

## **EATA Council for the year 2013 has granted two research projects with total amount of 5.450,00 Euros:**

### **1. DEVELOPMENT OF RELATIONAL NEEDS QUESTIONNAIRE (RNQ)**

**Coordinator assist. prof. GREGOR ŽVELC, clinical psychologist, PTSTA.  
Research team: KAROLINA JOVANOSKA, EVA ŽNIDAR**

The aim of the research is to develop a new instrument for the measurement of relational needs (Erskine, Moursand and Trautmann, 1999).

Relational needs include 1) the need for security 2) validation, affirmation, and significance within a relationship 3) acceptance by a stable, dependable, and protective other person 4) the confirmation of personal experience 5) self-definition 6) having an impact on the other person 7) having the other initiate and 8) expressing love.

The concept of relational needs is important concept within Transactional Analysis; however there are no available psychometric instruments which would measure this concept.

The instrument will be developed in three stages of test construction: theoretical-substantive, internal structural and external. The project will also involve research on 120 participants. Development of new questionnaire for measuring relational needs is important for further research about relational needs and could also be used within TA practice.

General objectives of research project is the development of a new instrument for measuring relational needs as defined by Erskine (1999). In recent years the concept of relational needs has become important concept in transactional analysis and also in integrative psychotherapy. Knowledge of relational needs helps practitioners to effectively develop therapeutic relationship and helps them to develop relational style which is attuned to the clients. The concept has become increasingly applied also to other TA fields. Development of such instrument would be very important for scientific validation and exploration of the concept of relational needs. The questionnaire could be used in the future also for validation (or disconfirmation) of the theory of relational needs and also for further exploration of the concept. It could be used also in psychotherapy research within TA (for example measuring changes in satisfaction of relational needs after interventions by TA practitioners in different TA fields).

### **2. TOWARD A TRANSACTIONAL ANALYSIS PSYCHOTHERAPY RECOGNIZED AS EMPIRICALLY SUPPORTED TREATMENT: AN ITALIAN REPLICATION SERIES DESIGN OF HERMENEUTIC SINGLE CASE EFFICACY DESIGN ON MOOD DISORDER.**

**Coordinator: Benelli Enrico Research team: Cristina Piccirillo, Ventriglia Salvatore, Sambin Marco, Calvo Vincenzo, Palmieri Arianna, Barreca Maria Serena, Quagliotti Laura, Munari Poda Dolores, Widdowson Marck**

Transactional Analysis (TA) need to be worldwide recognized as a demonstrably efficacious psychotherapy in order to become an Empirically Supported Treatment (EST). A culture of scientific research must be developed into TA Institutes and an international network of researchers may cooperate to gather evidences supporting TA efficacy and effectiveness. Psychotherapists in their routinely clinical practice may contribute to such result by Replication Series designs, an experimental approach to single case research.

This multicultural and international research project aims: 1) to diffuse the culture of research in Italian institutes of Transactional Analysis; 2) to contribute to develop an international network of researchers in TA; 3) to refine clinical case studies in order to obtain research articles, written according to the requirements of both Replication Series designs and experimental single case efficacy research.

Three Italian TA Institute with their own pool of researcher (Padua, Turin and Caserta), in cooperation with University of Padua and University of Leicester will implement the Hermeneutic Single Case Efficacy Design (HSCED) research protocol already successfully applied to evaluation of mood disorders treated by Transactional Analysis

psychotherapy. HSCED is implemented into an experimental multiple baselines across patient's design, in order to add a Systematic Replications to the Direct Replications already published in recent international literature.

HSCED is a mixed, outcome and process research approach based on a detailed case study that lead to affirmative and sceptic case regarding entity of change, causal effect of psychotherapy on change, and evaluation of therapist, patient and extra therapeutic factors related to change. Each research pool has an HSCED trained research referent that coordinates the affirmative and sceptic analysis teams of researchers. Results of each pool are adjudicated by a quasi-legal method of cross-examination by an independent, academic, international pool of judges, controlled for allegiance. At least one international scientific publication per year per research pool is attended in next years.

This research project has three main objectives:

- 1) Develop a culture of research in Italian Institutes of TA;
- 2) Develop an international network of TA researchers;
- 3) Publish evidences into international journal of research in psychotherapy supporting Transactional Analysis psychotherapy as an Empirically Supported Treatment.