

THE INTERPERSONAL THERAPY INTERPERSONAL INVENTORY FOR ADOLESCENTS

Definition: a detailed review of the client's significant relationships, both current and past to obtain a complete picture of the nature of the patient's social relationships and interpersonal functioning

Goal of the Interpersonal Inventory:

Understand

- the interpersonal context of the depression, particularly the event that may have precipitated the depressive episode,
 - ID any conflicts or interpersonal difficulties as well as
 - Potential areas for change
- the reasons for seeking treatment now, and
- what has been going on in significant relationships that may be associated with the onset of symptoms.

Identify primary problem area (may be difficulty with a relationship that has become exacerbated by a chronic depression or it may be an event involving an important person in the adolescent's life that has become problematic for the client)

Inventory culminates in the identification of one or more problem areas as the focus of treatment

Four categories of interpersonal issues are assessed to identify major problem area. If more than one area, prioritize the problem areas in terms of which to focus on initially:

1. Grief:
 - a. Loss of relationships— such as death, separation, illness in parents
 - b. Loss of healthy self
2. Interpersonal role disputes with friends, teachers, parents, siblings
3. Interpersonal role transitions such as changing schools (elementary to junior high or junior high to high school)
4. Interpersonal skills deficits such as difficulty initiating and maintaining relationships, communicating about feelings
5. Single parent family situations resulting from parental divorce, incarceration, death

Process:

The Interpersonal Inventory is conducted as a semi-structured interview.

Recommended questions for general exploration of relationships:

1. Who are the important people in your life? (people like your mother and father, sisters and brothers, best friend, girlfriend, or boyfriend, other close friends)
2. How has your disorder affected your relationships with the people who are important to you?
3. Do you think you have problems in your relationships with others? What are those problems?
4. Are you able to feel close to people or is it hard for you to confide in others?
5. Who in your family do you feel closest to? Who do you confide in or go to for help? What makes that relationship special for you?
6. Who in your family don't you feel close to? What is the problem in your relationship with that person?
7. What would you like to change about that relationship?
8. Who outside of your family do you feel especially close to?
9. What is it about that relationship that makes you feel close to that person?
10. Do you have friends that you are NOT close to?
11. What prevents you from feeling close to that person?
12. Are there other people you are close to, like a teacher, or a clergy person, or a relative or a family friend?
13. Of all the people we have been talking about to whom are you closest?
14. What would you like to change about yourself in order to have better relationships with the people in your life?

Questions for exploring interpersonal role disputes:

Interpersonal role disputes are situations in which the client and at least one significant other have non-reciprocal expectations about their relationship. Non-reciprocal expectations refer to disagreements about the terms of the relationship and/or for behavior within the relationship.

1. What do you and ___ fight about?
2. How do your fights end?
3. How would you like ___ to respond to you when you are angry?
4. How do you think ___ would like you to respond?
5. What are your expectations for this relationship?
6. In what ways have you been disappointed?

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7. In what ways might ____ have been disappointed?
8. How do you think your relationship can be helped or improved?
What could you do to resolve the problems? What could ____ do?
9. If ____ can't change, how can you handle that?
10. What other options or resources are available to you?
11. Have similar conflicts occurred in other relationships?
12. How were they resolved?

Questions for exploring Interpersonal Role Transitions:

Role transitions issues are those related to difficulties in adjusting to a life change that is unexpected or undesired or for which a person is emotionally and psychologically unprepared.

1. What was it like for you to experience _____?
2. How did it affect how you felt about yourself?
3. How has your life changed as a result of _____?
4. Did your relationships with important people in your life change?
How?
5. What do you think others are expecting of you as a result of this change?
6. What resources are available to you as you adjust to this change?

Questions for exploring Interpersonal Skill Deficits:

1. Who are your friends now? How long have you been friends?
2. How do you define a good friend?
3. Is it difficult to initiate friendships?
4. What do you do to get to know someone better?
5. How do you feel when you are with your friends?
6. What was it like to be with friends when you were manic or depressed?
7. How do you feel about your friends and your activities now?
8. Have your relationships with friends changed recently? How?
9. How do your present friendships differ from friendships you had in the past?

Life Events associated with Adolescent Depression

- Changes in family structure

- Changes in school
- Any moves
- Death, illness, accident or trauma
- Onset of sexuality and sexual relationships

In discussion of the above:

- Does the adolescent seek support in a healthy fashion, or does the adolescent provoke and alienate the people he or she can depend on the most?
- Does the adolescent deal directly with the people the or she is closest to, or do feelings emerge in misdirected and ill-conceived actions that are self defeating or self destructive?
- Does the adolescent socially and emotionally withdraw, increasing the depression, when feeling hurt and disappointed by a close relationship?
- What had been going on in your life around the time you began to feel depressed? At school? At home? How were you getting along with your parents? Siblings? Friends? Teachers/ have there been any changes in the relationships?

1. Establish a time frame and sequence of events relating a possible precipitant to the depression,.
2. Facilitate the connection between the depression symptoms and an interpersonal circumstance or event.

Questions for exploring Single Family Household issues :

Mourning the loss of the non-custodial parent

1. How do you feel about not seeing your father or mother very frequently?
2. What is it like when the visits don't occur regularly?
3. How has it changed your relationship? The way you talk to him or her?
4. What do you miss about the relationship? What do you still enjoy about the relationship?

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5. What type of relationship would you like to have with your father or mother if he or she were available to you
6. DID you ever wonder if the leaving of your father or mother was related to anything you did or have you ever felt that you could have prevented it?

Regarding the relationship with the remaining custodial parent:

7. What type of relationship do you have with your father or mother who you live with now?
8. Would you like things to be any different/
9. How would you like them different?
10. Do you ever blame our father or mother for your father's or mother's leaving your home?
11. If so, how do you think he or she was involved in your being separated from your father or mother?
12. Do you think anyone else had a part in causing this separations?
How so?