

# Systematic Treatment Selection (STS)

- Objectives of the STS Software System
  - Provide a Principle-Based, research-informed guide to help the clinician plan and carry out treatment
  - Provide a tracking system to monitor patient progress
  - Provide a research tool for improving treatment effectiveness or efficacy

# Background

- STS was developed by L.E. Beutler, PhD and O.B. Williams, PhD
- Built on over 20 years of research on therapeutic effectiveness
- Drawn from:
  - Beutler, L. E., Clarkin, J. F., & Bongar, B. (2000). *Guidelines for the effective treatment of the depressed patient*. New York: Oxford University Press.

# Development of STS

- Comprehensive review of depression literature on treatment
  - Extraction of 15 research-supported principles/hypotheses
- Cross Validation with literature on chemical abuse and well-being
  - Confirmation of 15 principles/hypotheses
- Develop instrument for measuring Patient Constructs--STS
- Cross validation on independent sample of 284 patients in 4 clinical trials and one naturalistic trial.
  - Validated 13 of the 15 hypotheses
  - Added 5 principles from a clinician consensus study of risk

# Four Levels of Prediction

- Level #1--Prognostic Indicators
  - Environment & Situation
  - Personality Traits
  - States
- Level #2--Contextual/Level of Service Indicators
  - Format and Mode
  - Frequency & Length
  - Location
- Level #3--Relationship Indicators
  - Fit of Therapist---Demographics, Style
  - Expectations and Wants
- Level #4--Treatment Indicators
  - Treatment Effects
  - Treatment Fit

# Level #1 Factors Explored in STS

1. Patient demographics/culture,
2. Functional Impairment,
3. Subjective Distress,
4. Social Support,
5. Self-Esteem,
6. Internalized Coping Style,
7. Externalized Coping Style,
8. Resistance,
9. Chronicity, and
10. Problem Complexity/Co-morbidity.

# Final Level #1 Factors

1. Patient demographics/culture,
2. Functional Impairment/Social Support,
3. Subjective Distress/Self-Esteem,
4. Coping Style,
5. Resistance,
6. Complexity/Chronicity

# Level #2 Factors

- Psychosocial Mode
  - Individual Format
  - Couple Format
  - Family Format
  - Group Format
- Psychopharmacological Mode
  - Drug Class
    - Anxiolytic
    - Antidepressant
    - Antipsychotic
    - Antimanic
    - Stimulants
  - Drug Dose

# Level #3 Factors

- Therapist Selection
  - Demographic
  - Values/Beliefs
  - Style
- Fit of Therapist Style and Expectations/Wants
  - Directive
  - Active
  - Focus in or out

# Level #4 Factors

- Fit of Intensity and Impairment
- Fit of Mode and Chronicity/Impairment
- Fit of Complexity and Mode
- Fit of Symptom vs Insight focus and Coping Style
- Fit of Directiveness and Resistance
- Fit of Expressive vs Supportive and Arousal/Distress

# **DIMENSIONS OF PLANNED VARIATION IN PT**

1. More Intensive versus less intensive treatment (length and frequency)
2. Symptom versus insight focus,
3. High versus low therapist directiveness,  
and
4. Emotional confrontation versus support.

# THE STS COMPUTER-BASED ASSESSMENT SYSTEM

## Input

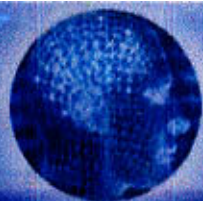
Patient Demographics  
Response to Clinical Evaluation  
Test Scores (if available)

## Output

- A narrative report in which empirically derived treatment strategies are suggested;**
- A projection of treatment course based on all similar patients in the usable data base;**
- Graphs of the patient's relative standing on each of the assessed variables;**
- An assessment of probable risk level and concomitant prevention strategies;**
- A list of the most pressing problems; and**
- A series of brief mini-manuals for each problem area along with references to research and descriptions of research that supports their use.**

