Presentation Abstract

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Psicoterapy

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Measuring injunctions and drivers in psychotherapy with the ESPERO questionnaire: a naturalistic study in the CePI training clinics network

Abstract
In evaluating the efficacy of Transactional Analysis (TA) psychotherapy, measuring changes in the injunctions and drivers that underlie psychopathology is of crucial importance. For this aim, Scilligo et al. (1999) developed ESPERO, a 120-item self-report questionnaire designed to measure these constructs. ESPERO is a psychometric instrument utilized within the CePI training clinics protocol for both clinical and research purposes. A recent systematic review assessing the psychometric quality of TA instruments (Vos & van Rijn, 2021) indicated that ESPERO has good interpretability, factor structures, and content and criterion validity in multiple populations. The instrument has recently undergone re-validation using a larger, more heterogeneous normative sample (Vasale et al., 2023), and an English translation is currently in progress. This study, conducted according to the practice-based evidence model (Barkham, Hardy & Mellor-Clark, 2010), utilizes data collected across five training clinics and aggregated in the database of the Laboratory for Research on Self and Identity (LaRSI) at IRPIR. The clinical sample consists of adult subjects requiring therapy for interpersonal difficulties and mild-to-moderate psychological symptoms. They received time-limited individual psychotherapy based on the social-cognitive transactional analysis (SCTA) model. The therapeutic protocol included two intake sessions, 21 treatment sessions, and two follow-ups (at 2 and 6 months). All therapists were licensed psychologists who have signed a CTA contract and operated under the supervision of TSTA, PTSTA, or CTA Trainers and Supervisors. Changes in injunctions and drivers will be assessed by ESPERO administered at three time points (pre-treatment, post-treatment, and 6-month follow-up). Furthermore, correlations between ESPERO scores and the total psychological distress score of the CORE-OM (Evans et al., 2002; Palmieri et al., 2009) will be analyzed.

Professional Picture

