Trans-diagnostic client variables

Psychotherapy has been shown to be generally effective for the average client, but it is less readily understood how therapeutic effectiveness differs by various client characteristics. This panel presents research on client predictors of various therapeutic outcomes. The first paper examines client moderators of the effectiveness of routine outcome monitoring feedback in improving client symptom change across domains. The second paper focuses on one specific symptom domain, sleep, and examines whether outcomes in that domain are improved if sleep is identified by the treating therapist as an area of concern. The third paper also examines one specific client characteristic, engagement in Cognitive Behavioral Skills, and its relationship to change in wellbeing and symptom improvement during treatment. The final paper approaches outcome from a different perspective, evaluating how several machine learning methods perform in using client characteristics to predict client drop out from treatment.