



CBT Method Differences Between Adults and Children

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Why do I now have a changed career path after this ?

01 Project Overview



BECK COMMUNITY INITIATIVE

- ❑ Penn Collaborative for CBT & Implantation Science
- ❑ CBT is an effective form of therapy
- ❑ The Penn Collab supports implementation of CBT in community mental health
- ❑ We measure CBT fidelity with one measure & Train Mental Health Providers in CBT.
- ❑ We do this for different populations (child/adolescent vs. adults)
- ❑ We want to know how CBT learners who treat CA differ from those who treat A



02

Significance

Significance



- ❑ Previous work on CBT competency for CA providers vs A providers (Affrunti, 2019)

“the current data suggest that CBT competence with children requires broader skills, consistent with Stallard’s (2005) theory. That is, the general therapeutic skills domain is important, but separate from CBT skills, for CBT competence with adults; whereas, CBT competence with children does not differentiate between the two. Further research is required to confirm this hypothesis.”

- ❑ Understand how CBT learners who work with children develop is important

03

Aims



OUR GOALS

Goal 1 (AFFECT)

- Assess the correlation between CBT-Specific Skills at baseline and CBT Competence at Follow Up

Goal 2 (My question)

- Asses the discrepancy amongst using the same model with children and adults

04

Methods



Methods

The Two Measures

-CBT Specific Skills

General Therapeutic Skills

Describe CTRS Coding System

- The Cognitive Therapy Rating Scale (Agenda,Feedback,HW)

Describe Analyses

- Using R to code, observe, and analyze

Cognitive Therapy Rating Scale

Cognitive Therapy Rating Scale

Therapist:	
Patient:	
Date of Session:	
Tape ID#:	
Rater:	
Date of rating:	
Session #:	
Format:	AUDIO

Directions: For each item, assess the therapist on a scale from 0 to 6, and record the rating on the line next to the item number. Descriptions are provided for even-numbered scale points. If you believe the therapist falls between two of the descriptors, select the intervening odd number (1, 3, 5). For example, if the therapist set a very good agenda but did not establish priorities, assign a rating of a 5 rather than a 4 or 6.

If the descriptions for a given item occasionally do not seem to apply to the session you are rating, feel free to disregard them and use the more general scale below:

0	1	2	3	4	5	6
Needs improvement	Needs improvement	Needs improvement	Satisfactory	Good	Very good	Excellent

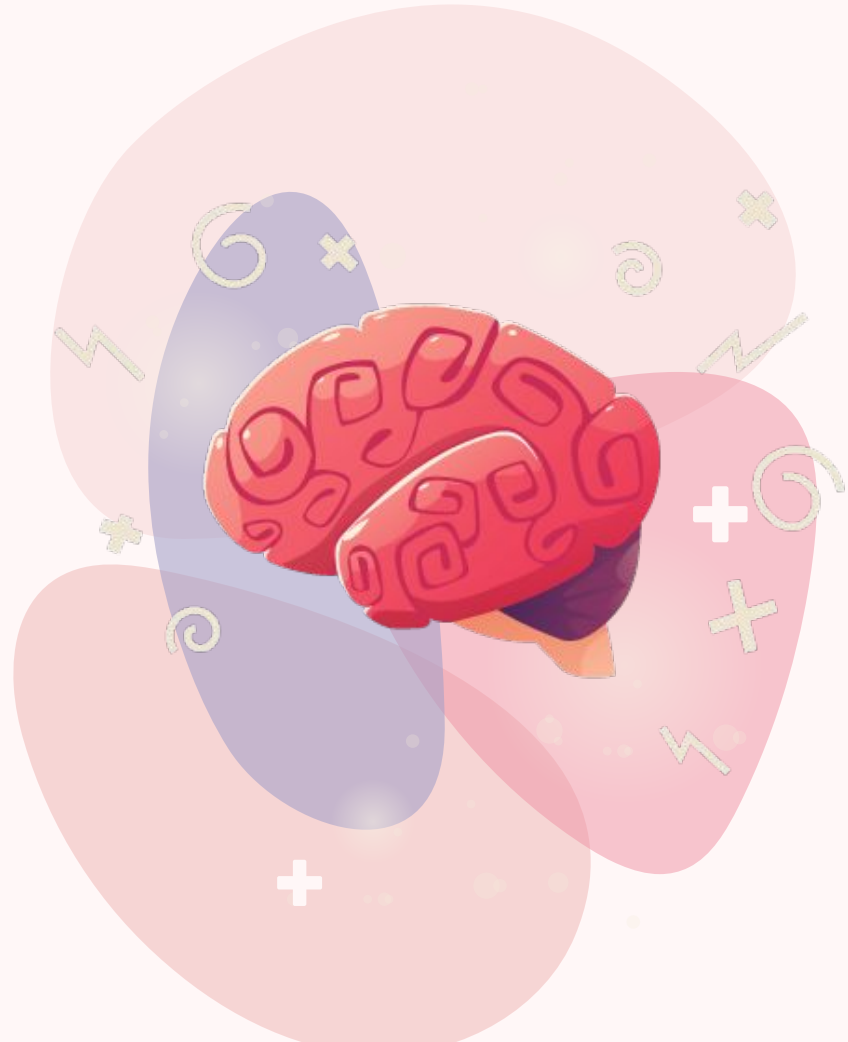
Please do not leave any item blank. For all items, focus on the skill of the therapist, taking into account how difficult the patient seems to be.

