

## HAQ-6

(6-item Helping Alliance Questionnaire, Patient form)

<b>Instructions:</b> These are ways a person may feel or behave in relation to another person-their therapist. Consider carefully your relationship with your therapist, and then mark each statement according to how strongly you agree or disagree. <i>Please mark everyone.</i>		Strongly disagree	Moderately Disagree	Slightly Disagree	Slightly agree	Moderately agree	Strongly agree
1	I feel I can depend on the therapist	1	2	3	4	5	6
2	I feel the therapist wants me to achieve my goals.	1	2	3	4	5	6
3	I feel I am working together with the therapist in a joint effort.	1	2	3	4	5	6
4	I generally respect the therapist's views about me.	1	2	3	4	5	6
5	A good relationship has formed with my therapist.	1	2	3	4	5	6
6	The therapist and I have meaningful exchanges.	1	2	3	4	5	6