

◆ THE QUESTION WE SET OUT TO ANSWER ◆

# Can routine outcome monitoring — questionnaires only, no session text — be turned into a personalized forecast of who improves, in which domain, and who is at risk of deterioration?

We set out to answer this with **11 years** of the clinic's routine data — a broad, multi-informant, session-by-session battery.

**OUR APPROACH** a two-phase machine-learning program — **benchmark** a per-client outcome forecast at **session 3-5**, then **personalize** it by domain & flag deterioration

17,326  
sessions

924  
dyads

693  
clients

504  
therapists

129,894  
questionnaire administrations

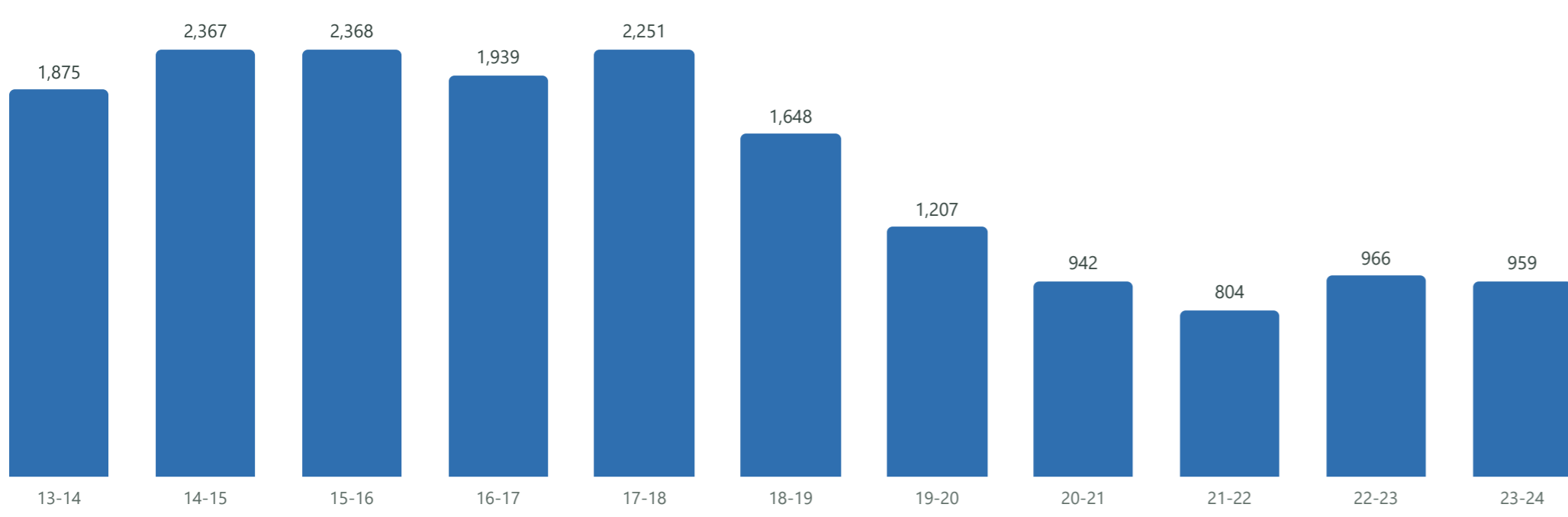
22  
measures

3  
informants

11  
years 2013-24

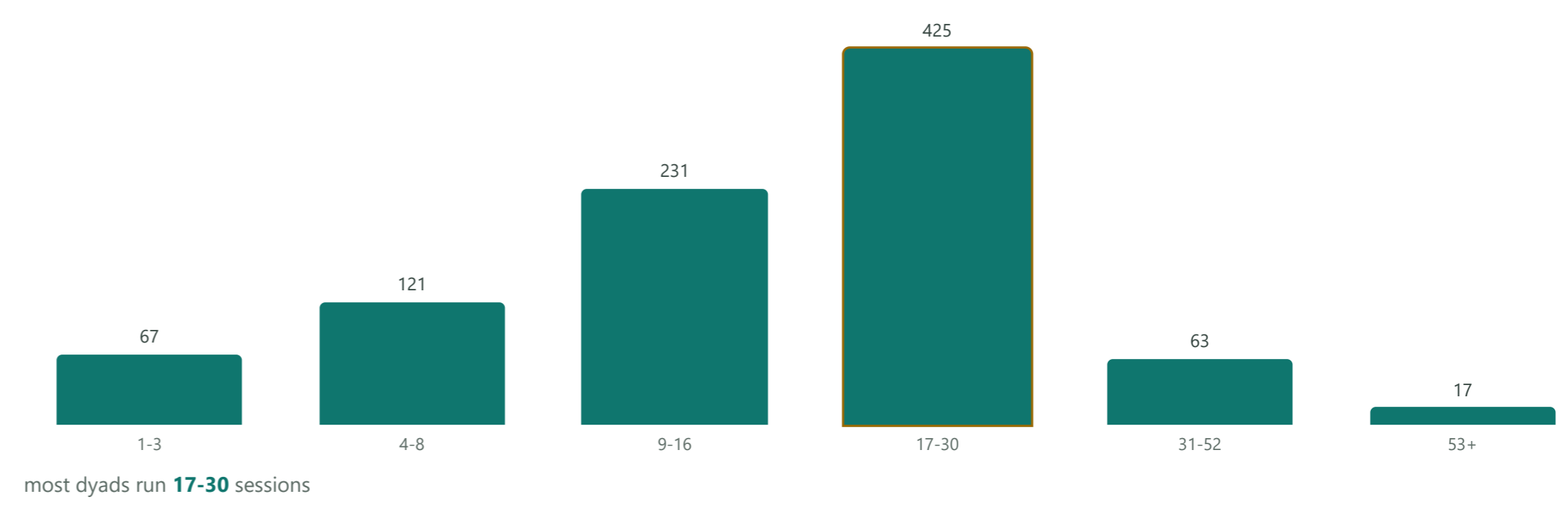
## Sessions per year

17,326 across 11 years (COVID/war dip visible)



