

## APPENDIX F

### THE EXPLOITATION INDEX

The Exploitation Index: Rate yourself according to the frequency that the following statements reflect your behavior, thoughts, or feelings with regard to any particular patients you have seen in psychotherapy within the past 2 years, by placing a check in the appropriate box. Approximate frequency as follows:

Rarely = about once a year or less    Sometimes = about once every 3 months    Often = once a month or more

Please give your immediate, “off the cuff” responses:

	Never	Rarely (Yearly)	Sometimes (Quarterly)	Often (Monthly)
1. Do you do any of the following for your family members or social acquaintances: prescribing medication, making diagnoses, offering psychodynamic explanation for their behaviors?				
2. Are you gratified by a sense of power when you are able to control a patient’s activity through advice, medication, or behavioral restraint? (e.g. hospitalization, seclusion)				
3. Do you find the chronic silence or tardiness of a patient a satisfying way of getting paid for doing nothing?				
4. Do you accept gifts or bequests from patients?				
5. Have you engaged in a personal relationship with patients after treatment was terminated?				
6. Do you touch your patients (exclude handshake)?				
7. Do you ever use information learned from patients, such as business tips or political information, for you own financial or career gain?				
8. Do you feel that you can obtain personal gratification by helping to develop your patient’s great potential for fame or unusual achievement?				
9. Do you feel a sense of excitement or longing when you think of a patient or anticipate her/his visit?				
10. Do you make exceptions for your patients, such as providing special scheduling or reducing fees, because you find the patient attractive, appealing or impressive?				
11. Do you ask your patient to do personal favors for you? (e.g. get you lunch, mail a letter)				
12. Do you and your patients address each other on a first-name basis?				
13. Do you undertake business deals with patients?				
14. Do you take great pride in the fact that such an attractive, wealthy, powerful, or important patient is seeking your help?				
15. Have you accepted for treatment a person with whom you have had social involvement or whom you know to be in your social or family sphere?				
16. When your patient has been seductive with you, do you experience this as a gratifying sign of your own sex appeal?				

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Please give your immediate, "off the cuff" responses:	Never	Rarely (Yearly)	Sometimes (Quarterly)	Often (Monthly)
17. Do you disclose sensational aspects of your patient's life to others? (even when you are protecting the patient's identity)				
18. Do you accept a medium of exchange other than money for your services? (e.g. work on your office or home, trading of professional services)				
19. Do you find yourself comparing the gratifying qualities you observe in a patient with the less gratifying qualities in you spouse or significant other? (e.g. thinking: "Where have you been all my life?")				
20. Do you feel that your patient's problems would be immeasurably helped if only he/she had a positive romantic involvement with you?				
21. Do you make exceptions in the conduct of treatment because you feel sorry for your patient, or because you believe that he/she is in such distress or so disturbed that you have no other choice?				
22. Do you recommend treatment procedures or referrals that you do not believe to be necessarily in your patient's best interest, but that may instead be to your direct or indirect financial benefit?				
23. Have you accepted for treatment individuals known to be referred by a current or former patient?				
24. Do you make exceptions for your patient because you are afraid she/he will otherwise become extremely angry or self-destructive?				
25. Do you take pleasure in romantic daydreams about a patient?				
26. Do you fail to deal with the following patient behavior(s): paying the fee late, missing appointments on short notice and refusing to pay for the time (as agreed), seeking to extend the length of sessions?				
27. Do you tell patients personal things about yourself in order to impress them?				
28. Do you find yourself trying to influence your patients to support political causes or positions in which you have a personal interest?				
29. Do you seek social contact with patients outside of clinically scheduled visits?				
30. Do you find it painfully difficult to agree to a patient's desire to cut down on the frequency of therapy, or to work on termination?				
31. Do you find yourself talking about your own personal problems with a patient and expecting her/him to be sympathetic to you?				
32. Do you join in any activity with a patient that may serve to deceive a third party? (e.g. insurance company)				

Scoring Key: Never = 0, Rarely = 1, Sometimes = 2, Often = 3.

A total of 27 or greater, scores in the highest 10% of a sample of 532 psychiatrists.

\* Epstein, R.S. and Simon, R.I. "The Exploitation Index: An Early Warning Indicator of Boundary Violations in Psychotherapy"

\* Epstein, R.S. Simon, R.I., and Kay, G.G. "Assessing Boundary Violations in Psychotherapy: Survey Results with The Exploitation Index." Bulletin of the Menninger Clinic 56:150-166, 1992.

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