# Web/PC Version of the STS

- The Opening Page



# SYSTEMATIC TREATMENT SELECTION

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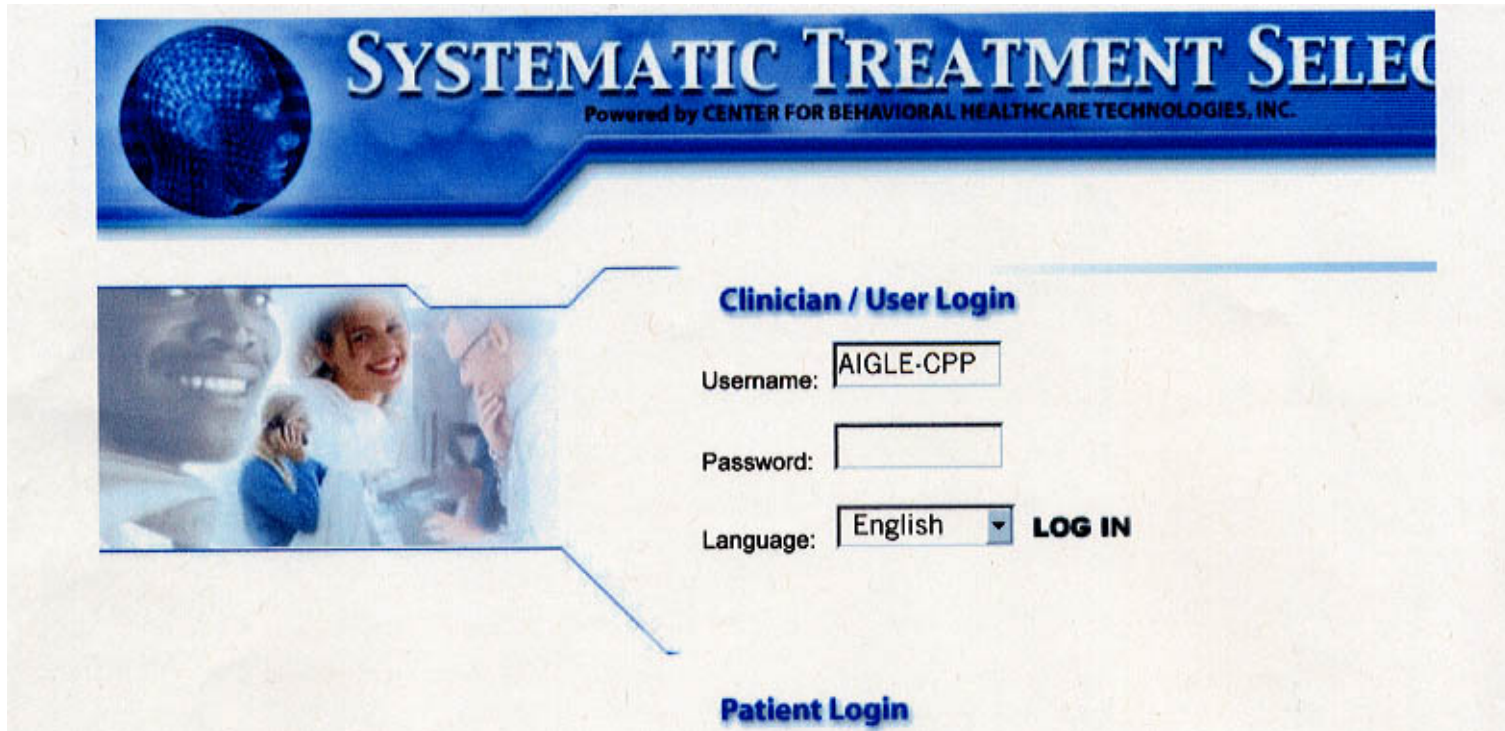


## ❖ Welcome to the STS System.

To begin, please select an option from the toolbar above from the links below:

- ❖ Add New Patient
- ❖ Update Existing Patient's Record
- ❖ View STS System Help

# Logging in



**SYSTEMATIC TREATMENT SELECTION**  
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**Clinician / User Login**

Username:

Password:

