

Developing an instrument to assess symptom networks and functional relations for individual case conceptualization with experience sampling method: A pilot study

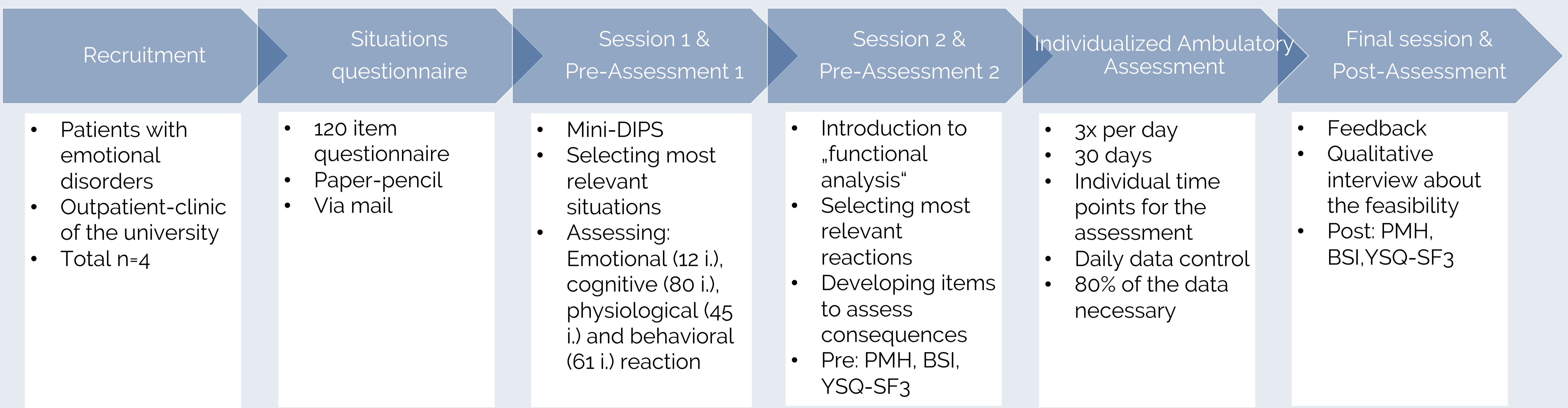
SASKIA SCHOLTEN & JULIA A. GLOMBIEWSKI
Pain & Psychotherapy Research Lab, University Koblenz-Landau, Germany

INTRODUCTION: BRIDGING THE GAP

	Traditional psychotherapy in practice	Traditional psychotherapy research	Personalized psychotherapy research
Framework	Therapist heuristic	Medical illness model	Network analysis
Indication	Case conceptualization	Classification	Ambulatory Assessment
Treatment	Respective interventions	Treatment protocol	Interventions
Evaluation	Quality management	Randomized-controlled trials	Single-Case Designs

Aim: Delevopment of an customizable ambulatory assessment to assess elements of a functional analysis daily.