Part I. GENERAL THERAPEUTIC SKILLS

I. AGENDA		
0	Therapist did not set agenda.	
2	Therapist set agenda that was vague or incomplete.	
4	Therapist worked with patient to set a mutually satisfactory agenda that included specific target problems (e.g., anxiety at work, dissatisfaction with marriage).	
6	Therapist worked with patient to set an appropriate agenda with target problems, suitable for the available time. Established priorities and then followed agenda.	
Comments	Brief mood check: Bridge from last session:	

04

Findings



Findings

Table 1

Descriptive Statistics of Therapeutic Skills at Baseline and 6-Month Follow Up

	Baseline Evaluation		6-Month Follow Up Evaluation	
	<i>CBT Skills</i>	<i>General Skills</i>	<i>CBT Skills</i>	<i>General Skills</i>
Child Clients	11.42 (2.86)	10.14 (5.31)	15.76 (2.51)	24.76 (5.07)
Adult Clients	10.96 (2.39)	8.59 (4.44)	15.44 (2.43)	24.16 (5.63)

Note. $N = 427$

Earned CBT Competency ~ CBT Skills * General Skills * Child Clients

Table 2

Logistic Regression Results: Predictors of Achieving CBT Competence at 6-Month Follow Up

Effect	Estimate	SE	95% CI		<i>p</i>
			<i>LL</i>	<i>UL</i>	
Fixed effects					
Intercept	16.78	5.54	6.56	28.75	0.00**
Child & Adolescent Clients ^a	-22.90	12.25	-46.26	1.55	0.06
CBT Skills at 6mo	-1.04	0.32	-1.73	-0.45	0.00**
General Skills at 6mo					0.00**
	-1.62	0.45	-2.61	-0.80	*
CBT Skills x C&A Clients	1.15	0.64	-0.15	2.36	0.07
General Skills x C&A Clients	1.94	0.94	0.07	3.72	0.04*

Note. $N = 427$. CI = confidence interval; *LL* = lower limit; *UL* = upper limit.

^a0 = Not child clients. 1 = Child Clients.