Language:  **LOG IN**

**Patient Login**

User Number/Name is needed and  
Password

# Procedure

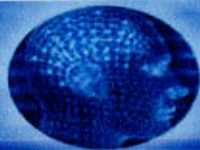
- Interview and Evaluate Client as usual
- Respond to STS questions about client, background, problem, and personality
- Check output

# Output—Treatment Planning Dimensions

- An intake Report (Not Shown)
- A Graphical Presentation of Symptoms (Figure 1)
- A Graphical Presentation of Variables Used for Treatment Planning (Figure 2)
- A Projection of Anticipated Course (Figure 3)
- Tracking Observed Change over Time (Figure 3)
- Suggested Therapist Assignment (Figure 4)

# Figure 1---Patient Symptoms

- Severity and potential risk for self-harm are high
- Patient is also depressed, has psychophysiological symptoms and has trouble concentrating



# SYSTEMATIC TREATMENT SELECTION

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## STS Report: Symptom Profile

[View/Print STS Symptom Profile in PDF](#)

Date: 11/20/2001 Session Number (No. 1 if Intake): 19

Patient Number: 300544P + Clinician:

Highest STS assessment level completed (1-3):

Sex: Female Patient's Age: 58

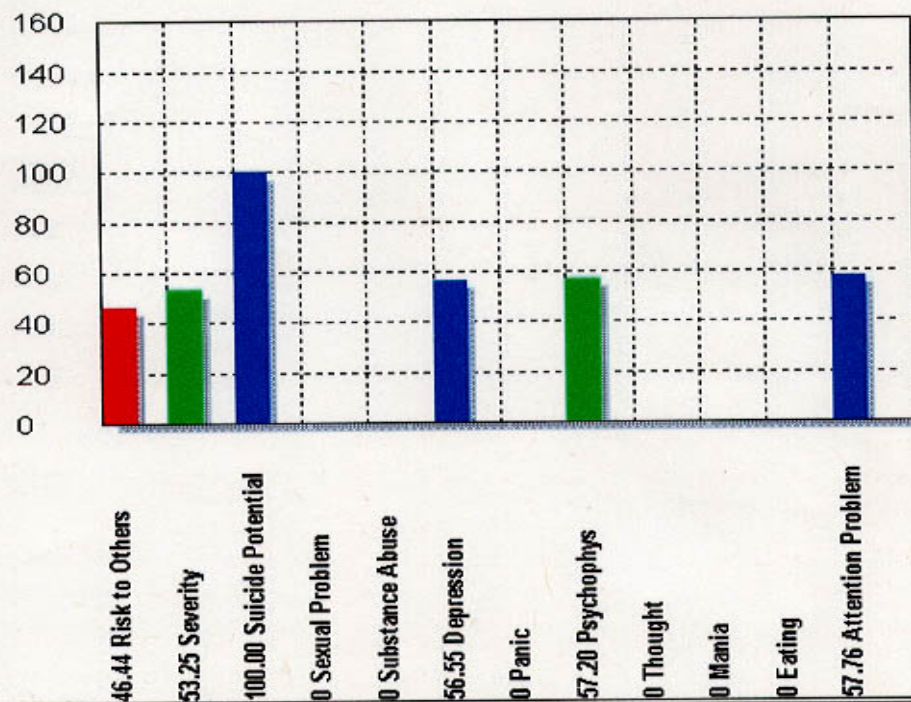
Highest Educational level:

Marital Status:

Axis I: 309, ADJUSTMENT DISORDER WITH DEPRESSED MOOD

Secondary Axis I: None

Axis II: None

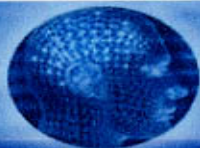


[View/Print STS Symptom Profile in PDF](#)

Close Window

# Figure 2—Treatment Planning

- Severity/Chronicity suggests need for long term treatment
- High Internalization Suggests need for insight treatment
- Low Resistance Suggests a Directive Intervention
- Moderate Distress and Good Social Support Suggests Good Prognosis
- Relationship Problems Suggest Marital Intervention



