

Until recently, instruments designed to provide information on how the family relates and functions were not used routinely in clinics. The importance of measuring routine outcomes is being overly experienced by systemic practitioners (Stratton, 2017). In fact there has been several recent reviews that assess the range of evidence available in relation to specific conditions (Stratton, 2005). In light of the above an outcome measure in systemic family and couple therapy that reflects present theory and practice has been called for (Stratton, Bland, Janes & Lask, 2010). Following their research Stratton, Bland, Janes and Lask (2010) developed a measure to meet the needs of systemic family and couple therapy practice. As part fulfillment of my studies in the Master of Family Therapy and Systemic Practice, with the University of Malta, under the supervision of Prof Angela Abela and the co-supervisor Ms Lara Montebello, and with the support given to me following the award of the Tertiary Education Scholarship Scheme (TESS), I continued working to in assessing the validity and reliability of the SCORE-15 when translated to the Maltese context. The translation of the SCORE-15 was carried out in a lot of countries amongst others Italy, Portugal, Spain, Poland, Germany and Malta. The Maltese team followed a rigors protocol to translate the SCORE-15 to the Maltese language. Following this translation I continued working on the protocol by administering the questionnaire to a sample of 50 clinical families resulting in a total of 81 individuals, and 20 non-clinical participants, with a total of 101 individual participants. Results showed that SCORE-15 distinguished between the clinical and non-clinical families when analyzing the three subscales of family strengths, family communication and family difficulties, and the overall scores. Additionally, results demonstrated a good internal consistency and test retest reliability. The 90th percentile cutoff threshold for the Maltese version was also indicated. The preliminary data analysis obtained during this research, demonstrated that the Maltese version of SCORE-15 is a useful tool to evaluate progress. A

major limitation of the study is the small number of participants. Due to various reasons including COVID-19 pandemic, only a few clinical families completed SCORE-15 during Time 1 and Time 2 of the therapeutic process. Future research should analyse the questionnaire's sensitivity to change overtime when families participate in therapy. The administration of SCORE-15 among 80 families seeking help during their first systemic therapy session and during the fourth session would serve to validate the instrument. As such with the support of my supervisor Prof. Angela Abela and with other Systemic and Family Therapy Psychotherapist we are continuing to collect more data to validate this instrument