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## Improving Mental Health Outcomes By Targeting Predictors Of CBT Drop-Out And Success.

### Abstract

Cognitive Behaviour Therapy (CBT) is an effective treatment for depression and anxiety; however it is not equally effective for all patients. Hooke and Page (2002) found that low self-esteem was a predictor of poor outcomes following CBT, but they did not consider patients who dropped out of treatment. Therefore, six years of archival data of Perth Clinic's CBT program were examined to determine the predictors of treatment drop-out. The predictors identified were low self-esteem at admission and a poor relationship status. These predictors were used to generate an algorithm for use by clinicians. The algorithm enables treating clinicians to identify patients with a greater probability of dropping out before beginning treatment, and suggests ways to support the patients in order to reduce drop-out. In addition, a controlled trial was conducted to determine if a brief self-esteem module delivered prior to the CBT program would enhance outcomes and reduce dropout rates. The self-esteem module delivered a small improvement in depression scores for daypatients but no noticeable effect upon drop-out rates. The results of these studies will be considered in light of the ways in which Perth Clinic is continuing to monitor patient outcomes at a group and individual level in order to improve the mental health outcomes of its patients.

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