

## Paediatric CARE measure (PCM) – 10Q Information sheet

### Why should I fill in the PCM 10Q?

The PCM 10Q asks young people what they think about the way their therapist talks with them. The information will be used to help therapists get better at talking with the young people they work with.

### Please:

1. Fill in the PCM 10Q. Please ask if you are not sure about something.

The image shows two pages of the PCM 10Q questionnaire. The left page contains items 1-5 and the right page contains items 6-10. Each item includes a description of the therapist behavior and a scale of five faces (neutral, sad, angry, happy, very happy) for rating.

**PCM 10Q**  
Please tick, circle or mark the scale  
How well the therapist etc...

1... making you feel at ease (being friendly and warm towards you)

2... letting you tell your 'story' (giving you time to fully describe things in your own words)

3... really listening (giving close attention to what you are saying)

4... being interested in you as a whole person (asking/finding relevant details about your life/situation)

5... fully understanding your concerns (communicating that she has accurately understood your problems)

6... showing care and compassion (showing genuine concern)

7... being positive (having a positive approach and positive attitude)

8... explaining things clearly (fully answering your questions, giving you enough information)

9... helping you to take control (exploring with you what you can do to improve your health yourself)

10... making a plan of action (discussing the options, involving you as much as you want)

If you would like to explain any of your responses, please use this space or overleaf

2. Hand in the completed form.

**Please note:** The PCM 10Q is anonymous. This means you don't have to write your name on the form and no one will know which form belongs to you. Please be honest with your answers.

**Thank you for your help**