Supplement 1

CONFIDENCE CONDUCTING EXPOSURES SCALE

**Instructions: Below is a list of questions regarding your comfort with exposure therapy.**

The attached form lists different activities. In the column **Confidence**, rate how confident you are that you can do them **as of now**. Rate your degree of confidence by recording a number from 0 to 100 using the scale given below:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Cannotdo at all  | Moderatelycertain can do | Highly certaincan do |

|  |  |
| --- | --- |
|  | **Confidence****(0-100 scale)** |
| 1. Utilize exposure and response prevention therapy with supervision |  |
| 2. Utilize exposure and response prevention therapy on your own |  |
| 3. Design an exposure for a patient |  |
| 4. Conduct an exposure independently |  |
| 5. Motivate a patient to participate in an exposure |  |
| 6. Build an exposure hierarchy |  |
| 7. Challenge a patient to participate in an exposure |  |
| 8. End an exposure |  |
| 9. Explain exposure therapy to a patient or their family |  |

Supplement 2

CONTAMINATION DISGUST SCALE

**Instructions: Below is a list of objects. Please read the description of each object and try to imagine what would happen if you touched that object and were unable to wash your hands afterward.**

If you touched the object and were unable to wash your hands afterwards, how bad would it be? Answer using the following 0-100 scale:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Not at all disgusted | Moderately disgusted | Extremely disgusted |

|  |  |
| --- | --- |
|  | **Level of disgust if you touched that object and were unable to wash hands afterwards?****(0-100 scale)** |
| 1. Toilet handle in public restroom |  |
| 2. Toilet seat in public restroom |  |
| 3. Sink faucet in public restroom |  |
| 4. Public door handles |  |
| 5. Public workout equipment |  |
| 6. Public telephone receivers |  |
| 7. Stairway railings |  |
| 8. Elevator buttons |  |
| 9. Animals |  |
| 10. Raw meat |  |
| 11. Money |  |
| 12. Unwashed produce (e.g., fruits, vegetables) |  |
| 13. Foods that other people have touched |  |