## **Global Rating of Change Scale**

Name:	Date:
nstructions	
	dition from the time that you began treatment
until now. Choose only one.	and the time that year began treatment
□ -7 A very great deal worse	□ +7 A very great deal better
□ -6 A great deal worse	□ +6 A great deal better
□ -5 Quite a bit worse	□ +5 Quite a bit better
□ -4 Moderately worse	□ +4 Moderately better
□ -3 Somewhat worse	□ +3 Somewhat better
□ -2 A little bit worse	□ +2 A little bit better
□ -1 A tiny bit worse (almost the same)	□ +1 A tiny bit better (almost the same)
Additional Notes	

Adapted from Boston University (Ed.). (2020, March 28). Global rating of change. Boston University. <a href="https://www.bu.edu/rehab/files/2020/03/GROC\_English\_fillable.pdf">https://www.bu.edu/rehab/files/2020/03/GROC\_English\_fillable.pdf</a>