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Development of a scale quantifying expectations regarding active processes in therapy: The Expectations of Active Processes in Psychotherapy Scale (EAPPS)

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## Highlights

- Individuals evaluate therapy quality based on their expectations of the active processes that should take place during sessions.
- We developed a new measure quantifying these expectations, based on current literature assessing active processes in psychotherapy.
- The Expectations of the Active Processes in Psychotherapy Scale (EAPPS) has satisfactory psychometric properties, and is associated with clinically relevant variables.
- The scale can facilitate further investigations of the effect of expectations on clients' responses - or lack thereof – to therapy.

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