

Research Idea Discussion for

# PSYC 513 - Statistical Methods

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## Proposed Title:

- Treatment Effectiveness of Outpatient Psychotherapy for Non-psychotic Depressive Disorders

# Context

- Only using drug treatment for recurrent depressive disorder cannot meet the increasing need of relieving more severe mental health problems
- Importance of outpatient psychotherapy in mental health service for non-psychotic mental disorders
- Limits of prior studies in evaluating outpatient psychotherapy: mostly by therapists; comparison with drug treatment

# Objectives

- This study is aimed to evaluate the effectiveness of individual psychotherapy, using psychotherapy expectancy questionnaire survey results and the survival analysis to construct the dosage-effect model of outpatients psychotherapy

# Major Associated Research Questions

- The survival analysis of dosage-effect might demonstrate the success or failure of outpatient psychotherapy
- The rates of sessions that will achieve the clinical obvious effect:  
could be a reference for the negotiation of times of conversation between therapist and patient

# Design and Methods

- Sample and data source:  
self-report questionnaire survey;  
EHR data from mental health service systems
- Research results would based on analysis through the life table, Kaplan-Meier analysis, log rank test, and Cox regression

*Thank you!*