Presentation Abstract

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Type of Presentation
panel discussion

Presentation Title
What are we actually researching? An interactive panel discussion on TA questionnaires & a call to action

Abstract
Background

Over the years many inspiring TA-questionnaires have been developed, mainly to measure ego-states. However, most of these questionnaires have not been systematically validated after the initial development study, or only in specific countries/languages and specific -often small- populations.

Method

We used the information from the research into TA instruments in Vos and van Rijn (2021) and explored a number of frequently used TA-questionnaires.

Key Questions

In the interactive panel discussion we want to discuss the following questions:

what do these questionnaires actually measure and how universal are the concepts;

can we develop more consensus and improve research,

what concepts should be researched more thoroughly (such as life positions, script, strokes)

Conclusions

We hope that one of the conclusions of this workshop/panel can be that we can move beyond these limitations and collaborate; improve innovations in our field, assess and address these phenomena better in clients, and improve the communication and promotion of TA with other psychological/medical fields in our evidence-based era. We propose an international working group to coordinate new research into TA questionnaires in different languages, in which universities from different countries participate.

Professional Picture



