

Request #: 603 - PSY - Thesis

Therapeutic Alliance in Somatic Symptom Disorder Patients

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Background

secondary analysis of RCT

Sample

255 total participants with somatic symptom disorder randomized to either 20 sessions of conventional CBT (n=128) or 20 sessions of emotion-focused CBT (n=127)

participants completed many outcome measures including symptom severity, anxiety/depression, disability, therapeutic progress, emotion regulation, symptom coping, health anxiety, quality of life at baseline, each week for 20 weeks, and at 6 month follow-up.

Hypothesis

still developing research question!!! but something along the lines of:

part 1: what are the predictors that contribute to a patient's ratings of the therapeutic alliance?

part 2: what are the predictors that contribute to a therapists ratings of the therapeutic alliance?

part 3: how do patient and therapist ratings of the alliance line up with each other?

predictor variables of interest = anxiety, depression, emotion regulation, disability

Progress

just began thinking of research questions and planning the analysis

Request

planning the analyses: confirming types of analytic techniques best for this project, identifying other potential research questions

Timeline

goal = propose thesis in fall 2022, defend thesis in spring 2023