

"Measures for Clinical Practice and Research: A Sourcebook, 4th edition"

**Joel Fischer and Kevin Corcoran, 2007, 1,571 pages, Oxford University Press, \$115
Review by Norman M. Goldfarb**

"Measures for Clinical Practice and Research: A Sourcebook, 4th edition" describes 471 rapid assessment tests for psychological and social aspects like acute stress disorder, anxiety, cognitive slippage, contentment, pain, mood and stress. Although the tests are designed for clinical use, some of them are suitable for assessing the effectiveness of pharmaceuticals in clinical studies.

The following characteristics distinguish rapid assessment tools from other forms of standardized measures:¹

- They are self-report measures, filled out by the client.
- They tend to be short (one to two pages), easy to administer, and easy to complete (usually in less than 15 minutes).
- They are generally written in clear, simple language that the client can understand.
- They can be scored rapidly, often in the presence of the client.
- The interpretation of the measure is straightforward and clear.
- Use of the measure by the practitioner does not require extensive knowledge of testing procedures.
- They do not require subscription to a particular theoretical perspective.
- They provide a systematic overview of the client's problem as well as information on individual aspects that may be discussed in the interview.
- The overall score provides an index of the degree, intensity or magnitude of the client's problem.
- They can provide a structured means for collecting data that is standardized and comparable across applications of the measure, both for individual clients and across all clients.
- They can be used on a one-time basis, or as repeated measures, thereby producing information on changes in the client's problem over time by comparing scores from one administration to another. The scores obtained can be plotted on a single-system design chart, allowing easy visual inspection of changes.

The book begins with six chapters:

- Introduction
- Basic Principles of Measurement
- Types of Measurement Tools
- Advantages and Disadvantages of Rapid Assessment Tools
- Selecting measures for Practice
- Administering the Instruments

Volume 1 includes 46 measures for couples, 63 for families, and 60 for children. Volume 2 includes 302 measures for adults. The following example (discovered by the reviewer to be authored by his sister) illustrates the entries for the test:

Goldfarb Fear of Fat Scale (GFFS)

PURPOSE. To measure the fear of gaining weight.

AUTHOR Lori A. Goldfarb

DESCRIPTION. The 10-item GFFS measures one of the underlying emotional experiences of eating disorders, the fear of becoming fat. The instrument can also be used to assess weight phobia. It is also useful in identifying clients at risk of bulimia or anorexia as well as in assessing the state of those already suffering from these disorders.

NORMS. The GFFS was developed on student and clinical samples. The mean score was 25.5 for 98 high school females. A sample of randomly selected college students had a mean of 18.33, while a small sample of anorectic patients (N = 7) had a mean of 35.0. A third sample of college females has a mean of 30 for a group of diagnosed bulimics, 23.9 for "repeat dieters," and 17.3 for nondieting females.

SCORING. Each item is rated on a scale from 1 to 4, "very untrue" to "very true." Scores are the sum of each item, and range from 10 to 40 with high scores indicating more fear of gaining weight.

RELIABILITY. The GFFS has been shown to have very good reliability. The internal consistency reliability using coefficient alpha was .85. Over a one-week period, the GFFS has excellent stability, with a test-retest correlation of .88.

VALIDITY. The validity data generally are positive. There were significantly different scores for samples of anorectic patients and college females; the scores also differed between bulimic and repeat dieters and nondieters. Both of these studies reflect known-groups validity. Correlations between the GFFS and state-trait anxiety, depression, neuroticism, maladjustment, and control and achievement orientations demonstrate concurrent validity. The GFFS was negatively correlated with self-esteem.

PRIMARY REFERENCE. Goldfarb, L.A., Dykens, E.M., and Gerrard, M. (1985). The Goldfarb Fear of Fat Scale, *Journal of Personality Assessment*, 49, 329-332. Instrument reproduced with permission of Lori A. Goldfarb and the *Journal of Personality Assessment*.

