

## INTEREST CHECKLIST UK: Guidance notes

The Interest Checklist UK is a tool to elicit information about a person's past and present interests and degree of attraction towards these interests. It is a written inventory, requiring approximately 15-30 minutes to administer, and is appropriate to use with adolescent, adult or elderly populations. The interests are divided into 9 categories, each listing a range of related activities, and with provision for the inclusion of additional activities.

### Administration of interest checklist

The checklist can either be completed by the client alongside the therapist or can be given to the client to complete in their own time. In situations where the client is not able to complete the checklist, the information can be gathered through key informants eg carers or relatives.

Explain to the client the purpose of the interest checklist and the procedure to complete it:

- The client is asked to place checks in each column to indicate
  - their level of interest (strong, some or no interest) in each of the activities (only one column should be ticked).
  - pattern of participation – whether they have participated in the activity in the *past*, whether they *currently* do and whether they would like to participate in *future* (more than one column can be ticked).
- After the client finishes completing the checklist, it is recommended that all of the 'Strong' interest' activities (or 'some interest' ones if there are no strong ones) are written in the box on the summary form.
- The client is then encouraged to prioritise this list, taking into account strength of interest, current / future participation data, & feasibility / readiness to pursue.
- The client is then asked to select one interest from the prioritised list and together with the therapist identifies an action plan for participation

David Heasman & Gaurav Salhotra 10.08