

# Psychotherapist Perceptions of Behavioral Treatments for MDD and Chronic Unipolar Depression

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## Introduction

Prevalent behavioral treatments utilized by psychotherapists to treat depression sometimes are effective and sometimes are not. Remarkable is that mechanisms to efficacy for these treatments toward improvement and for preservation of remission states are poorly understood. Research in the psychological literature are largely inconclusive. Enhanced understanding of mediative factors for prevalent psychotherapeutic interventions such as CBT, ACT, and others could greatly benefit from research that would seek to leverage existing knowledge from within the psychotherapeutic community. The research displayed here utilized qualitative analysis of the grounded theory type to assess psychotherapist perceptions of treatment modalities employed for depressive illness.

## Methods

The study employed a grounded theory approach uniquely delivered utilizing a custom-designed online survey instrument. This survey included options for follow-up to participants enabling interview capabilities as well as extended question responses.

### RECRUITMENT

- Participation was open to professional psychotherapists practicing within the United States (note: Private Practices, only).
- A limited recruitment and data collection window was enabled (11/07/2022 – 11/23/2022).

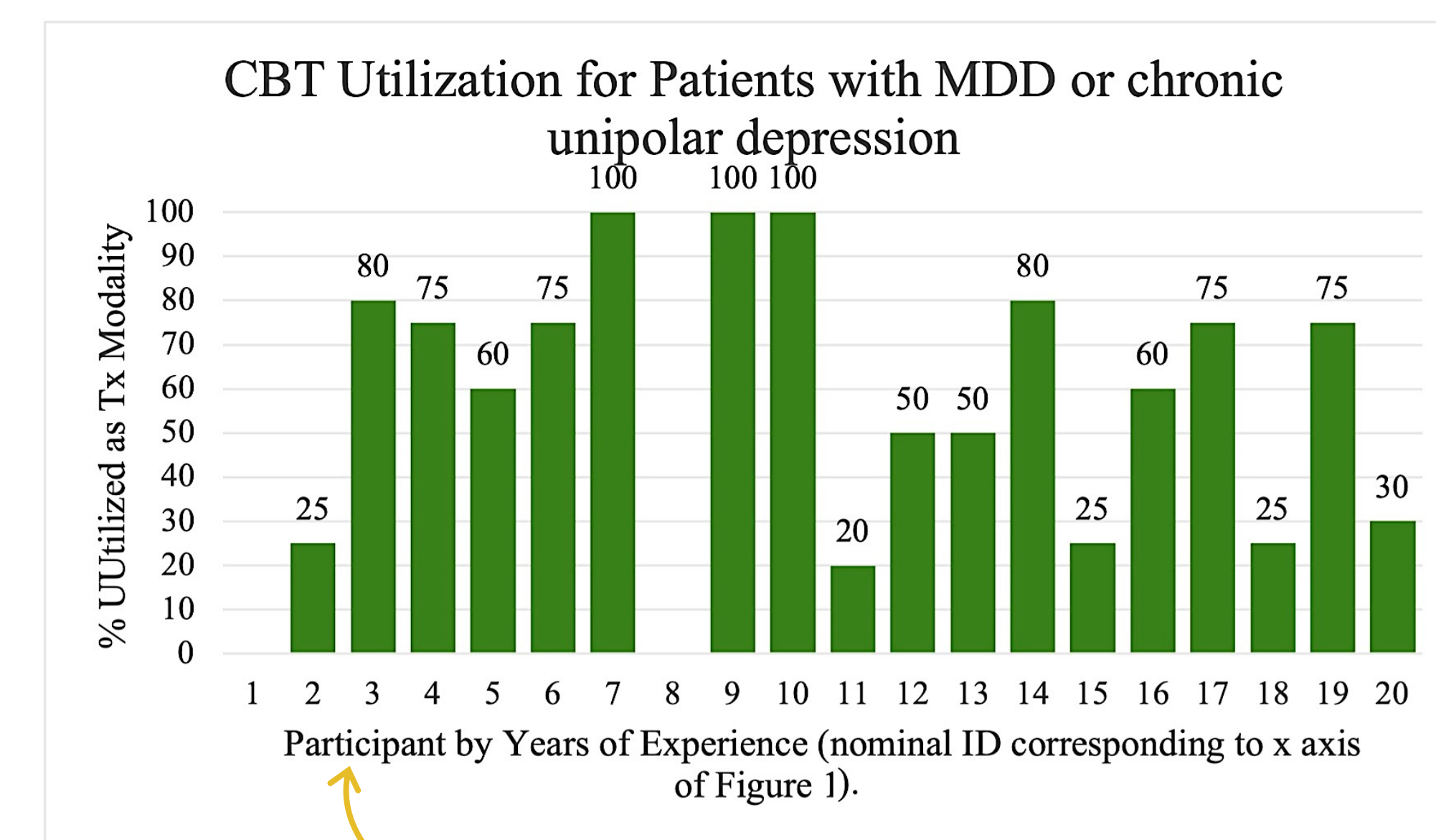
### PARTICIPATION

- Vetted participants amounted to n = 20 at data analysis cutoff. Additional data submitted was not utilized.
- Participant sample represented a favorable cross-section of psychotherapist professional designations as well as an advantageous geographic distribution from across the U.S.
- Overall participation/recruitment was approx. 3.5%.

## Data Analysis

Quantitative indicators gathered from participants were presented as descriptive statistics – and as an indexed reference to the qualitative data analysis portion of the study.