# SYSTEMATIC TREATMENT SELECTION

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## STS Report: Patient Characteristics

[View/Print STS Patient Characteristics in PDF](#)

Date: 11/20/2001 Session Number (No. 1 if Intake): 19

Patient Number: 300544P + Clinician:

Highest STS assessment level completed (1-3):

Sex: Female Patient's Age: 58

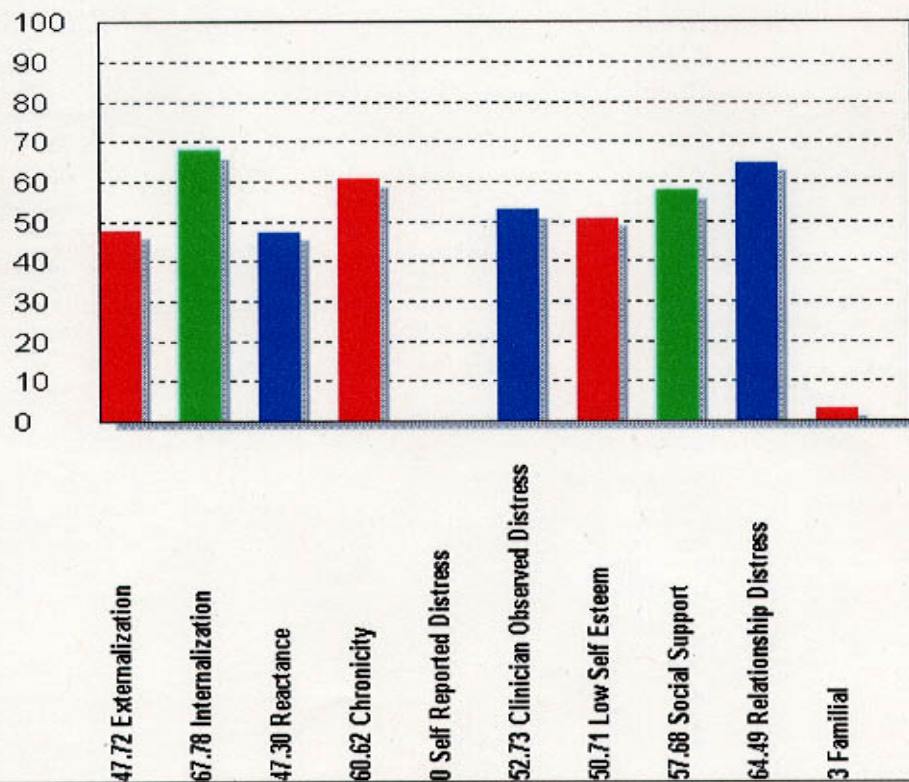
Highest Educational level:

Marital Status:

Axis I: 309, ADJUSTMENT DISORDER WITH DEPRESSED MOOD

Secondary Axis I: None

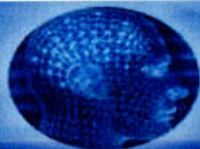
Axis II: None



[View/Print STS Patient Characteristics in PDF](#)

## Figure 3—Projected and Actual Monitoring of Change

- Green line (Provided at intake) indicates mean course of treatment for similar patients in database
- Red line indicates patient actual change over time is better than expected