05

Next Steps



Next Steps

01

02

Continuing Sessions

Working on some more analyses during the school year

Converting to AI Platform

Switching to BCI to AFFECT

04

03

EBPCAMH

Being a co-author: Evidence Based Practice in Child & Adolescent Mental Health

Behavioral Conference

Presenting a poster this upcoming year

06

My Role



My Role

01



**Background
Reading**

02



**Literature
Review**

03



R Proficiency

04



**Study
Recruitment**

07

Lessons Learned



What I Learned

How to use Mendeley

**Literature
Review**

Patience

Onboarding

Data Coding Analysis
Program

R Studio

Team

Being a part of team,
that's actually inclusive

Going to Ghana

Adaptability

Technology

Working with AI from
AFFECT and GEAR UP
Programming

LIST OF REFERENCES

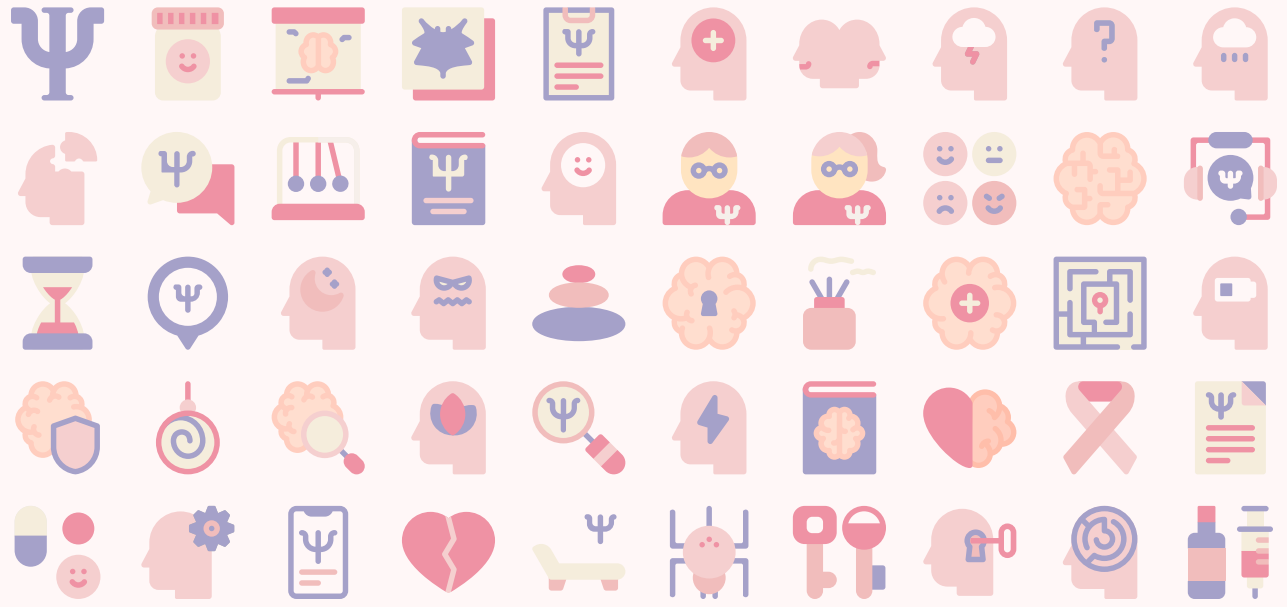
- **AUTHOR (YEAR). *Title of the publication*.** Publisher
 - Mercury is the closest planet to the Sun and the smallest one
- **AUTHOR (YEAR). *Title of the publication*.** Publisher
 - Mars is full of iron oxide dust, which gives the planet its reddish cast
- **AUTHOR (YEAR). *Title of the publication*.** Publisher
 - Jupiter is a gas giant and the biggest planet in the Solar System
- **AUTHOR (YEAR). *Title of the publication*.** Publisher
 - Venus has a beautiful name and is the second planet from the Sun
- **AUTHOR (YEAR). *Title of the publication*.** Publisher
 - The Sun is the star at the center of the Solar System

THANKS!

Do you have any questions?
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ICON PACK



PREMIUM ICON PACK



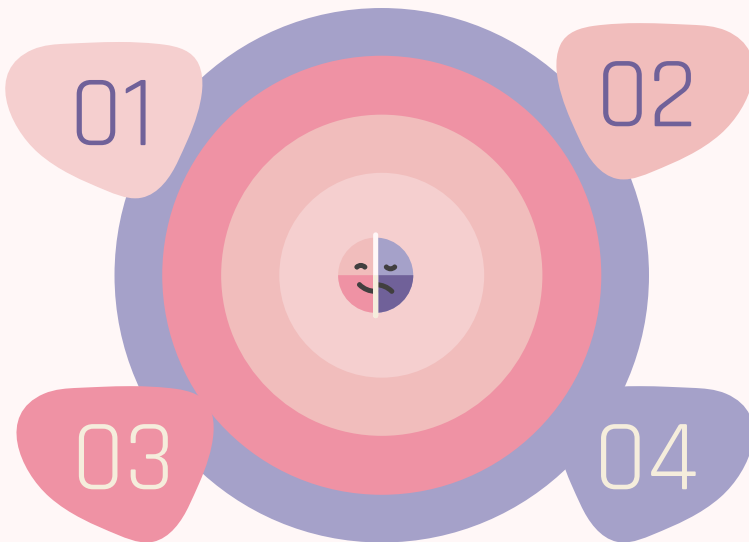
INFOGRAPHIC

Venus

Venus is the second planet from the Sun

Mercury

It's the closest planet to the Sun



02

Mars

Mars is actually a very cold place

04

Neptune

It's the farthest planet from the Sun

ALTERNATIVE RESOURCES

Here's an assortment of alternative resources whose style fits the one of this template:

- Flat design mental health instagram post



PREMIUM ALTERNATIVE RESOURCES

Here's an assortment of alternative resources whose style fits the one of this template:

Vectors

- Cartoon style mental health instagram post

