

CHAPTER 4: TREATING PSYCHOPATHOLOGY RESEARCH QUESTIONS

4.1 THE NATURE AND FUNCTION OF TREATMENTS FOR PSYCHOPATHOLOGY

- Do behaviour therapies work because they contain conditioning principles?
- To what extent is the therapist-client relationship a critical factor in successful treatment?
- Do drug treatments for depression make clients vulnerable to relapse over the longer term?
- Are drug treatments equally effective for individuals with mild psychopathology symptoms as well as severe psychopathology symptoms?
- Is computerised CBT (CCBT) as effective as other forms of treatment for psychopathology?
- What are the challenges involved in getting clients to engage with CCBT?
- Is e-therapy as effective as other forms of treatment for psychopathology?
- Are IAPT programmes a cost-effective way of treating common mental health problems?

4.2 EVALUATING TREATMENT

- How do researchers investigating the effectiveness of treatments decide on what a 'therapeutic gain' is, and how it is to be measured?
- When assessing the effectiveness of treatments, how do researchers take into account the fact that a therapist-client relationship alone may contribute to improvement?
- Advocates of some therapeutic approaches claim their therapeutic approaches cannot be assessed using objective or quantitative methods. How can the scientific researcher address this fact?
- Random controlled trials (RCTs) are adversely affected by participants dropping out of studies before completion. How can researchers address this problem?
- Are all psychotherapies equally effective?
- Are there any common features across different psychotherapies that contribute to the success of treatment?
- Is asking clients how satisfied they are with their treatment a good way of assessing the effectiveness of that treatment?