

# EVALUATION OF THE EFFECTIVENESS OF PSYCHOTHERAPEUTIC TREATMENT RELATED TO EATING DISORDER PROGRAM USING THE PSQ PERSONALITY STRUCTURE QUESTIONNAIRE: A PILOT STUDY

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## INTRODUCTION

CAT (Cognitive Analytic Therapy) it's a collaborative programme for looking at the way a person thinks, feels and acts, and the events and relationships that underlie these experiences.

CAT was developed in the early 1980's by Dr Anthony Ryle in London. CAT developed as a public health response to the national mental health needs.

It is a time-limited therapy - typically 16 - applicable to a variety of mental disorders.

## AIM OF THE STUDY

The present pilot study is explored States of Self changes and it evaluated effectiveness of CAT psychotherapeutic treatment in patients with eating disorders.

## METHOD

### Sample

Our sample was composed of 6 patients (F = 5, M = 1) with mean age 18.33 years (SD = 3.38) within Eating Disorder Program (DCA) of A.USL (NHS) of Piacenza.

### Instrument

The PSQ is a 8-items questionnaire that assesses lacks in the development and in the structure of personality and also it identifies dissociative states of the Self on a 5-point scale (Italian version by Fiorani, Poggioli, 2011; original version by Bedford et al., 2009).

Following variables were considered:

- Presence of different self-states (items 1-4),
- Changes in mood (items 5-6)
- Loss of behavioral control (items 7-8).

### Procedure

PSQ questionnaires were administered at the pre-test phase during the first or the second interview assessment. Post-test questionnaires were collected at the end of therapy, approssimately after 20 weeks.

## RESULTS

Data analysis was run using ANOVA repeated measures.

A total score was calculated from the 3 variables.

Fig. 1 shows Descriptive Statistics.

	Minimum	Maximum	Mean	Std. D.
Pre-test	32,00	39,00	35,5	2,88
Post-Post	10,00	30,00	23,33	7,31

Fig. 1 – Descriptive Statistics (N=6)

Results indicated that CAT psychotherapy had a positive impact on patients (Fig.2).

Data analysis found a significant decrease in the overall outcomes  $F(1,5) = 18.911, p = .007, \eta^2 = .791$

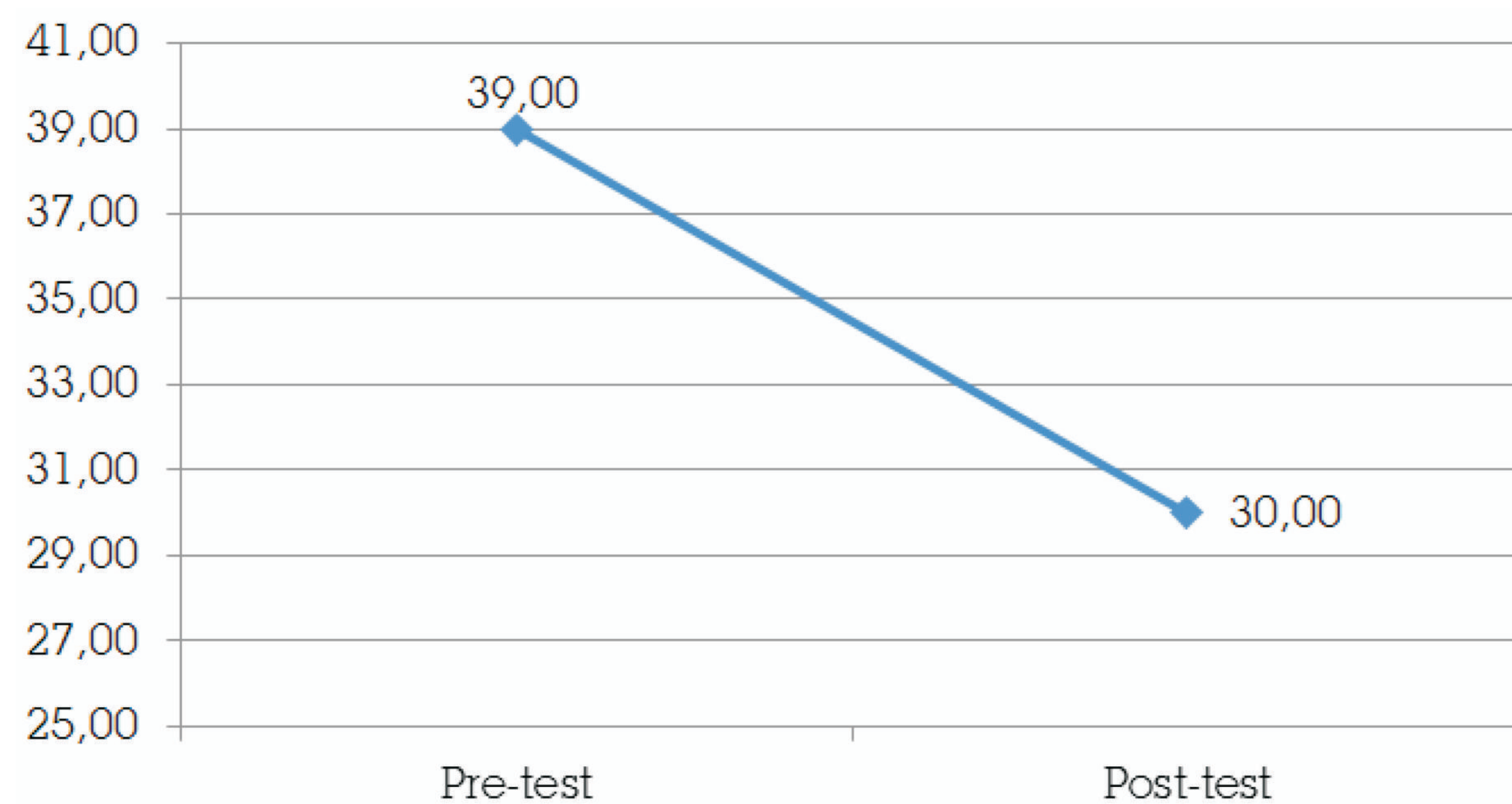


Fig. 2 – PSQ Mean total Scores Trend

## CONCLUSION

Our findings suggested the effectiveness of the treatment assessed with the PSQ Questionnaire in order to deepen personality structure and integration. Further studies (in progress) will be applied on larger sample of patients with eating disorder and, furthermore, it will be consider the impact of the age, gender and specific disorder on the outcomes.

## References

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