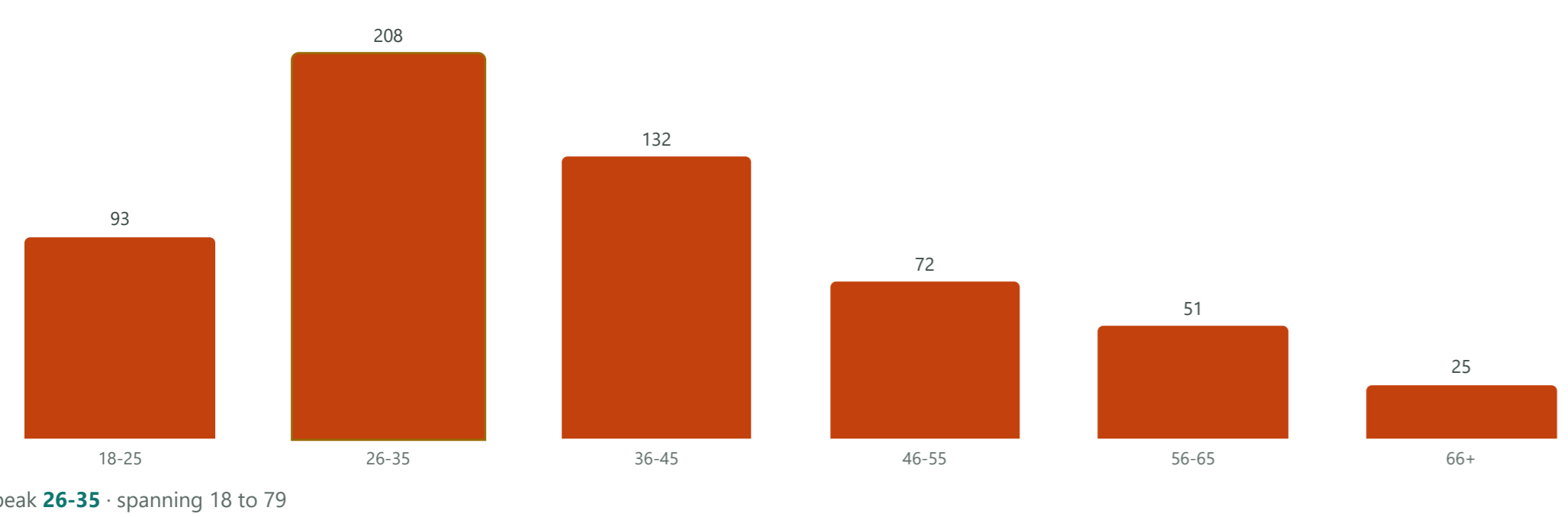
## Treatment length

sessions per dyad · median 18 (IQR 10-24)



## Client age distribution

consented clients · broad adult range



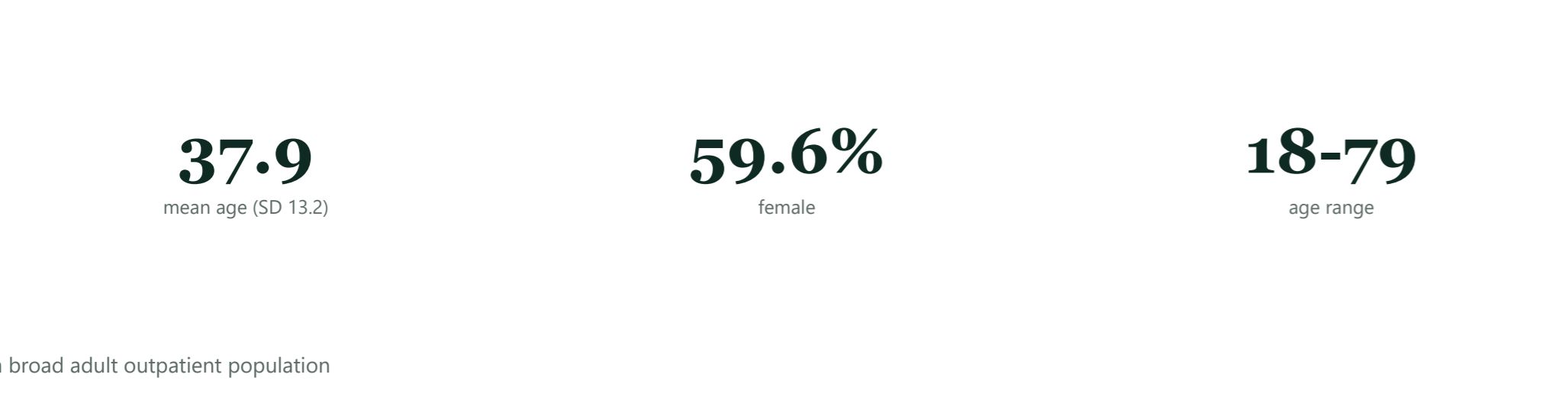
## Three informants

same constructs, different eyes (dyads with data)



