

Clinical Confidence and Psychodynamic Skills in Personality Disorder Questionnaire (CCPPDQ)

A tool for training, supervision and research in personality disorder

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1. Why this tool?

- Clinicians often report uncertainty, frustration, and low confidence when working with patients with personality disorder (PD).
- Although training can improve attitudes and skills, there was no validated self-report tool specifically targeting confidence in PD assessment, treatment structuring, and psychodynamic work.
- The CCPPDQ was developed to fill this gap.
- It is especially relevant for TFP training, education, and supervision.

2. What is the CCPPDQ?

- **13-item** self-report questionnaire
- **Response scale:** 1 = Never to 6 = Always
- Designed to assess clinicians' **perceived confidence** when working with PD
- Can be completed quickly and used repeatedly over time

3. What does it ask

CAST – Confidence in Assessment and Structuring Treatment (Items 1–7)	CAPT – Confidence in Applying Psychodynamic Techniques (Items 8–13)
1. I feel I have a cohesive theory of BPD that helps me to plan a course of psychotherapy treatment. 2. I feel comfortable discussing a diagnosis of Borderline PD with my patient. 3. I feel comfortable discussing a diagnosis of Narcissistic PD with my patient. 4. I feel able to establish treatment objectives that are relevant for patients with BPD. 5. I feel confident in the initiation and ongoing implementation of the treatment contract. 6. I feel able to establish and maintain a treatment frame. 7. I feel I have a good understanding of the psychological mechanisms we are trying to change in treatment.	8. I feel I have the theoretical and practical tools to manage the strong dynamics encountered when working with patients with BPD. 9. I feel able to work in the transference. 10. I feel able to use the countertransference in the service of my patients. 11. I feel able to apply an understanding of object relations theory in working with my patients with BPD. 12. I feel able to make interpretations with my patients with BPD. 13. I feel able to apply the concept of technical neutrality in working with my patients with BPD

4. How it can be used

TFP training evaluation before/after TFP teaching/workshops	Supervision to identify areas of strength and learning needs	Reflective practice to support self assessment, professional development	Research/service development to study confidence and change over time
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5. Psychometric properties

Internal consistency: omega total = 0.93; CAST = 0.92; CAPT = 0.87;

Test-retest reliability: ICC = 0.92;
Spearman rho total = 0.66

Convergent validity: positive correlations with APDQ

6. Take home message

The CCPPDQ offers a psychometrically sound, practice-oriented way to assess clinicians' confidence in assessing personality disorder, structuring treatment, and applying psychodynamic skills. It may be useful for psychotherapists, supervisors, and trainers who want a simple tool for teaching, supervision, and evaluation.