



Presenter: Alexander Burns

Session & Time: Poster IV

Room/Time: GLH / 4:30-5:30

Discipline: Psychology

Faculty Mentor: Ian Madfes

Digital Portfolio URL:

Title: Personality Traits Associated with Client's Rated Experience in Psychotherapy

Abstract:

Many people seek psychotherapy to improve their mental health. While some people reported significant progress, others did not, suggesting that psychotherapy affected individuals differently. If some people with certain qualities were less compatible with psychotherapy, it could be excluded as an effective treatment option for them. Similarly, patients could possess traits that precipitated negative experiences in therapy, resulting in loss of confidence in treatment, premature termination, or avoidance of future mental health support.

Researchers had analyzed client characteristics to determine who derived the greatest benefit from therapy. Previous research suggested that openness and neuroticism were traits closely linked to treatment success. People who were open were more likely to share, explore ideas, and become deeply involved in the therapeutic process. In contrast, people who were neurotic tended to feel

more anxious and distressed, which had been linked to worse outcomes. However, much of this research relied on therapist-rated evaluations of progress, which might not fully reflect client perceptions. This study examined the relationship between personality traits and client-reported therapeutic outcomes.

Participants included adult individuals who had currently or previously engaged in psychotherapy. They completed self-report measures assessing personality traits, including openness and neuroticism, as well as perceived therapy outcomes. Correlational analyses were conducted to examine relationships between the two personality traits and client-reported therapy outcomes.