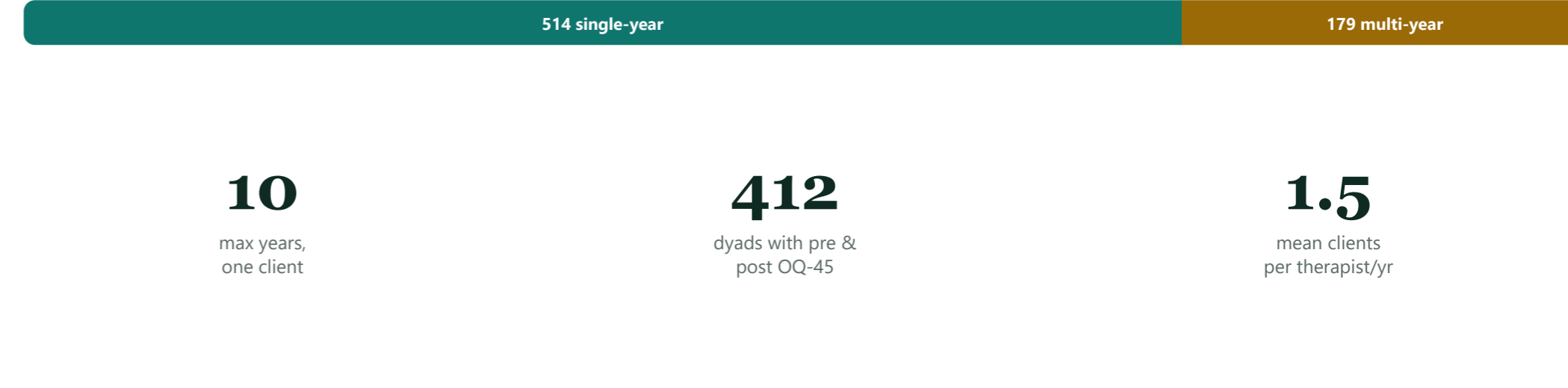
## Who the clients are

consented analytic sample



## Returning clients

clients seen across multiple academic years

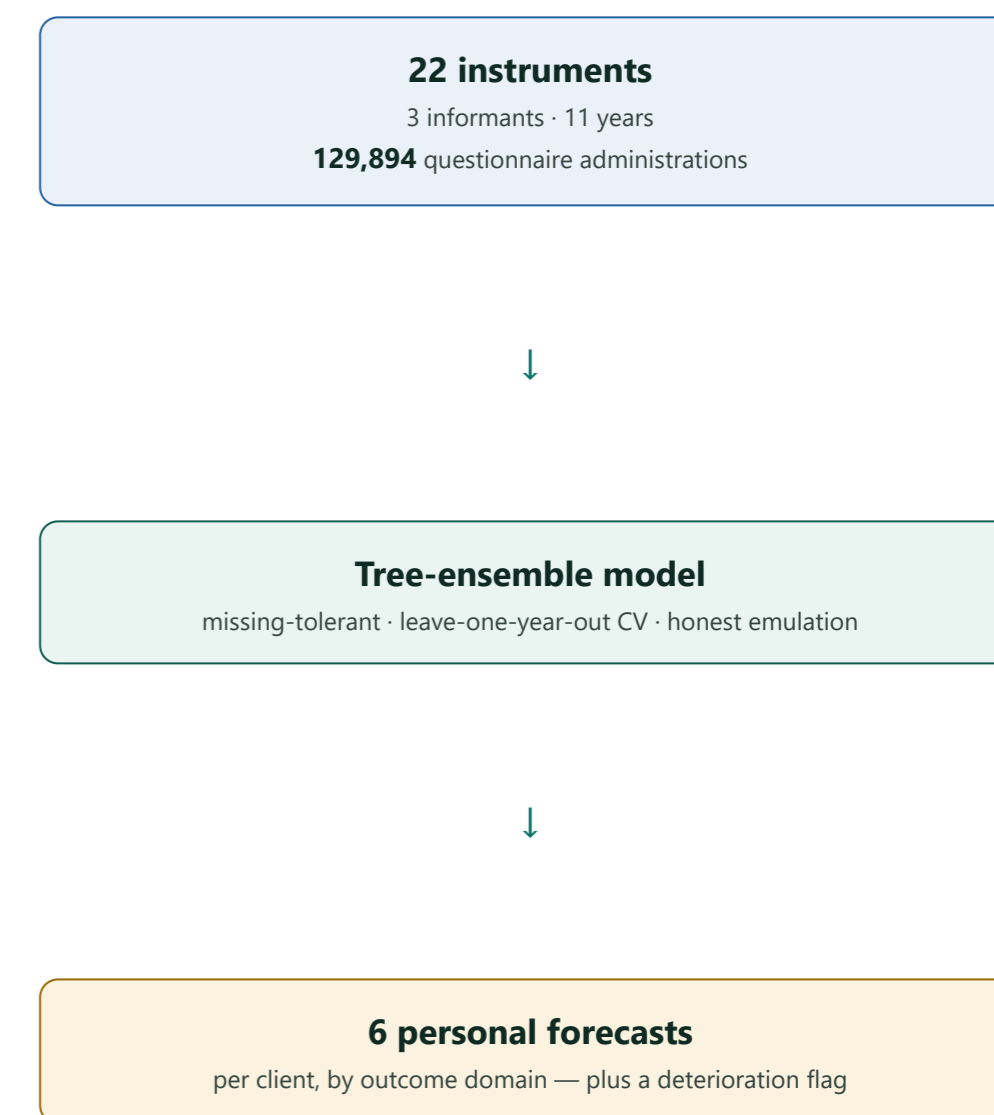


## The measurement battery — 22 instruments, full names

informant (dot): client / therapist / therapist-on-client · items · consented N | right: how the battery feeds the model

SESSION	BASELINE	TERAPIST
before / after every session	once per academic year	self-report
<ul style="list-style-type: none"> <li><b>ORS</b> Outcome Rating Scale (4 it 699)</li> <li><b>HSCL</b> Hopkins Symptom Checklist (11 it 699)</li> <li><b>WAI-6</b> Working Alliance Inventory (6 it 622)</li> <li><b>POMS</b> Profile of Mood States (12 it 621)</li> <li><b>SES</b> Session Evaluation Scale (1 it 409)</li> <li><b>Rupture</b> Rupture self-report item (1 it 622)</li> </ul> <p>The longitudinal core — repeated before/after every session, giving each client a dense within-treatment trajectory.</p>	<ul style="list-style-type: none"> <li><b>OQ-45</b> Outcome Questionnaire-45 (45 it 599)</li> <li><b>BDI</b> Beck Depression Inventory (21 it 598)</li> <li><b>IIP</b> Inventory of Interpersonal Problems (32 it 593)</li> <li><b>DERs-18</b> Difficulties in Emotion Regulation Scale (18 it 560)</li> <li><b>ERQ</b> Emotion Regulation Questionnaire (10 it 