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SELF-CONCEPT CLARITY AND SYMPTOMS OF NEUROSIS FLUCTUATIONS DURING THE PSYCHOTHERAPEUTIC PROCESS AND THE EFFECTIVENESS OF PSYCHOTHERAPY

R. Styla

Department of Psychopathology and Psychotherapy, University of Warsaw, Warszawa, Poland

**Introduction:** The process-outcome studies present ambiguous results concerning the fluctuations of psychopathological symptoms during psychotherapy. We also know that self-concept clarity is connected with the level of psychological functioning (Campbell et al, 1996), but no research is available exploring the dynamics of this variable in psychotherapy.

**Aims:** The study was designed to find if the intensity of fluctuation of the self-concept clarity and symptoms of neurosis during psychotherapy was connected with positive outcome.

**Methods:** All participants were in a program of 8-12 week intensive eclectic group psychotherapy. 85 patients with a diagnosis of neurosis and/or personality disorders filled in questionnaires measuring the self-concept clarity and symptoms of neurosis every 2 weeks. Additionally the features of neurotic personality were measured. The root mean square error (RMSE) of log-linear regression for each participant is the indicator of fluctuations.

**Results:** There is a positive correlation between the fluctuation of the self-concept clarity during psychotherapy and the symptom reduction at the end of the therapy for all patients ( $r=0,24$ ). Among the subgroup of patients with high initial self-concept clarity and high intensity of neurotic personality features this correlation was notably high ( $r=0,53$ ). No statistically significant correlations were found concerning the fluctuation of neurosis symptoms.

**Conclusions:** Fluctuations of the self-concept clarity during psychotherapy are thought to be beneficial for patients with neurosis and personality disorders - particularly for those integrated around their disturbed personality. This observation is discussed in the perspective of the integrated dynamic systems model of change in psychotherapy (Hayes, Strauss, 1998).