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### *Data Collection*

Prior to starting the treatment phase, each treatment participant filled out the SCI, CES-D, BAI, and the Background Information Form. Over the course of treatment, the BAI and CES-D were given weekly, including at times when clients met with either me or the clinic director for pre-treatment, mid-treatment, and final assessment interviews. The SCI was given only three times: Initial Assessment, Middle Assessment (approximately the 7<sup>th</sup> or 8<sup>th</sup> week), and Final Assessment. The timing of the middle and final assessments varied somewhat among the clients due to attendance patterns. No client received the middle assessment prior to completion of four sessions. Most received it at about the 6<sup>th</sup> or 7<sup>th</sup> session. Many of the Final Assessments were conducted at the 10<sup>th</sup> or 11<sup>th</sup> session, even though 12 sessions was the original goal. This slightly early final assessment was done because the clinic was closing at the end of June due to reasons beyond our control. I sought to minimize the influence of variables related to the program ending, such as sadness at saying goodbye, trepidation about meeting a new therapist at another clinic, and so forth.

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# Results

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,  $\alpha = .05$

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.