497)</li> <li><b>PID-5</b> Personality Inventory for DSM-5 (25 it 347)</li> <li><b>SPIN</b> Social Phobia Inventory (17 it 448)</li> <li><b>SE</b> Rosenberg Self-Esteem Scale (10 it 449)</li> <li><b>SWLS</b> Satisfaction With Life Scale (5 it 326)</li> <li><b>SHEEHAN</b> Sheehan Disability Scale (3 it 189)</li> <li><b>IPDE</b> Int'l Personality Disorder Examination (77 it 143)</li> </ul>	<ul style="list-style-type: none"> <li><b>WAI-6 (T)</b> Working Alliance Inventory (therapist) (6 it 600)</li> <li><b>IIP (T)</b> Inventory of Interpersonal Problems (therapist) (32 it 374)</li> <li><b>DERs (T)</b> Difficulties in Emotion Regulation (therapist) (18 it 328)</li> </ul> <p>The therapist's own interpersonal style &amp; emotion regulation — the basis for therapist-effect predictors.</p>
		<p><b>CROSS-RATER</b> therapist-on-client</p> <ul style="list-style-type: none"> <li><b>tc-ORS</b> Outcome Rating Scale (therapist-rated) (4 it 522)</li> <li><b>tc-POMS</b> Profile of Mood States (therapist-rated) (12 it 482)</li> </ul> <p>The therapist's view of the same client — enables client-therapist agreement &amp; empathic-accuracy features, among the strongest known predictors.</p>

## FROM BATTERY TO FORECAST



## HOW WE WILL ANSWER IT

a two-phase machine-learning program · questionnaires only · figures are illustrative (no results yet)

