What Clients Learn in Cognitive Therapy of Depression

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• Flexible treatment procedures
• Allows for considerable variability
• Multiple, very different accounts of therapeutic efficacy
Model of Change Process

Treatment Manipulation

- Application of Components
- Active Components

Patient Processes

- Clinical Outcome
- Competencies
- Extra-therapy Factors

Prognostic Indices
Therapist Competence

$r$

Competence  .28*

Strunk, Brotman, DeRubeis & Hollon (2010). JCCP.
Patient Characteristics and the Relation between Therapist Competence and Session-to-Session Symptom Change

Strunk, Brotman, DeRubeis & Hollon (2010). JCCP.
Selecting the duration over which to observe improvements…

Session-to-Session Change

Drawing data from 60 CT patients in the DeRubeis et al. (2005) trial.
Prediction of Subsequent Symptom Change in Sessions 1 – 4 of Cognitive Therapy

<table>
<thead>
<tr>
<th>Predictors</th>
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<tbody>
<tr>
<td>Cognitive Methods</td>
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<tr>
<td>Negotiating/Structuring</td>
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<td>Behavioral methods / homework</td>
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<td>Working Alliance</td>
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From Strunk et al. (2010). *BRAT.*
Backwards – Prior symptom change and process measures

<table>
<thead>
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<th>Process measures</th>
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* From Strunk et al. (2010). BRAT.

†p < .10. *p < .05. **p < .01. ***p < .001.
Model of Change Process

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Prognostic Indices
CT Skill and Use of CT Skills Vary Substantially After Termination of CT

Responders (N=30)

WOR + PCTS Composite Z-Score

Adapted from Strunk, DeRubeis, Chiu & Alvarez (2007) JCCP
CT Skill and Use of CT Skills Predict Sustained Response After Termination of CT

Adapted from Strunk, DeRubeis, Chiu & Alvarez (2007) JCCP
Does cognitive change in and following sessions appear to drive patients' response to treatment?
Different strokes for different folks?

• Process-outcome relations may vary as a function of patient characteristics

• Which patient characteristics might moderate adherence-outcome relations?
Cognitive and Behavioral Methods

Gender as a moderator of the Cognitive Methods-Outcome Relation

Prior Episodes as a moderator of the Behavioral Methods/Homework-Outcome Relation
Does cognitive change help more for some patients?

Fitzpatrick, Whelen, Falkenstrom, & Strunk (2019)

Low social skills
High social anxiety
Conclusions

• What do patients learn? What does it take to help them learn it?
  – Therapist competence
  – Cognitive Methods
  – Cognitive change and CT skill acquisition
  – Still need to work on understanding individual differences

• Can we utilize this understanding more broadly?