Exercise walk-through

9.1 Treatment models and outcome evidence: evidence and transfer

GRE · GRE Subject Test · GRE Psychology

Therapy families

- Psychodynamic: uncover unconscious conflict and early relationships, often through transference (feelings toward the therapist that echo earlier relationships). Object-relations approaches focus on early relationships in particular.
- Behavioural: apply learning principles. Systematic desensitisation pairs a graded list of feared situations with relaxation: **counterconditioning** . Exposure therapy uses repeated contact without needing relaxation.
- Cognitive-behavioural (Beck, Ellis): identify and test distorted thoughts, and plan rewarding activities.

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Efficacy, effectiveness and common factors

- Efficacy: how well a treatment works under controlled trial conditions.
- Effectiveness: how well it works in everyday practice, with ordinary patients and therapists.
- Meta-analysis combines many trials for a more stable estimate, but cannot fix weak trials.
- When different genuine therapies give similar average results, the common-factors view credits shared ingredients: the working alliance between therapist and client, hope and empathy. Similar averages do not prove that the mechanisms are identical.

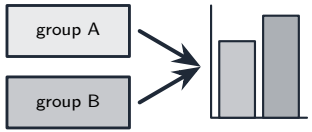
Key terms

- **counterconditioning**: Replacing a conditioned response by pairing the stimulus with an incompatible response, such as relaxation.
- **spontaneous remission**: Improvement without treatment.
- **regression to the mean**: The tendency of extreme scores to be followed by scores closer to the average.
- **common factors**: Ingredients shared by many therapies, such as the working alliance and hope, proposed to explain similar outcomes.

Exercise 2.1

2.1 A client with a specific phobia is taught relaxation and then works through a graduated hierarchy of feared situations. This is: [1]

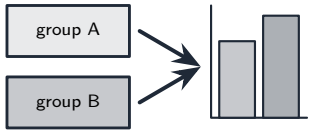
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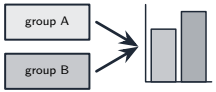


2.1 Answer: B. Exposure paired with relaxation is counterconditioning, a behavioural method. The other options do not satisfy the stated defining conditions.

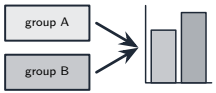
Exercises 2.2·2.3

2.2 The strongest design for concluding that a new therapy causes improvement is: [1]

A. pre- and post-treatment measurement of treated clients B. a series of detailed case reports C. a randomised controlled trial with a comparison condition D. testimonials from recovered clients E. therapist ratings of their own success



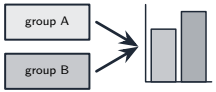
2.3 Revisit the worked case. State one conclusion its evidence supports and one stronger conclusion it does not support. Explain the difference. [2]



Exercises 2.2·2.3

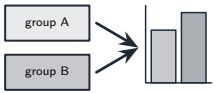
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2.2 Answer: C. Only a controlled comparison separates treatment gain from spontaneous remission and regression to the mean. Compare the exact process, design or evidence, rather than an associated keyword.

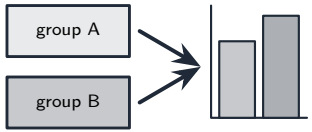
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2.3 Use the worked case evidence to support a bounded claim and explain why a causal, universal or stronger claim needs additional evidence. The claim must fit the specific design and observed process.

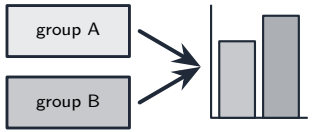
Exercise 3.1

3.1 A review combines ten small trials, all drawn from one type of clinic. Why does having ten studies not ensure a universal conclusion? Give the interpretation, supporting reasoning, a relevant alternative or limitation, and an appropriate check. [4]



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3.1 Shared recruitment and setting can limit generalizability. Biased measurement, publication bias, incompatible outcomes and weak allocation can persist in a meta-analysis. Inspect study quality and heterogeneity; pooling does not create independent, representative evidence where the original studies lack it. Award B1 each (authored) for the interpretation, its reasoning, a relevant limitation/alternative and an appropriate check, up to four points. Accept a different justified answer satisfying these demands.