

# Study 1: The relation between destabilization and treatment outcome

Olthof, Hasselman, Strunk, Aas, Schiepek & Lichtwarck-Aschoff (2019) Destabilization in self-ratings of the psychotherapeutic process is associated with better treatment outcome in patients with mood disorders, *Psychotherapy Research*, DOI: 10.1080/10503307.2019.1633484

<https://osf.io/fhrw4/>



# Design

<sup>1</sup>Schiepek et al. (2016), <sup>2</sup>Haken & Schiepek (2010)