

Examples of Measurable and Non-Measurable Treatment Goals

Non-measurable goals

- Patient will effectively manage their depression.
- Patient will decrease their depression by 50%.

Measurable, time-limited goals

- Patient will score 20 or below on the *Beck Depression Inventory* for 5 consecutive sessions. Target Date: 10/1/2014.
- Patient's score on the *PHQ-9* will be reduced from 20 currently to 10 or less. Target Date: 10/1/2014.
- Patient's depression severity will be reduced from 8 currently to 3 or less (based on self-report 1-10 scale). Target Date: 10/1/2014.
- Patient will verbalize to therapist at least 3 coping skills for managing depression. Target Date: 10/1/2014.
- Patient will complete a medication evaluation with their medical provider. Target Date: 10/1/2014.

Non-measurable goal

- Patient will be less isolated.

Measurable, time-limited goal

- Patient will initiate 2 or more social contacts per week for the next 4 weeks. Target Date: 10/1/2014.

Non-measurable goal

- Patient will address their alcohol abuse.

Measurable, time-limited goals

- Patient will attend at least 2 AA meetings per week for 10 consecutive weeks. Target Date: 10/1/2014.
- Patient will verbalize to therapist at least 3 triggers to drinking. Target Date: 10/1/2014.

Non-measurable goal

- Patient will have less obsessive-compulsive behavior.

Measurable, time-limited goal

- Patient's reported time engaged in obsessions and compulsions will be reduced from 2 hours per day currently to 1 hour per day or less. Target Date: 10/1/2014.

Non-measurable goal

- Patient will learn to control their anger.

Measurable, time-limited goal

- Patient will have no more than 2 angry outbursts per week for 6 consecutive weeks, per self-report. Target Date: 10/1/2014.

Non-measurable goals

- Patient's anxiety will decrease.
- Panic attacks will be reduced by 50%.

Measurable, time-limited goals

- Patient will not experience any panic attacks for 3 consecutive weeks, per self-report. Target Date: 10/1/2014.
- Panic attacks will be reduced from 6 times per week currently to 3 times per week or less. Target Date: 10/1/2014.
- Patient's score on the *Severity Measure for Generalized Anxiety Disorder—Adult* will decrease from 30 currently to 10 or less. Target Date: 10/1/2014.