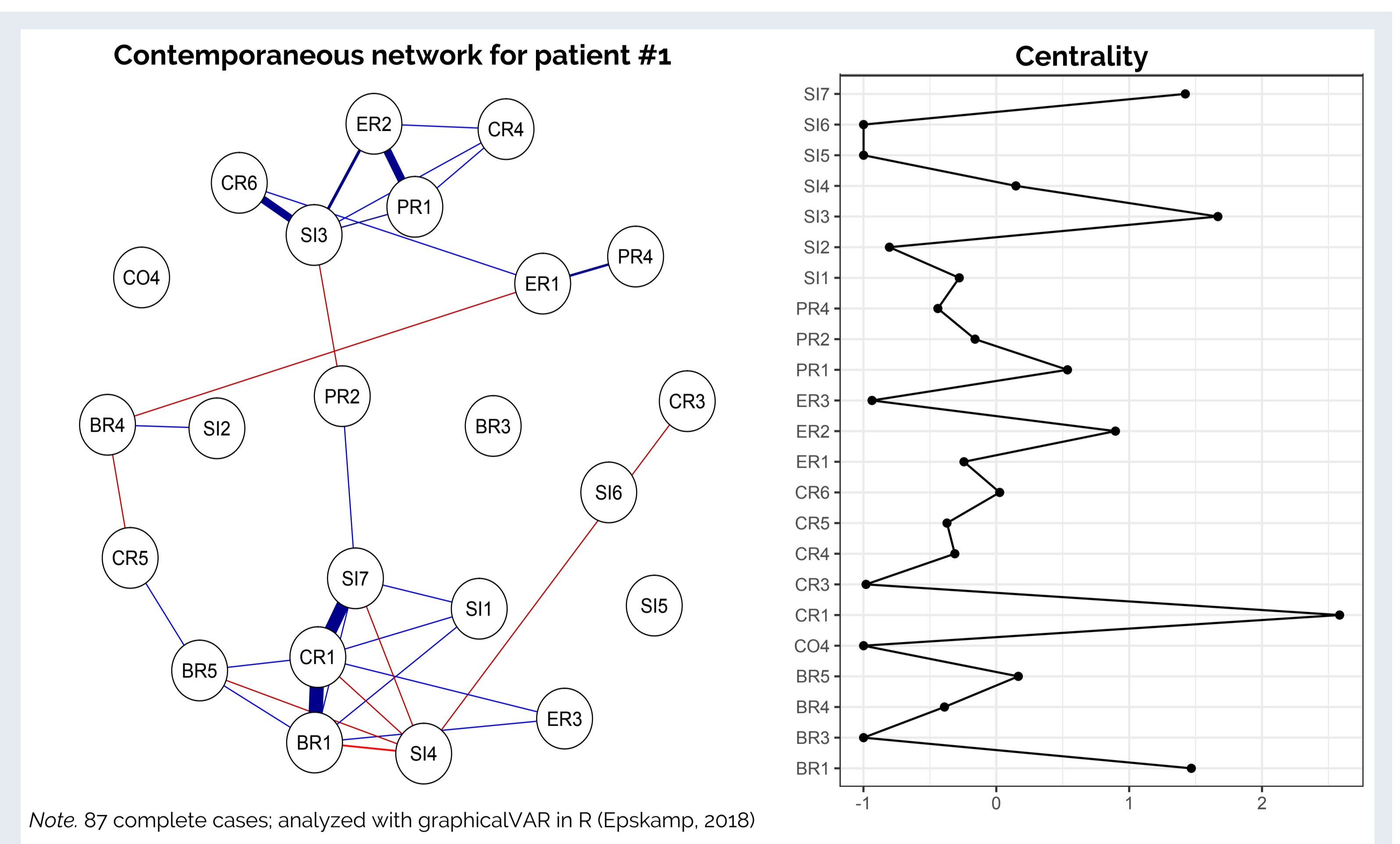
PROCEDURE



RESULTS FOR PATIENT #1

P-factor analysis for patient #1					
F1	F2	F3	F4	Item	
0.83				Burning chest	PR1
0.8				I had strong uncomfortable feelings (e.g. anger, disgust, anxiety)	SI3
0.74				Anxiety	ER2
0.61				"I would like to leave it all to itself."	CR6
0.59				"I shouldn't feel this way."	CR4
0.31				I have isolated myself from my social network.	CO4
0.31				"I disappointed someone/everyone."	CR3
1.02				I exercised to be in shape.	SI6
1.02				I exercised.	BR3
0.66				Relaxation in the chest area	PR4
0.56		-0.49		Relief	ER1
0.33				I remembered a terrifying experience.	SI5
	0.85			"I don't manage to begin with something."	CR1
	0.74			I haven't taken over a task.	BR1
	0.62			I delayed to decide something.	BR5
	0.57	0.35		I wasted time.	SI7
	-0.49			I couldn't pursue leisure activities.	SI4
	0.48			I was dissatisfied with my job.	SI1
	0.35			Dissappointment	ER3
		0.57		I delayed overdue tasks.	BR4
	0.31	-0.52		"Something needs to change so that I am also successful."	CR5
-0.34		0.47		Lack of energy.	PR2
		0.32		I have financial restrictions.	SI2
.10	.11	.10	.06	% explained variance	

Note. All loadings < .3 were deleted.



Patient feedback

Pro: Feasible in every-day-life, essential problems identified, enhanced self-reflection. **Contra:** Habituation to the repeated presentation of the questions.

DISCUSSION

- The daily assessment of functional analyses is feasible and results could enhance individual case conceptualization.
- Therapeutic implications for patient #1 could be: Learning to accept negative emotions and behavioral activation.
- Open questions: Are relevant processes targeted? How can therapy implications be inferred? What is the therapists perspective on the assessment? How can the individual level be combined with the group level?