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TECHNICAL REPORT

A Fidelity Coding Guide for a Group Cognitive Behavioral Therapy for Depression

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Summary

This report describes the development of the fidelity rating tools for the BRIGHT and BRIGHT-2 interventions, including consideration of the tools, which assess adherence to and competence in administering the BRIGHT treatments, and their interrater reliability. It also provides a recommended training plan for fidelity coders in research settings. The training plan includes coder selection, initial training, and ongoing training. Finally, it provides specific guidance on how to apply the fidelity tools. This guidance is based on experience using the tools within a research context, but it should be helpful for supervisors in clinical settings as well.