

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

Measurable Treatment Goals

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