

# Goal Attainment Scale (GAS)

QEP 1.2.3.1

Client: \_\_\_\_\_

Date: \_\_\_\_\_

The following scale should be used to specify the individual goals for psychotherapy and to evaluate, to which extent these goals are attained.

Goal 1: \_\_\_\_\_

Initial state: \_\_\_\_\_

Target state: \_\_\_\_\_

Target achievement (1-6): \_\_\_\_\_ (Client)

\_\_\_\_\_ (Therapist)

Goal 2: \_\_\_\_\_

Initial state: \_\_\_\_\_

Target state: \_\_\_\_\_

Target achievement (1-6): \_\_\_\_\_ (Client)

\_\_\_\_\_ (Therapist)

Goal 3: \_\_\_\_\_

Initial state: \_\_\_\_\_

Target state: \_\_\_\_\_

Target achievement (1-6): \_\_\_\_\_ (Client)

\_\_\_\_\_ (Therapist)

Goal 4: \_\_\_\_\_

Initial state: \_\_\_\_\_

Target state: \_\_\_\_\_

Target achievement (1-6): \_\_\_\_\_ (Client)

\_\_\_\_\_ (Therapist)

- 6 = Goalattainment 100 %
- 5 = Goalattainment 75 %
- 4 = Goalattainment 50 %
- 3 = Goalattainment 25 %
- 2 = Initial state retained
- 1 = Aggravation

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