

## Group Cohesion Measure

(Adapted by Perez-Lougee, 2021, from Yalom & Leszcz, 2005)

**Instructions:** Please select one of the following options for each question:

Not at all present; Somewhat present; Highly present

1. Universality: Members recognize that other members share similar feelings, thoughts and problems
2. Altruism: Members gain a boost to self concept through extending help to other group members
3. Instillation of Hope: Member recognizes that other members' success can be helpful and they develop optimism for their own improvement
4. Imparting Information: Education or advice provided by the therapist or group members
5. Development of Socializing Techniques: The group provides members with an environment that fosters adaptive and effective communication
6. Imitative Behavior: Members expand their personal knowledge and skills through the observation of Group members' self-exploration, working through and personal development
7. Cohesiveness: Feelings of trust, belonging and togetherness experienced by the group member
8. Catharsis: Members release of strong feelings about past or present experiences
9. Interpersonal Learning- Input: Members gain personal insight about their interpersonal impact through feedback provided from other members
10. Interpersonal Learning-Output: Members provide an environment that allows members to interact in a more adaptive manner
11. Self-Understanding: Members gain insight into psychological motivation underlying behavior and emotional reactions

**Citation:**

Yalom, I., & Leszcz, M. (2005). *The theory and practice of group psychotherapy* (5th ed.). New York, NY: Basic.