

As for comparisons among mean scores on the 4 Quadrants... I looked at pre-test means for my 9 clients, and then used the one-sample z test to make comparisons with some of the groups presented in the SCI manual. I'm going to attach a sample of the results.

Drs. Shapiro & Astin,

Hi! Yes, I have post data for the comparison groups. On average, their scores remained the same pre to post, which is what I was hoping for since I didn't do any sort of intervention with them.

Table 11. Means for Various Groups on SCI Scales 5, 6, 7, and 8: The Four Modes of Control

Group	N	Pos. Assert.		Pos. Yield.		Neg. Assert.		Neg. Yield.		Standardized Scores (t scores)			
		Raw Score	SD	Raw Score	SD	Raw Score	SD	Raw Score	SD	Pos. Assert.	Pos. Yield.	Neg. Assert.	Neg. Yield.
Screened Normals*	14	2.90	0.55	2.67	0.54	1.79	0.48	1.50	0.42	50.00	50.00	50.00	50.00
College**	67	2.64	0.47	2.68	0.37	1.91	0.45	1.86	0.53	46.10	49.98	52.70	58.57
GAD*	16	2.42	0.55	2.22	0.55	2.64	0.58	2.13	0.59	41.28	41.67	52.70	65.00
Panic DO*	48	2.16	0.59	2.24	0.48	2.06	0.48	2.23	0.60	36.55	42.21	55.62	67.38
Depression*	50	2.06	0.54	2.16	0.45	2.02	0.41	2.20	0.52	34.73	39.71	54.79	66.66
Treatment (Initial)	9	2.46	0.47	2.56	0.30	2.09	0.36	2.29	0.65	42.00	48.00	56.25	68.81
Treatment (Final)	8	2.59	0.44	2.60	0.48	2.05	0.36	1.98	0.43	44.36	48.70	55.42	61.43
No-Tr. Control (Initial)	41	2.71	0.49	2.66	0.43	1.74	0.36	1.78	0.45	46.55	49.81	48.96	56.67
African Am. No-Tr. Control (Initial)	10	2.77	0.55	2.47	0.49	1.70	0.41	1.68	0.45	47.64	46.30	48.13	54.29

Note. Values for the first five groups listed are borrowed from the SCI manual (Shapiro, 1994).

"GAD" is an abbreviation for Generalized Anxiety Disorder.

"Panic DO" refers to Panic Disorder.

"No-Tr." is an abbreviation for No-Treatment.

"Initial" and "Final" refer to the initial assessment (pre-test) and final assessment (post-test) respectively.

* Sample was primarily White.

** College sample was 40.3% Asian, 40.3% White, and the remainder not identified (U.C.-Irvine).

? No treated
fail?

Table 12. Results of One-sample z Tests Comparing the Treatment Group at Initial Assessment with Five Groups Reported in the SCI Manual

Comparison Group	Positive Assertive		Positive Yielding		Negative Assertive		Negative Yielding	
	z	Area beyond z	z	Area beyond z	z	Area beyond z	z	Area beyond z
Screened Normals	-2.99	0.00140	-0.76	0.22360	2.34	0.00960	7.05	< 0.00003
College	-3.16	0.00080	-2.63	0.00380	3.27	0.00060	6.62	< 0.00003
GAD	0.29	0.38590	2.46	0.00690	-3.79	0.00100	1.09	0.13790
Panic Disorder	3.53	0.00020	4.92	< 0.00003	0.49	0.31210	0.69	0.24510
Depression	5.26	< 0.00003	6.25	< 0.00003	1.28	0.10030	1.22	0.11120

Note: All one-sample z tests were conducted with two tails, $\alpha = .05$

Enhancing the client's effort, determination, commitment, perseverance, and motivation to accomplish his or her goals. Explore the ways the client would like to effect through change or acceptance, different personal, interpersonal, and/or cognitive environments

6. Once goals are identified, and where necessary, how to enhance clients' effort, determination, commitment, perseverance, and motivation to accomplish their goals.
7. Where appropriate, how to help clients move from other-responsibility to self-responsibility for their behaviors, thoughts, and feelings.
8. Develop choice – How to help clients move from just a few options to a greater range of choices and freedom to choose (rather than relying on old, habitual patterns of reacting).

EVALUATION

F) A System' approach for evaluation and feedback throughout the therapy process to determine efficacy of treatment; and a commitment to follow-up to ensure success is being maintained.

Teach and ensure the trainee is committed to evaluation, including single case study design, to ensure treatment success is achieved.

BETH, I'M GONG TO STOP HERE FOR THIS WEEK. WHAT I'M THINKING IS THAT WE HAVE OUR HANDS FULL JUST TRYING TO PRESENT CLINICALLY WHAT CONTROL THERAPY IS; I'M THINKING THAT WE MAY WANT TO HAVE A RESEARCH APPENDIX (FOR THERAPIST, AND FOR THOSE TRAINEES WHO WANT TO DO A RESEARCH PROJECT, BUT KEEP THAT OUT OF THE TRAINING MANUAL. I'M NOT WEDDED TO THIS, BUT IF WE LIKE THAT IDEA, HERE ARE SOME THINGS THAT I'VE COLLECTED THUS FAR THAT COULD GO THERE:

RESEARCH

- (Additional information on using Control Therapy as part of a research protocol are described in Appendix C).
- HOW TO DO A RESEARCHPROJECT
- Make sure there are baseline competencies of all trainees (e.g., listening skills, etc, as suggested in section on therapist competencies
- Make sure there is equivalent quantity of training between control therapy interventon trainees and other treatment trainees
- Assess to Make sure trainees reach a competency threshold in ct and other treatment
- Make sure there is standarization of treatment intervention for ct and other treatment during course of treatment
- Single case study desing; pre and post test. Data from sci, self-monitoring, other? Cf evaluation.