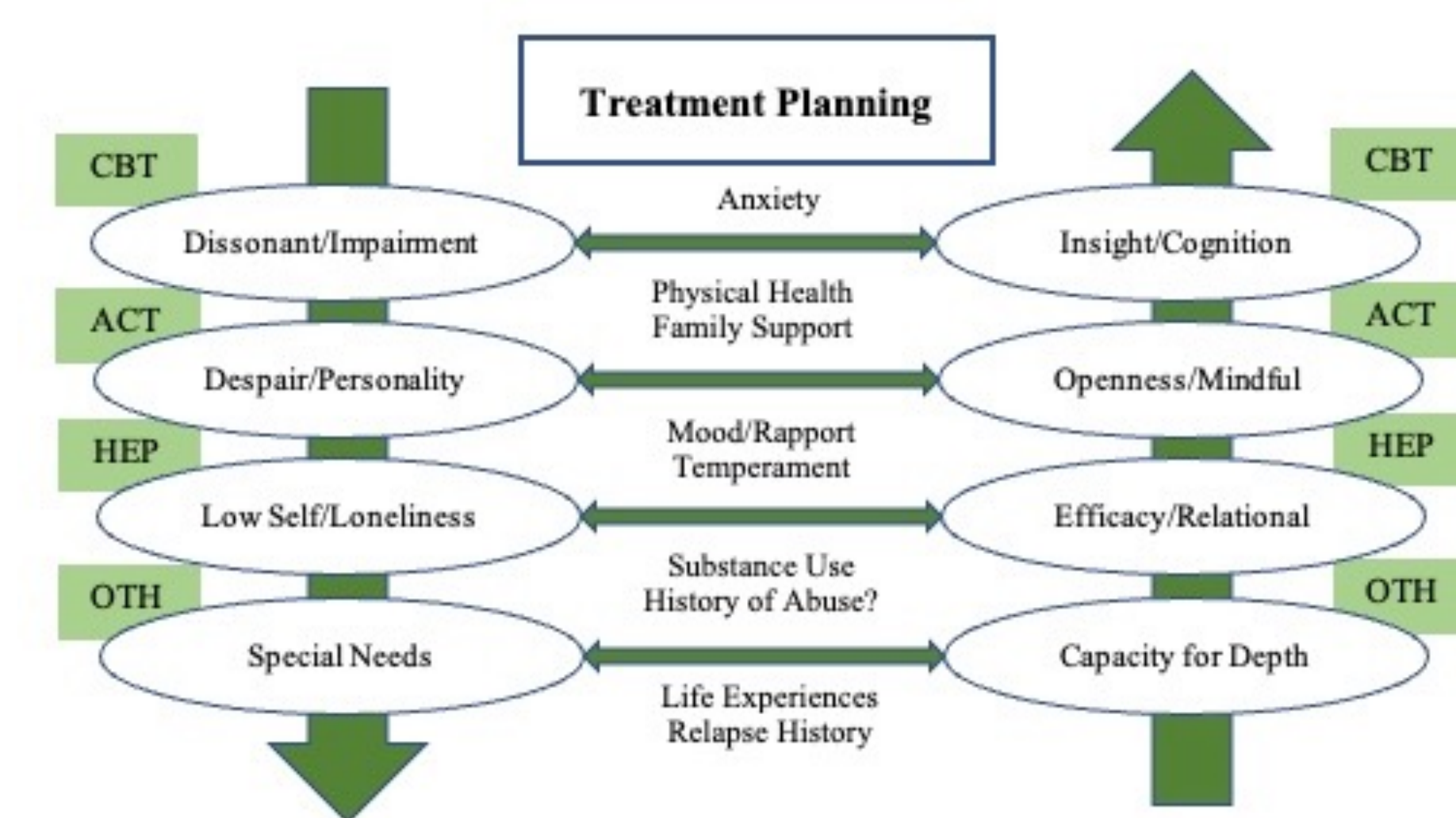
### A Descriptive Chart



Here one does note that not all study participants utilize each tx modality included (for analysis). Utilization varies across the participant sample with respect to typical tx utilized in practice.

Initial thematic analysis of participants' textual responses to survey questions represented a 'focused coding phase' of analysis, resulting in a codebook of practice terminology. A secondary phase of 'axial coding' was utilized while considering the study's research questions ... these relating to factors most relevant to the improvement and maintenance of remission in patients presenting with MDD or chronic unipolar depression. 'Phasic Views' resulted from axial coding, with this then descriptive of treatment phases.