AVAILABILITY. May be copied from this volume.

GFFS Instrument

Please read each of the following statements and select the number that best represents your feelings and beliefs.

- 1 = Very untrue
- 2 = Somewhat untrue
- 3 = Somewhat true
- 4 = Very true

___ 1. My biggest fear is of becoming fat.

- ___ 2. I am afraid to gain even a little weight.
- ___ 3. I believe there is a real risk that I will become overweight someday.
- ___ 4. I don't understand how overweight people can live with themselves.
- ___ 5. Becoming fat would be the worst thing that could happen to me.
- ___ 6. If I stopped concentrating on controlling my weight, chances are I would become very fat.
- ___ 7. There is nothing that I can do to make the thought of gaining weight less painful and frightening.
- ___ 8. I feel like all my energy goes into controlling my weight.
- ___ 9. If I eat even a little, I may lose control and not stop eating.
- ___ 10. Staying hungry is the only way I can guard against losing control and becoming fat.

The book is available in bookstores.

Reference

1. Levitt, J.L., and Reid, W.J. (1981). Rapid-assessment instruments for practice, *Social Work Research and Abstracts*, 17,13-19.

Reviewer

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"The fourth edition of Measures for Clinical Practice and Research will, like the earlier ones, be the 'go-to' book on the shelf of practitioners and researchers. Fischer and Corcoran provide an invaluable resource to those needing access to reliable and valid tools when working with clients or developing research studies. Laid out in an understandable format with cross-indexed items, users will find these volumes easy to navigate. Earlier editions of Measures for Clinical Practice sit in a prominent place on my office bookshelf, and I find myself consulting them often. Drs. Fischer and Corcoran have provided an important service for our field." - Publisher - Oxford University Press; 4th edition (January 11, 2007). Language - English. Hardcover - 952 pages. Research into Practice 197 Social Network and Social Support Interventions 199 Health Education and Health Behavior Applications 203 Future Directions for Research and Practice 206 Summary 207 TEN: STRESS, COPING, AND HEALTH BEHAVIOR 211 Karen Glanz and Marc D. Schwartz Key Points 211 Historical Concepts of Health, Stress, and Coping 212 The Transactional Model of Stress and Coping: Overview, Key Constructs, and Empirical. Related shifts in the models and strategies of public health and clinical health promotion opened the way for even broader population models that link health plans and community public health organizations, communities, clinicians, and public health practitioners. COUPON: Rent Measures for Clinical Practice and Research A Sourcebook Volume 1: Couples, Families, and Children 4th edition (9780195181906) and save up to 80% on textbook rentals and 90% on used textbooks. Get FREE 7-day instant eTextbook access! Giving clinicians the scales they need to measure their clients' problems and monitor their outcomes, these all-in-one sourcebooks bring effective, accountable practice within reach for today's busy professionals. Back to top. Rent Measures for Clinical Practice and Research 4th edition (978-0195181906) today, or search our site for other textbooks by Joel Fischer. Every textbook comes with a 21-day "Any Reason" guarantee. Published by Oxford University Press. "Measures for Clinical Practice and Research: A Sourcebook, 4th edition describes 471 rapid assessment tests for psychological and social aspects like acute stress disorder, anxiety, cognitive slippage, contentment, pain, mood and stress. Although the tests are designed for clinical use, some of them are suitable for assessing the effectiveness of pharmaceuticals in clinical studies." - Journal of Clinical Research Best Practices "These two volumes enable readers to review hundreds of instruments for use in clinical practice with adults, children, couples, and families. The inclusion of the actual instrument after the basic description is really the best feature. Rev. ed. of: Measures for clinical practice / Kevin Corcoran, Joel Fischer. 3rd ed. c2000. Includes bibliographical references. In most instances, the information will be from sources that have not been peer reviewed by scholarly or research communities. Please report cases in which the information is inaccurate through the Contact Us link below. Checking the Web...