

CO-OP  
Fidelity  
Checklist  
(CFC)

Participant:  
Treating Therapist:  
Rater:  
Date: Session:

Instructions: Review videos, documentation, and case notes to address the following statements. Based on what you observe and read, check “Yes” if the statement is generally true, “No” if the statement is generally false, and “N/A” (not applicable) or “N/O” (not obtained/observed) (In comments section explain why the item was N/A or N/O.)  
NOTE: If Yes, please enter a number between 1 (doesn’t do well) and 5 (does very well) for each “Yes” item.

**Part A1: CO-OP Approach - Across Sessions - fidelity**

Fidelity Statements	No	Yes (1-5)	N/O
1. The therapist demonstrates client-centered goal setting.			
2. The therapist responds to client’s changing needs with regards to goals identified at baseline (including rescaling of a particular goal for different challenges or environments).			
3. Evidence of teaching/having taught “Goal-Plan-Do-Check”.			
4. The therapist incorporates guided discovery and enabling principles to support meta-cognition.			
5. The therapist encourages/records strategies that may support generalization and transfer of performance outcomes e.g. use of homework.			
6. Evidence that outcomes are being monitored on an ongoing basis.			
<b>Total</b>			
Adherence score ( $\Sigma\text{Yes}/(6-\Sigma\text{N/O}) * 100\%$ )			

**Part A2: CO-OP Approach - Within Sessions - fidelity**

Fidelity Statements	No	Yes (1-5)	N/A;N/O
1. The client demonstrates verbally, or non-verbally, that he/she is aware of the performance goals being addressed.			
2. One to 3 performance goals (but not more than 3) are addressed in the session.			
3. Specific remediation of the component/impairment activities <b>is not</b> observed.			
4. Evidence of collaborative (therapist and client) dynamic performance analysis of performance breakdown is observed.			
5. Client and therapist are observed to engage in discussion regarding the goal(s), and the performance throughout the session.			
6. The therapist uses guided discovery (Ask don’t tell; Coach don’t adjust; One thing at a time; Make it obvious).			
7. The global cognitive strategy (Goal-Plan-Do-Check) is observed throughout.			
8. Therapist facilitates generation and/or use of domain-specific strategies (e.g. via verbal feedback, “oh, look at how you did that”).			
9. Enabling principles are evident (e.g. make it fun, promote independence, promote generalization and transfer).			
10. The therapist encourages client to articulate a plan prior to attempting a performance.			
11. The therapist encourages client to check their plan after performing it.			
<b>Total</b>			
Compliance score ( $\Sigma\text{Yes}/(11-\Sigma\text{N/A;N/O}) * 100\%$ )			

**Comments:**

Interpretation: The treatment session is more like CO-OP as the Part A1/A2 scores approach 5, and more like Standard Occupational Therapy as the Part A1/A2 scores approach 0. Part B scores approaching 5 indicate good general treatment quality.  
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