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Adaptation of the working alliance inventory for the assessment of the therapeutic alliance in genetic counselling

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Abstract

The concept of therapeutic alliance is central to guidance because the mechanism through which the outcomes of empowerment and e ective coping are likel to be achieved. To date, there are no published systematic assessments of the therapeutic relationship in guidance. We adapted a previously validated measure of the therapeutic alliance to guidance and assessed its reliability and validity. Participants were enrolled during a clinical genomic study where they were randomized to receive education about carrier results via an internet platform or via a genetic counselor then further randomized to receive guidance (without additional education) or not. We rated the therapeutic alliance from audio recordings of 120 guidance sessions. We modiked the observer version of the Working Alliance Inventor{ (WAI O), initiall{ designed to assess therapeutic relationships in psychotherapy. We examined internal consistency reliability by calculating Cronbachøs alpha and inter rater reliabilit{ through both percent agreement and G et/s alternative agreement coe cient (AC). Regression anal{ses ere ont to evaluate the connection of WAI O scores