



# SPR - WORKSHOP



## **Speaker: Giorgio TASCA, Ph.D., C. Psych.**

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Associate Professor in Clinical Psychology, Member of the Faculty of Postdoctoral and Graduate Studies at the University of Ottawa, Canada  
Director of Clinical & Research, Centre for the Treatment of Eating Disorders, Ottawa Hospital, Canada

## **Chairperson: Angelo COMPARÈ, Ph.D.**

Assistant Professor, Human & Social Science Dpt., University of Bergamo, Italy

**The Society for Psychotherapy Research - Italian Chapter and University of Bergamo together present this workshop & streaming event**

## **Research Design in Psychotherapy Process and Outcome Research**

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**La partecipazione ai workshops è gratuita. Il numero di posti in presenza è limitato.  
I video dei workshops verranno caricati sulla piattaforma <https://goo.gl/xuS8Di>  
È richiesta una mail d'iscrizione da inviare a: [seminari.unibg@gmail.com](mailto:seminari.unibg@gmail.com)**

# UNIBG-SPR WORKSHOP

## Introduction

The goal of this workshop is to help the student to develop and design an empirical psychotherapy research study that tests their hypotheses. Psychotherapy research can answer questions related to predicting outcomes or drop-outs, testing a theory of psychotherapy process, and testing the efficacy of various treatments in natural settings or randomized trials. Psychotherapy research study designs can range from single case designs, to quasi-experimental designs, to randomized controlled trials. Data analytic decisions are largely based on the design, available data, and hypotheses that are tested. Decisions about choosing questions to answer, models or theories to test, designs to use, variables to assess, measurements, and analytic approaches can be challenging for the researcher. In this workshop I will discuss: (1) structuring testable directional hypotheses, (2) choosing between different psychotherapy research designs to test the hypotheses, (3) measurement of variables relevant to hypotheses, and (4) choosing data analytic techniques that fit the design and test the hypotheses. In the morning part of the workshop, I will provide lectures on each of the topics outlined above. In the afternoon, I will discuss measurement issues including two observer rating methods of measuring psychotherapy processes (the Structural Analysis of Social Behavior) and of patient functioning (the Defense Mechanisms Rating Scale). Then I will provide a consultation on research design and analysis to participants who will present their research ideas, hypotheses, or studies that are already underway.

## Learning Objectives

The learner will be able to:

1. Develop testable directional hypotheses
2. Choose a research design to test the hypotheses
3. Evaluate and choose reliable and valid measures to test the hypotheses
4. Choose an appropriate data analytic approach

## Intended Audience

Ph.D. and M.A. students in clinical psychology

## Where

h. 9.00-17.00 - AULA 16 CANIANA (UNIBG via dei Caniana)

**Video sharing:**  <https://goo.gl/xuS8Di>

## Schedule

### 9:00-9:30 - **Introduction**

Prof. Compare Angelo, Chairperson, UNIBG  
Prof. Tasca Giorgio, Visiting professor, UNIBG

### 9:30-10:00 - **Hypothesis testing: what is a testable hypothesis?**

### 10:00-11:00 - **Psychotherapy research designs**

- a. Single case empirical studies
  - intensive single case study
  - multiple time series
- b. Quasi-experimental designs
  - process research
  - process-outcome research
  - efficacy study (pilot/feasibility, naturalistic)
- c. Experimental designs
- d. Randomized controlled trial

### 11:00-11:30 *Break*

### 11:30-12:30 - **Data Analytic Approaches**

- a. Single case designs
- b. Quasi-experimental designs
- c. Experimental designs

### 12:30-14:00 - *Lunch*

### 14:00-15:00 - **Measurement Issues**

- a. Validity and Reliability
- b. Translation issues

### 15:00-16:00 - **Observer Rating Measures**

- a. Structural Analysis of Social Behavior
- b. Defense Mechanisms Rating Scale

### 16:00-16:30 *Break*

### 16:30-17:30 - **Consultations on student research**