



Instability related to clinical improvement

- **Adults with mood disorders** (Hayes & Strauss, 1998; Hayes & Yasinski, 2015; Van de Leemput et al., 2014;

Schreuder et al. n.d.)

Adults with obsessive-compulsive disorders (Schepk, Tominschek & Heinzl, 2014)

- Adults with mixed diagnosis (Haken & Shiepek, 2006)

• Children with aggression problems (Lichtwarck-Aschff, Hasselman, . . . & Granic, 2012)

• Children with anxiety problems (Lichtwarck-Aschff & Van Rooij, 2019)

Studies have small sample sizes or neglect possible destabilization periods during therapy.

Instability is related to clinical improvement

- Adults with mood disorders (Hayes & Strauss, 1998; Hayes & Yasinski, 2015; Van de Leemput et al., 2014; Schreuder et al. n.d.)
- Adults with obsessive-compulsive disorders (Schiepek, Tominschek & Heinzl, 2014)
- Adults with mixed diagnosis (Haken & Shiepek, 2006)
- Children with aggression problems (Lichtwarck-Aschoff, Hasselman, ... & Granic, 2012)
- Children with anxiety problems (Lichtwarck-Aschoff & Van Rooij, 2019)

Studies have small sample sizes or neglect possible destabilization periods during therapy.



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/>

