

Poster presentation

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Collaborative interviewing in mathematical analogy technique (part III): adherence to CBT and duration of treatment

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Background

CLIMATE is an acronym for Collaborative Interviewing in Mathematical Analogy Technique. We developed CLIMATE in order to improve a client's socialization in CBT, to boost his or her motivation for therapy and to recruit his or her best possible collaboration during the therapeutic process.

Although CBT is a short-term highly effective form of psychotherapy, not all patients remain in treatment. Drop-out of treatment depends on many factors both demographic and clinical. Realistic (or unrealistic) expectations of therapy as well as the quality of the therapeutic relationship are also significant factors affecting adherence to treatment.

Materials and methods

Forty-three patients with a variety of DSM-IV diagnoses were administered CLIMATE just after their intake and evaluation interview (CLIMATE Group, n = 43). These patients were compared with a control group of forty-three age and gender matched patients with a variety of DSM-IV diagnoses who were not administered CLIMATE (Non-CLIMATE Group, n = 43).

Results

Proportionally more clients from the Non-CLIMATE group dropped out of treatment but this difference was not statistically significant. Most clients from the CLIMATE group who dropped-out did so just after the first session while clients from the Non-CLIMATE group who dropped out did so later on (1–5 sessions). There is also a trend toward briefer duration of treatment when CLIMATE is used ($p = 0.079$).

Discussion

This finding indicates that CLIMATE helps clients to clarify their expectations of treatment and decide whether they will stay or not in treatment earlier.

References

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