

DMP title

Project Name Existential empathy: An identifiable therapist variable contributing to therapy outcome - DMP title

Grant Title C24M/21/010

Principal Investigator / Researcher Siebrecht Vanhooren

Description Existential empathy can be understood as the therapists'™ capacity to resonate and be present with their clients'™ ultimate existential concerns, and to express their empathy towards these existential experiences of their clients (Vanhooren, 2019, 2022). These existential concerns are referred to as the unavoidable issues of human existence, such as life'™s finality, the meaning of one'™s life, the freedom and responsibility one has in life, the fundamental existential isolation and search for connectedness (Yalom, 1980). Working with clients'™ existential concerns in therapy is gaining importance in the psychotherapy research literature since studies have shown that existential worries can be identified as trans-diagnostic factors (e.g. Iverach et al., 2014) and that working with these concerns in therapy could foster better therapy outcomes (Dewitte, et al. 2019; Dezutter et al., 2014; Hill, 2017). This project scrutinizes existential empathy as a possible therapist variable and contributor to therapeutic change, examines the attitudes and skills that enable existential empathy, and studies the impact of existential training on existential empathy. The overall aim of this project is to increase existential empathy in psychotherapists in order to make psychotherapy and psychological interventions more effective. This project also opens the door to study existential empathy in health care workers in general (e.g. doctors, nurses,â€¦) in order to help them attune to the existential concerns of patients in any health care setting.

Institution KU Leuven

1. General Information

Name of the project lead (PI)

Siebrecht Vanhooren

Internal Funds Project number & title

C24M/21/010

Existential empathy: An identifiable therapist variable contributing to therapy outcome

2. Data description

2.1. Will you generate/collect new data and/or make use of existing data?

- Generate new data

2.2. What data will you collect, generate or reuse? Describe the origin, type and format of the data (per dataset) and its (estimated) volume. This may be easiest in a numbered list or table and per objective of the project.

Work Package	Raw vs. Processed	Type of Data	Format	Volume	How created
WP1 (Validation Existential Empathy Questionnaire)	Raw	Questionnaires	.sav	Dataset with responses of (estimated) 650 participants on 7 questionnaires	Questionnaires completed by psychotherapists via a GDPR compliant online platform
	Processed	Questionnaires	.sav	One document with analyzed data	Analysis of the questionnaire data collected for this WP
	Processed	Code-book	.docx	A word document with the used codes for the analysis	This document contains the codes used for the analysis

WP2 (Qualitative Process Recall Study)	Raw	Video-recordings of session	.mp4	Video-recordings of therapy role play: 15 sessions(estimated 6GB)	Video-recording of role play sessions (though zoom or on campus; to be decided)
	Raw	Audio-recordings of interviews	.mp3	Audio-recording of 15 interviews (estimated 750MB)	Face-to-face interviews with 15 therapists giving post-session commentary on role play
	Processed	Field-notes interviews	.docx	Fieldnotes by the researcher concerning critical moments in therapy sessions in one word document (one document with 15 pages in total).	Notes made immediately after watching the video and interviews
	Processed	Transcripts of interviews	.docx	Transcripts of the interviews with therapist (estimated 10-15 pages per interview; estimate 3-4MB)	Transcripts of the audio-files of the interviews
	Processed	Coding	.xlsx	Digital dataset with the selected parts of the transcripts (see above) with coding (estimated 5 MB)	The transcripts will be coded in Excel.
WP3 (Quantitative Outcome Study)	Raw	Questionnaires	.sav	Dataset with responses of (estimated) 1500 participants on 5 questionnaires	Questionnaires completed by psychotherapists and clients via a GDPR compliant online platform
	Processed	Questionnaires	.sav	One document with analyzed data	Analysis of the questionnaire data collected for this WP
	Processed	Code-book	.docx	A word document with the used codes for the analysis	This document contains the codes used for the analysis
WP4 (Quantitative Therapist Training Study)	Raw	Questionnaires	.sav	Dataset with responses of (estimated) 100 participants on 3 questionnaires	Questionnaires completed by trainees via a GDPR compliant online platform

	Processed	Questionnaires	.sav	One document with analyzed data	Analysis of the questionnaire data collected for this WP
	Processed	Code-book	.docx	A word document with the used codes for the analysis	This document contains the codes used for the analysis
WP5 (Qualitative Therapist Training Study)	Raw	Audio-recordings of interviews	.mp3	Audio-recording of 15 interviews (estimated 750MB)	Transcripts of the audio-files of the interviews
	Processed	Transcripts of interviews	.docx	Transcripts of the interviews with therapist (estimated 10-15 pages per interview; estimated 3-4MB)	Transcripts of the audio-files of the interviews
	Processed	coding	.xlsx	Digital dataset with the selected parts of the transcripts (see above) with coding (estimated 5 MB)	The transcripts will be coded in Excel.

3. Ethical and legal issues

3.1. Will you use personal data? If so, shortly describe the kind of personal data you will use. Add the reference to the file in KU Leuven's Record of Processing Activities. Be aware that registering the fact that you process personal data is a legal obligation.

Yes

Privacy Registry Reference:

Ethical approval will be obtained for all studies. The first study (WP1) has been approved by PRET/SMC: G-2021-3541.

Short description on the kind of personal data that will be used:

Depending on the study we will collect: Name, e-mail address; gender; age; educational level; civil status; living situation, years of therapeutic experience, years of clinical experience, psychotherapeutic orientation; existential empathy, empathy, existential anxiety, experiential avoidance, psychological distress, therapy outcome, therapeutic alliance, therapeutic changes, personal experiences with psychotherapy training and role play, video-recordings of role play, audio-recording of interviews

3.2. Are there any ethical issues concerning the creation and/or use of the data (e.g. experiments on humans or animals, dual use)? If so, add the reference to the formal approval by the relevant ethical review committee(s).

