Notes on the English short versions of the WAI

There are two 12 item (short) versions of the original 36 item Working alliance Inventory (WAI) posted on the website.

When the WAI was developed I attempted to model Bordin's (1994) theoretical work on the alliance. The instrument was built to capture the tree dimensions of the alliance (Bond, Tasks & Goals) Bordin proposed. Through extensive testing, 12 items per dimension was found to be the minimal length for a stable internal structure for the inventory (Horvath, Greenberg, & Pinsof, 1986).

Subsequently Prof. Kokotowitz and colleagues used EFA to develop a shorter (12 item) subset of the WAI with adequate validity with respect to predicting therapy outcome. However this inventory was not balanced (unequal distribution across the three dimensions) and I readjusted the inventory —using her data— so there would be 4 items drawn from the original WAI representing equally each dimensions. This is the "Kokotowitz -SR" version that I made available for download.

In 2006 Drs. Hatcher and Gillaspy have used a combination of CFA and Item Response Theory to develop another 12 item short form of the WAI (Hatcher & Gillaspy, 2006). In my judgement this abbreviated version (referred to as the "Hatcher WAI-SR") is a significantly superior instrument as contrasted to the older Kokotowitz -SR psychometrically.

Both versions are available for download, but they are not interchangeable and each scored differently.

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