

MANTRA Case Formulation Rating Scheme

Used to rate the quality of formulation letters written from the therapist to patient after completing the MANTRA formulation chapter.

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(1) Adherence to model:

(a) Developmental aspect: Letter mentions 'what the patient brings to the illness' i.e. traits, key challenges in their life, strengths and supports. Where this is done well this will go beyond description of the patient as anxious or perfectionist, but will give some illustration of the extent of this and where this has mattered in their life.

0=no mention of this

1=description or list without illustration or impact on life

2= illustration of the extent OR impact on life

3=fully including illustration of BOTH the extent and how this has impacted e.g., *"even as a child you always were anxious about pleasing people which included eating healthily in order to please your parents. Over your lifetime this characteristic has often caused you to be upset about having possibly offended or hurt someone, and currently this opens the door to binges when you are upset about this."*

(b) Maintenance aspect: Letter mentions key maintenance factors (thinking style, valued nature of AN, socio-emotional difficulties and/or how close others maintain the illness) and gives examples of how these manifest in the patient's life.

0=no mention of this

1=mention of factors without examples

2=mention of factors with limited example

3=fully including mention of factors and different examples that illustrate variety of manifestations e.g., *"being in control and being perfect has been very important to you, and anorexia has supplied a means by which to control your life. However, as you noted this week, it is also now controlling your life and clutching on to you like a blackberry bush, where the anorexia nervosa intensifies your self-critical voice if you do not always reach your high standards, and has been very cunning in helping you ignore the achievements that you do make".*

(c) Letter includes a way forward: a focus on how the remaining sessions will be used to address the patient's difficulties is included. Acknowledgement of change as a process and a 'journey' and acknowledging both bigger picture aspirations and process goals, and reminding them of the courage and strengths that they have to navigate the journey.

0=no mention of this

1=outline of focus in remaining sessions only

2=outlines way forward and invokes idea of a journey towards bigger picture

3=as above in (2) and includes hope for their ability to make the journey (whatever that journey involves and allowing for differences in patients' readiness to change) e.g., *"It is clear to me that you place great importance on other aspects of yourself, apart from an ability to maintain a low weight and control your eating. This includes being a caring and*

generous person, your friendships, your medical career, having a healthy body, being a spontaneous and fun person, and an ability to care about the wider issues in the world. It is these important characteristics that can help you fight the anorexia and make headway against it such that you can reclaim your life."

(2) Interpersonal aspects of letter:

(a) Collaborative stance (e.g. 'together we have discovered.....'.)

0=language placing therapist as expert

1=no collaborative statements

2=some collaborative statements, but somewhat formulaic

3=collaborative stance permeates the letter, as evidenced by reference to joint discoveries and experiences and/or joint goals, e.g., *"We have been able to determine that..."*, *"We thought that it may be important to..."*.

(b) Reflective, respectful of patient's views, and/or adopting one-down position

(e.g. 'this is my attempt to understand you...I may not have got it all right...' Includes using tentative language, putting forward hypotheses, e.g. 'I wonder...'; 'I sense...'...'Perhaps')

0=language placing therapist as expert

1=no use of one-down position or tentative language.

2=some use of one down position or tentative language , but somewhat formulaic

3= Reflective, respectful, one-down position permeates letter, e.g. *"I look forward to our future sessions where we will work towards your goals and aspirations, should you feel that you are now ready to allow anorexia to loosen its grip"*.

(c) Affirming stance: Use of affirmation, i.e. positively and warmly connoting the patient's efforts (e.g. 'I have been very impressed by.....')

0 =presence of any negative statements/connotations

1=no affirmative statements

2=some use of affirmative statements , but somewhat formulaic

3=Affirmation permeates letter, e.g. *"I have been very impressed with how, despite your difficulty with opening up to others and accepting help, you have made use of your best friend for support. Moreover, despite your misgivings of letting your mum into things you have gone to stay with your parents twice over the summer and this has gone much better than you thought. You allowed yourself to be guided by your mum with regard to your eating and felt physically much better as a result"*.

(d) empathic and/or compassionate stance (e.g. reflecting on what certain events or difficulties must have felt like for the patient, reflecting emotion and acknowledging the patient's struggle/difficulties in the context of the therapist's own emotions)

0=evidence of therapist being critical or judgemental

1=no empathic or compassionate statements

2=some use of empathic/compassionate statements, but somewhat formulaic

3= empathic compassionate stance permeates letter, e.g. *"I felt very privileged that you were brave enough to show me 'the bits of you that others cannot and do not see'. Behind the cheerful, competent and independent front that you put on for others is a person who at times feels desperately in need of closeness and comfort and who is very angry and upset that others do not identify or respond to her needs. In this context it was very painful for you to talk about the fact that you have a strong sense that your parents and in*

particular your dad have always been much more receptive to your brother's ideas and plans and supported them practically and emotionally, whereas your ideas and plans were somewhat ignored or not taken seriously."

Total score: 21