# SYSTEMATIC TREATMENT SELECTION

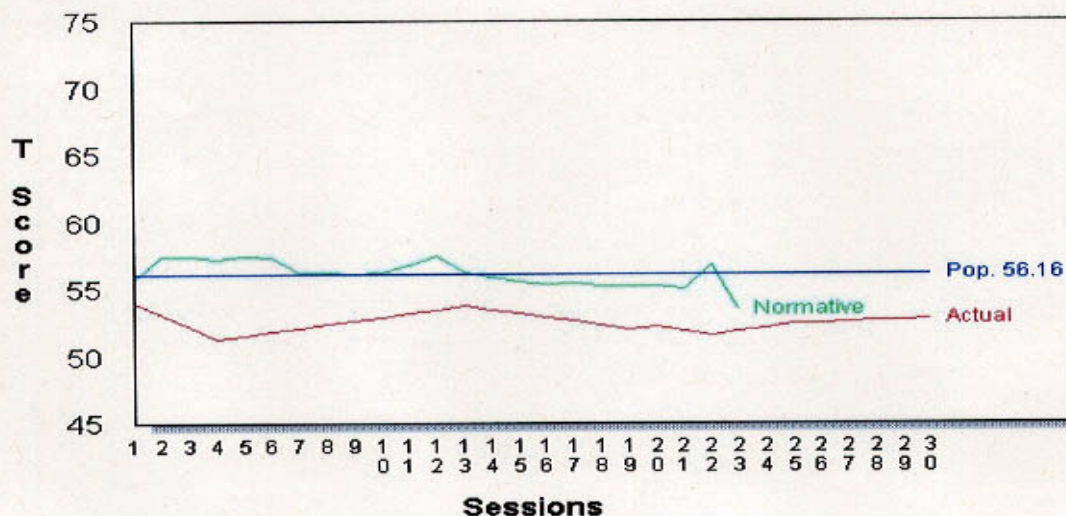
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## STS Reports: Normative Projections

Symptom: Lack of Well Being

[View/Print STS Normative Projections in PDF](#)

Date: 11/20/2001 Session Number (No. 1 if Intake): 19  
Patient Number: 300544P + Clinician:  
Highest STS assessment level completed (1-3):  
Sex: Female Patient's Age: 58  
Highest Educational level:  
Marital Status:  
Axis I: 309, ADJUSTMENT DISORDER WITH DEPRESSED MOOD  
Secondary Axis I: None  
Axis II: None



CE/CI Ratio: 0.3447533 Chronicity: 5 Reactance: 9  
Search Range: 0.1 : 1 : 2

Sample Size: 16

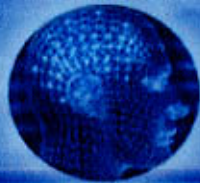
	1	2	5	8	11	14	17	20	23	26	29	30
Sample	55.79-(16)	57.44-(9)	57.51-(9)	56.28-(7)	56.77-(5)	55.87-(3)	55.47-(3)	55.19-(3)	53.49-(1)			
Px	54.05	53.12	51.54	52.38	53.21	53.49	52.62	52.22	51.85	52.46	52.70	52.78

[View/Print STS Normative Projections in PDF](#)

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# Figure 4--Therapist Assignment

- A separate analysis indicates which clinician in a given clinic is likely to do well with this patient



# SYSTEMATIC TREATMENT SELECTION

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## Therapist Suggestion

Symptom: Lack of Well Being

[View/Print STS Therapist Suggestion in PDF](#)

Date: 11/20/2001 Session Number (No. 1 if Intake): 19  
Patient Number: 300544P + Clinician:  
Highest STS assessment level completed (1-3):  
Patient Name:  
Sex: Female Patient's Age: 58  
Highest Educational level:  
Marital Status:  
Axis I: 309, ADJUSTMENT DISORDER WITH DEPRESSED MOOD  
Secondary Axis I: None  
Axis II: None

### \*\*\*Patient-Clinician Matching Analysis\*\*\*

STS has analyzed the designated patient and therapist files in order to determine the most appropriate patient-therapist match for File Number .

The therapist-patient match is based on an analysis of therapist performance with patients with similar profiles. Factors comprising characteristic profiles include: (1) level of chronicity and complexity, (2) patient resistance/reactance, (3) the patient's predominant coping style, and (4) the amount of specific symptom reduction in the shortest period of time.

In consideration of an analysis of these factors, STS makes the following recommendations:

\* [Maria del Carmen Salgueiro](#) has had 19 sessions with a similar patient which resulted in a 47% reduction in the patient's symptoms.

\* [Analia Gonzalez](#) has had 10 sessions with a similar patient which resulted in a 30% reduction in the patient's symptoms.

\*\*\*\*\*

[View/Print STS Therapist Suggestion in PDF](#)

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