

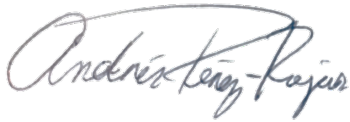
December 8<sup>th</sup>, 2020

Thank you for your interest in the Therapist Cultural Comfort Scale (TCCS). The scale was published in a scientific journal for use in the public domain. You do not need to contact any of the authors for permission to use this scale in noncommercial research. You may not, however, use the scale for commercial purposes without permission.

The following pages contain the scale itself, as well as basic information about the scale. If you have questions or concerns about the scale that are not addressed in these pages, then feel free to contact me using the contact information below.

Best wishes with your research!

Sincerely,

A handwritten signature in cursive script that reads "Andrés E. Pérez-Rojas". The signature is written in black ink and is positioned above the typed name and contact information.

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## **Information Sheet: Therapist Cultural Comfort Scale (TCCS)**

### **What is the Therapist Cultural Comfort Scale (TCCS)?**

The TCCS is a 13-item measure designed to assess clients' views of their therapists' cultural comfort, or the degree to which they appear at ease in response to salient aspects of clients' cultural identities. The development of the TCCS is fully described by Pérez-Rojas et al. (2019).

### **Do I need to ask for permission to use the TCCS?**

In the interest of promoting further study, others may use this scale without asking for permission. However, researchers should send any reports of research findings involving the TCCS as soon as available, including those that remain unpublished, to Andrés E. Pérez-Rojas.

### **What instructions should be given with the TCCS?**

For comparability to the norms published in our study (Pérez-Rojas et al., 2019), researchers should present respondents with the instructions included in this document (see last page).

### **How is the TCCS scored?**

The TCCS has two subscales (see below). Total and subscale scores can be calculated. Rasch item response theory analyses suggested that collapsing the endpoints on the 5-point rating scale with the scoring scheme presented below improves performance of the scale. Thus, we suggest presenting the full response scale (5-point) to all respondents and recoding to a 3-point format after data are collected. Once rescaled, items in the Negative subscale should be reverse coded, especially if a total score will be computed. The following SPSS syntax can help with scoring:

Step 1: Rescale all items from a 5-point to a 3-point format.

Recode TCCS\_1 to TCCS\_13 (5=3) (4=2) (3=1) (2=1) .

Step 2: Reverse code negatively worded items.

Recode TCCS\_1, TCCS\_2, TCCS\_3, TCCS\_5, TCCS\_6, TCCS\_7, TCCS\_12, TCCS\_13 (1=3) (3=1).

Step 3: Calculate subscales and total scores.

Compute Negative = MEAN(TCCS\_1, TCCS\_2, TCCS\_3, TCCS\_5, TCCS\_6, TCCS\_7, TCCS\_12, TCCS\_13) .

Compute Positive = MEAN(TCCS\_4, TCCS\_8, TCCS\_9, TCCS\_10, TCCS\_11) .

Compute TCCS\_Total = MEAN(TCCS\_1, TCCS\_2, TCCS\_3, TCCS\_5, TCCS\_6, TCCS\_7, TCCS\_12, TCCS\_13, TCCS\_4, TCCS\_8, TCCS\_9, TCCS\_10, TCCS\_11) .

### **What are the psychometric properties of the TCCS?**

As reported by Pérez-Rojas et al. (2019), an exploratory factor analysis was used to derive the two TCCS subscales. Rasch IRT analyses were used to select the final 13 TCCS items and to evaluate the rating scale. The results suggested that a 3-point scoring scheme improves performance of the scale. Confirmatory factor analyses supported the 2-factor structure of the TCCS—though an overall score can be computed, too—as well as its invariance across race/ethnicity and gender. Data from a sample of community adult clients in psychotherapy supported the validity and reliability of the TCCS. Internal consistency estimates in this sample ranged from .90 to .94. In all, results of the initial development study suggested that the TCCS may offer researchers an efficient means of assessing clients' perceptions of therapist cultural comfort.

In a subsequent study with a sample of 48 clients who attended 476 sessions in a doctoral training clinic, Bartholomew et al. (2020) calculated test–retest reliability of the TCCS using the intraclass correlation and found adequate test–retest reliability for their sample (intraclass correlation coefficient = .82). For this study, internal consistency was also adequate (.77). Results of multilevel modeling analyses provided further validity evidence, supporting the hypothesis that increases in clients' perceptions of their therapists' cultural comfort would be associated with decreases in clients' reports of symptom distress over the course of therapy.

### **What else is important to know about the TCCS?**

Before using the TCCS, we suggest you read about the scale development process in this article:

Pérez-Rojas, A. E., Bartholomew, T.T., Lockard, A.J., & Gonzalez, J. M. (2019). Development and initial validation of the Therapist Cultural Comfort Scale. *Journal of Counseling Psychology*. DOI: 10.1037/cou0000344

### **Further reading:**

Bartholomew, T. T., Pérez-Rojas, A. E., Lockard, A. J., Joy, E. E., Robbins, K. A., Kang, E., & Maldonado-Aguiñiga, S. (2020). Therapists' cultural comfort and clients' distress: An initial exploration. *Psychotherapy*. Advance online publication. <https://doi.org/10.1037/pst0000331>

## Therapist Cultural Comfort Scale

Think about the parts of your culture that are important to your identity, or who you are as a person. This can include race, gender, ethnicity, age, social class, disability status, size, religion, sexual orientation, and many other cultural factors.

Below are statements that describe how your therapist may respond when important parts of your culture come up or are discussed in your therapy. Using the scale provided, please tell us how much you agree or disagree with each statement. If important parts of your culture haven't come up or been discussed in your therapy, please answer how you think your therapist would respond if they did.

There are no "right," "wrong," or "bad" answers; we're simply interested in your impressions of how your therapist responds (or would respond) to your culture.

| <b>When important parts of my culture come up or are discussed, my therapist...</b> | <b>Strongly Disagree</b> | <b>Disagree</b> | <b>Unsure</b> | <b>Agree</b> | <b>Strongly Agree</b> |
|---|--------------------------|-----------------|---------------|--------------|-----------------------|
| 1. ... stumbles with words.   | 1                        | 2               | 3             | 4            | 5                     |
| 2. ... becomes defensive.   | 1                        | 2               | 3             | 4            | 5                     |
| 3. ... appears anxious.   | 1                        | 2               | 3             | 4            | 5                     |
| 4. ... seems comfortable talking with me.   | 1                        | 2               | 3             | 4            | 5                     |
| 5. ... changes the focus to another topic.  | 1                        | 2               | 3             | 4            | 5                     |
| 6. ... seems angry.   | 1                        | 2               | 3             | 4            | 5                     |
| 7. ... seems unsure about how to behave.  | 1                        | 2               | 3             | 4            | 5                     |
| 8. ... has a relaxed demeanor.  | 1                        | 2               | 3             | 4            | 5                     |
| 9. ... seems comfortable in our interaction.  | 1                        | 2               | 3             | 4            | 5                     |
| 10. ... seems at ease with me.  | 1                        | 2               | 3             | 4            | 5                     |
| 11. ... seems genuine.  | 1                        | 2               | 3             | 4            | 5                     |
| 12. ... appears guarded.  | 1                        | 2               | 3             | 4            | 5                     |
| 13. ... seems annoyed.  | 1                        | 2               | 3             | 4            | 5                     |

Negative subscale = 1, 2, 3, 5, 6, 7, 12, 13 (reverse code)

Positive subscale = 4, 8, 9, 10, 11