Request #: 522 - PSY - Publication/Article

Association Between Youth Diagnosis and Cognitive Behavioral Therapy Technique Use

Mary Phan [A02339586] - Doc Student (w/Rick Cruz)

February 17, 2021

Background

The paper that I am working on is using data from a larger study that compares the accuracy, costs, and cost-effectiveness of three fidelity measurement methods to assess fidelity to cognitive-behavioral therapy for youth. Given the importance of using EBPs in community-based care, this paper will examine the relationship between youth chart diagnosis and CBT intervention technique use.

Sample

This project is done with data collection. We collected therapist and client demographics, therapist use of CBT, audio-recordings of the client session, and fidelity data. We had a total of 448 participants

Hypothesis

1. Are clinician-reported diagnoses associated with use of specific intervention techniques?
2. Hypothesis: We expect that clients with anxiety and PTSD will have higher rates of exposure techniques used. Given that exposure therapy is proven to be particularly effective for these diagnoses, it is important that this is continually implemented in community settings. Furthermore, we expect to see clients with depression to have higher rates of behavioral activation used in session since this intervention is often used to treat depression. Finally, for youth with disruptive behavior disorders, we anticipate higher rates of parent management training given the importance of caregiver involvement for youth with hostile and defiant behaviors.

Progress

Data cleaning has already been completed. I am currently in the process of recoding independent variables

Request

We would like to put our data into tables so that we have a visual format. This will allow us to make better sense of the data.

Timeline

I have a soft deadline of submitting to a journal by September. We would like to have this data visualization piece completed by March.