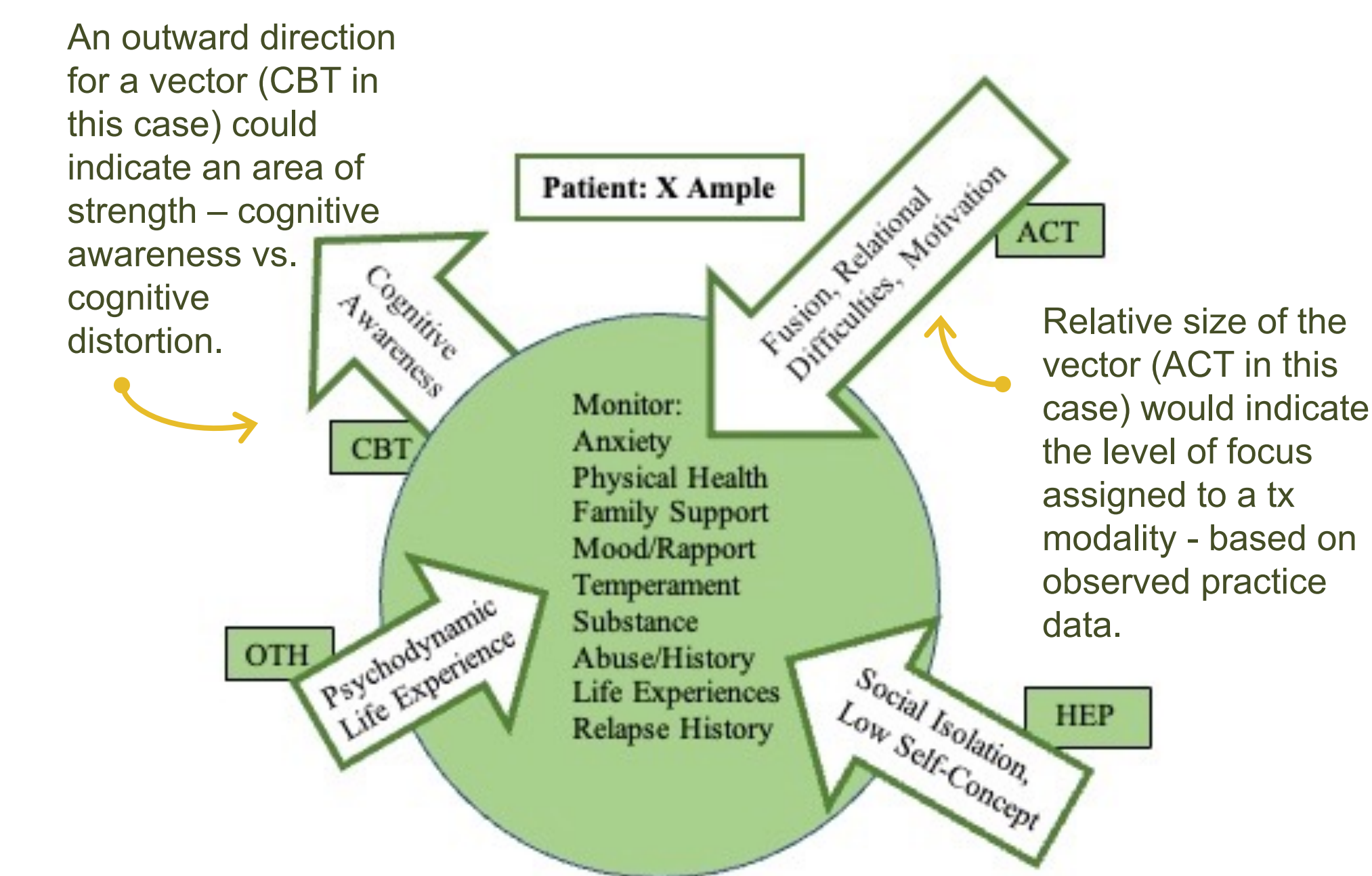
### B Phasic View (Treatment Planning)



