

## Goal Attainment Scaling Checklist

- All possible outcomes have been considered.
- Only one variable is changing across levels.
  - If two variables are changing, they are clearly correlated and likely to change in concert.
- The amount of change between levels is clinically important.
- The expected outcome is realistically attainable (not too difficult, but also not too easy).
- All levels are mutually exclusive.
- There are no gaps between levels.
- There are approximately equal intervals between levels.
- Each level is defined in terms that are:
  - Concrete
  - Non-ambiguous
  - Observable and/or measurable
- There is a set timeframe for goal achievement.

Based on McDougall and King (2007) and Grant and Ponsford (2014).

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