Research and Critique an Experimental Study

Name

Course

Instructor

Date

The study aimed to explore the impacts of transference interventions in psychodynamic psychotherapy among the teenagers with a major depressive disorder. The First Experimental Study of Transference Work-In Teenagers (FEST-IT) will involve a randomized clinical trial with a dismantling research design. Besides, the First Experimental Study of Transference Work-In Teenagers (FEST-IT) will entail an RCT which will be designed with the aim of exploring the impacts of transference work in dynamic psychotherapy among the adolescents with MDD. The dismantling design will involve a single element being added and varied to an existing method of treatment such as the psychodynamic psychotherapy. Hence, the efficacy of a particular technique including the transference intervention can be determined.

The fundamental hypothesis is that the transference group will eventually have more course which is favorable than the comparison group over time. There will be a significant enhancement or improvement on the Psychodynamic Functioning Scales (PFS) as well as the Inventory of Interpersonal Problems-Circumflex Version (IIP-C) and the calculated depression by the Mini International Neuropsychiatric Interview (M.I.N.I). Additionally, there will be a change in the Beck Depression Inventory (BDI) and Montgomery Åsberg Rating Scale (MADRS) during the whole period of the study. However, the second hypothesis includes; the patients with a historical background of low QOR scale score and lack personality disorders frequently benefits more from the therapy with the transference activity as compared to the treatment without it. The last hypothesis is that female teenager have a much better treatment impact of transference work as compared to their male counterparts.

The study employed the simple random sampling (N=100), and the inclusion criteria involve the adolescents who pose the current Diagnostic and Statistical Manual of Mental disorders, Fourth Edition, and it is expected that the comorbidity will be frequent. Nonetheless, the consent will also be obtained from all the patients. On the other hand, the exclusion criteria entail patients with generalized learning challenges, pervasive development disorder, psychosis or substance abuse. Moreover, the patients will be recruited from among the teenagers having the symptoms of depressions and are also referred to the private practice. Typically, the study included or recruited one hundred adolescents to participate in the research. The ages of the patients will be between 16 to 28 years.

In the statistical analysis plan, the study performed the intention-to-treat analysis. The features of the treatment groups were explained at the baseline. A linear mixed model was utilized in analyzing the effects of treating transference interventions among the depressed youths. Moreover, the statistical analyses were conducted with the linear mixed approach while using all the data from the patients during the entire period of study. The treatment response in FEST-IT was the impact of transference intervention in adolescents who are suffering from depression. Notably, the primary hypothesis in the study was examined through the use of the following equation:

Outcome measure = intercept + time + treatment + QOR X time X treatment X QOR + residuals.

After the statistical analysis, it was evident that both the predictors as well as the moderators are pretreatment variables which might influence the strength or the path of the response to the treatment. The predictors affected the strength or the direction of the treatment response regardless of the treatment situation. Specifically, the moderators include the QOR, Personality Disorder as well as gender. However, the variables of the patients were explored and examined as predictors and or moderators of the results.

In a nutshell, the research showed that the depression among the adolescents might decline, and its treatment and prevention of the symptoms can assist the young children to get their path into the adult relationships as well into the workforce. To guide the various therapists in which treatment works best for the patients who are diverse with multiple characteristics, there is always a need for more research to aid in the investigation of the influence of the psychotherapy.

Although the experimental study design tried to control the threats to the internal and external validity, there are some identified threats to validity which can be examined. Notably, there was a testing threat to the internal validity. It is evident that the pre-test affected the scores on the post-test. On the other hand, the various threats to the external validity which can easily be identified include the interaction impact of the testing. This was evident when there was pre-testing interacting with the experimental treatment and also caused some effects. Apparently, these threats were not sufficiently addressed by the researcher, and this was observed from the final results of the study.

It is worth noting that the researcher applied the ethical principles in the research study. For instance, regarding the ethical approval, the therapist and not one of the investigators invited the patient to sign a consent form before the beginning of the study. Further, even after signing the consent form, the patient had to score above ten marks on the BDI, and he or she will then be asked to provide written consent to participate.

**References**

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