Yes

G-2021-3541

3.3. Does your research possibly result in research data with potential for tech transfer and valorisation? Will IP restrictions be claimed for the data you created? If so, for what data and which restrictions will be asserted?

No

3.4. Do existing 3rd party agreements restrict dissemination or exploitation of the data you (re)use? If so, to what data do they relate and what restrictions regarding reuse and sharing are in place?

No

4. Documentation and metadata

4.1. What documentation will be provided to enable understanding and reuse of the data collected/generated in this project?

Over the different studies/workpackages, meta-data will be available and stored on the shared drive of the lab.

Meta-data will consist of/be provided on:

- The C2-application containing the general outline of the workpackages and time-line
- Preregistrations
- SMEC and EC applications
- Datamanagementplan
- The screening and performed analyses of the data (code-books and logbooks)

More concretely:

In WP1, WP3, WP4

- General information on the methodology and informed consent process will be described in the preregistration and ethical application
- A code-book will show the codes of the performed data analysis and also contain the performed steps of the data-analysis

IN WP2 and WP5

- General information on the methodology and informed consent process will be described in the preregistration and ethical application
- A XLS document containing the data, the used codes and logbook-information regarding the different steps used during the qualitative data-analyses

4.2. Will a metadata standard be used? If so, describe in detail which standard will be used. If not, state in detail which metadata will be created to make the data easy/easier to find and reuse.

No

5. Data storage and backup during the project

5.1. Where will the data be stored?

All data are electronic and will be stored on the password-protected K-drive and/or on KU Leuven's OneDrive.

Data concerning identification data (names, e-mailaddresses) will only be stored on the personal KU Leuven's OneDrive account of the PI.

5.2. How will the data be backed up?

Automatic back-up is ensured by using KU Leuven's K-Drive and OneDrive

5.3. Is there currently sufficient storage & backup capacity during the project? If yes, specify concisely. If no or insufficient storage or backup capacities are available, then explain how this will be taken care of.

Yes.

The PhD student has 3GB personal network storage (ICT distribution), K-Drive has still a capacity of 990GB, and there is the PI's OneDrive. Given the nature of our data we do not expect this storage data to be exceeded. If so, we will extend our storage capacity.

5.4. What are the expected costs for data storage and backup during the project? How will these costs be covered?

There are not extra costs expected for storage. However, if needed, costs will be covered by the supervisor's credit and/or the PhD student's bench fee.

5.5. Data security: how will you ensure that the data are securely stored and not accessed or modified by unauthorized persons?

Data are pseudonymized and stored on encrypted KU Leuven drives. The identification files are

stored separately, which should ensure that the identification of participants by others than the supervisor and PhD student is impossible.

6. Data preservation after the end of the project

6.1. Which data will be retained for the expected 10 year period after the end of the project? If only a selection of the data can/will be preserved, clearly state why this is the case (legal or contractual restrictions, physical preservation issues, ...).

All data will be stored for at least ten years, except for the rough data of WP 2 and WP 5. Because identification could be possible, audiofiles of the interviews and recorded video's will be deleted after publication of these studies.

6.2. Where will these data be archived (= stored for the long term)?

The collected data will be stored on the KU Leuven's K-Drive for 10 years. After these 10 years, it will be evaluated if the data still need to be stored or can be deleted.

6.3. What are the expected costs for data preservation during these 10 years? How will the costs be covered?

Storing 1 TB on the K-Drive costs more or less 200,00 euro every year. This storage capacity is shared with other lab members, leading to 30 euro every year. 10 years of storage space would be covered with 300 euro. These costs will be covered by the supervisor's credit.

7. Data sharing and re-use

7.1. Are there any factors restricting or preventing the sharing of (some of) the data (e.g. as defined in an agreement with a 3rd party, legal restrictions or because of IP potential)?

Yes.

For WP2 and WP5 (qualitative data sets), participants consent to using excerpts of the interviews for scientific publication. However, full manuscripts of the interviews and fieldnotes can not be shared because they could lead to the identification of the participants. Privacy could not longer be ensured.

7.2. Which data will be made available after the end of the project?

Pseudonymized questionnaire data from WP1, WP3, and WP4 can be made available upon motivated request.

7.3. Where/how will the data be made available for reuse?

- Upon request by mail

Data will be made available upon motivated request. If access is allowed, pseudonymized data will be shared using a secured email-program.

7.4. When will the data be made available?

- Upon publication of the research results

Upon publication of all results regarding certain parts of the data (Workpackages), this part of the data can be requested.

7.5. Who will be able to access the data and under what conditions?

Access will be considered after request is submitted explaining the planned reuse. Only uses for research purposes will be allowed and commercial reuse will be excluded. Researchers will have to comply with the confidentiality rules of the given data. The pseudonymized data will only be made available upon publication of all the results on this part of the data.

7.6. What are the expected costs for data sharing? How will these costs be covered?

No costs.

8. Responsibilities

8.1. Who will be responsible for the data documentation & metadata?

The PhD student (Gianina Frediani) and the supervisor (Siebrecht Vanhooren) will be responsible.

8.2. Who will be responsible for data storage & back up during the project?

The PhD student (Gianina Frediani) and the supervisor (Siebrecht Vanhooren) will be responsible.

8.3. Who will be responsible for ensuring data preservation and sharing?

The PhD student (Gianina Frediani) and the supervisor (Siebrecht Vanhooren) will be responsible.

8.4. Who bears the end responsibility for updating & implementing this DMP?

The end responsibility for updating and implementing the DMP is with the supervisor (promotor).