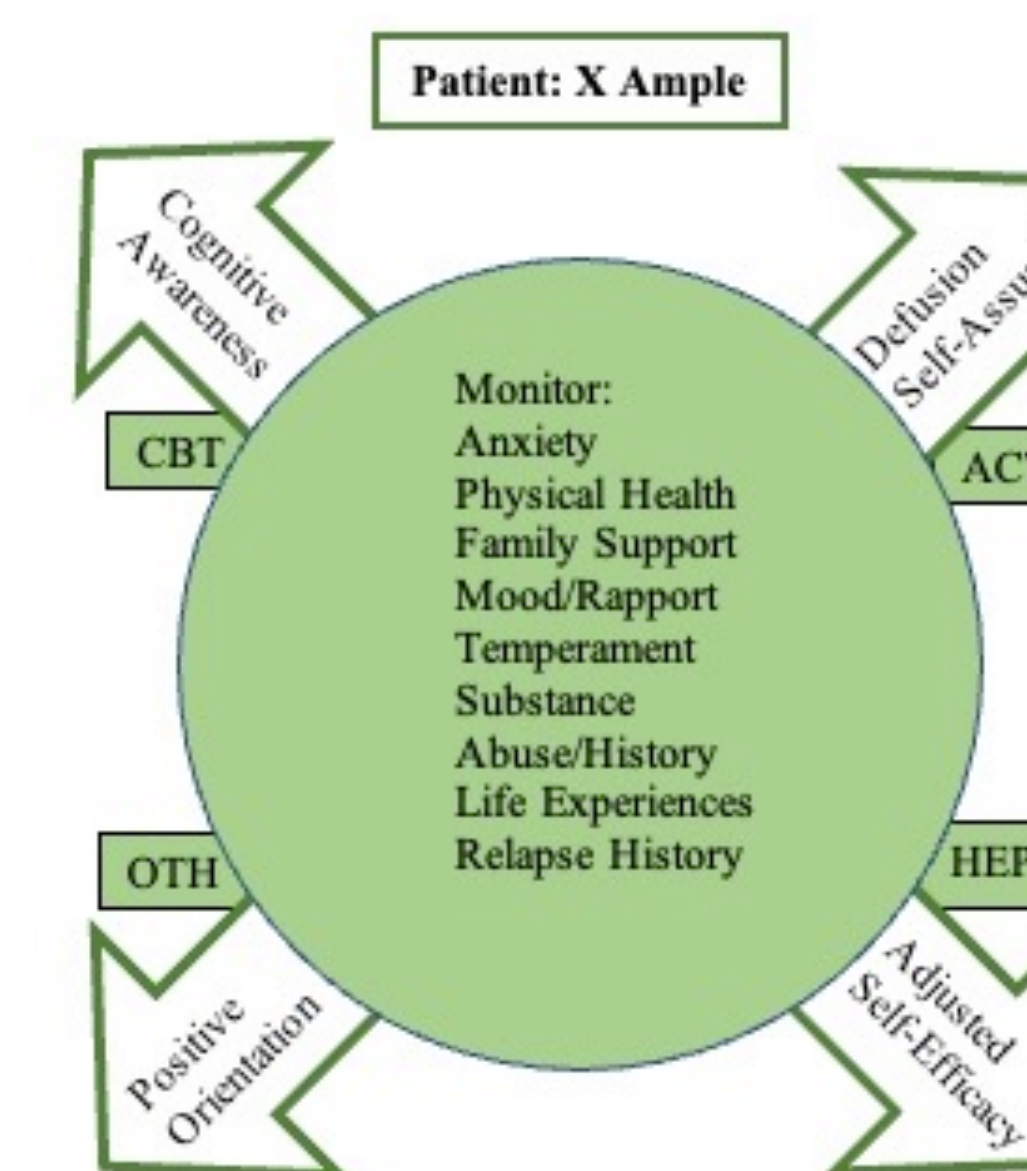
## Discussion

A re-conformation of phasic views for treatment planning (see above); comorbidity considerations; efficacy to improvement; and efficacy to sustained remission resulted in the theoretical structure defined as the product of this study; this structure with entailed implications is then entitled the 'Transvector Model for Psychotherapeutic Practice'.

### C Transvector Model for Patient in Early Stages of Psychotherapy Treatment



### D Transvector Model for Patient Approaching a Remission State / Discharge



Treatment modalities continue to be integrated according to discrete patient presentations, but this re-conformation enables a dynamic structure capable to expression of a patient's state at any discreet juncture within the case.

## Conclusions

The findings of this study are conceptualized to be of impact within the research domain. The Transvector Model may provide the basis for data structures useful for analyses relating to efficacy of psychotherapeutic treatment for depressive illness but should not be misconstrued as purporting to inform that treatment. To the contrary, the flow of information is understood to exist unidirectionally from psychotherapeutic practice on into the research domain according to the grounded theory analysis.

Secondary utility of this research could be envisioned as assisting in the development of clinic systems for the delivery of psychotherapy services along with management of related patient records. Such secondary utility might be pursued upon completion of succeeding iterations of the research.

## Future Iterations

The investigator of this study is seeking opportunities for expanded iterations of this study inclusive of wider data collection – with group practice and institutional practice data types, and with staffing support for recruitment, participation services, and expansions of coding and data analysis services.

## Grounded Theory Methodology

Although a small number of sociological and psychological research studies have attempted a grounded theory approach prior to this effort, there exist unique attributes of methodology within this study that demonstrate promising levels of repeatability. This could be counted as a secondary success worthy of research comment.

## Study Web Site

The study web site – containing a variety of additional information - can be found at <https://psytsurvey.online> ... or scan code at right →

