from the illness?

0      10      20      30      40      50      60      70      80      90      100  
Almost never                      Occasionally                      Frequently                      Almost Always

27. .... Reflect and understand the effect of your behaviour on \_\_\_\_\_?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always

28. .... Accept that the eating disorder is not your fault?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always

29. .... Accept that the one cause or trigger for the eating disorder may not be the solution to recovery?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always

30. ... Talk about the eating disorder openly with people outside the immediate family?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always

31. Understand what \_\_\_\_\_ thinks is positive about their eating disorder?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always

32. ...Find time to spend with other members of the family?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always

33. ... Manage your anxiety levels so that you don't feel overwhelmed?

0	10	20	30	40	50	60	70	80	90	100
Almost never			Occasionally			Frequently				Almost Always