

IAPT adapted Enablement Instrument (Howie et al 1998)

As a result of your treatment so far with the iCope service, do you feel...

	Much Better	Better	Same or Less
Able to understand your problems	2	1	0
Able to cope with your problems	2	1	0
Able to cope with life	2	1	0
	Much More	More	Same or Less
Confident about managing your problems	2	1	0
Able to help yourself	2	1	0

Total Score: /10