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Latent Growth, and Hierarchical Models -- 15 Analyzing and Presenting Outcomes -- 16 Methods for Capturing the Process of Change -- 17 Assessing the Clinical Significance of Outcome Results -- 18 Assessing the Effect Size of Outcome Research -- Section V: Special Topics -- 19 Ethical Issues -- 20 Relevance of RCTs to Diverse Groups -- 21 Multisite Intervention Studies -- Index.

Sommario/riassunto

This edited volume provides both conceptual and practical information for conducting and evaluating evidence-based outcome studies. It encompasses psychotherapy research for traditional mental health disorders (eg. depression, anxiety), as well as psychosocial-based treatments provided to medical patient populations to have impact either on the disease process itself (pain, cardiovascular risk) or to improve the quality of life of such individuals. This is a hands-on book, whose major emphasis is on the practical nuts-and-bolts implementation of psychosocial-based RCTs from conception to completion.
