

# Clinical Effectiveness Project

## Hall, Zane, Meyer

Randomized Clinical Trials and  
Tribulations

# Overview

- I. Overview
- II. Issues in Implementation
- III. Therapists
- IV. Lessons Learned

# I. Overview

# Cognitive-Behavioral Therapy

- Empirically-supported for depression among European Americans
- No evidence of its effectiveness in randomized designs among Asian Americans

# Clinical Effectiveness Research Program

- Randomized effectiveness trial of CBT with Chinese Americans
- Cultural moderators of treatment effectiveness
  - Loss of face
  - Somatization

## II. Issues in Implementation

# A. Sample

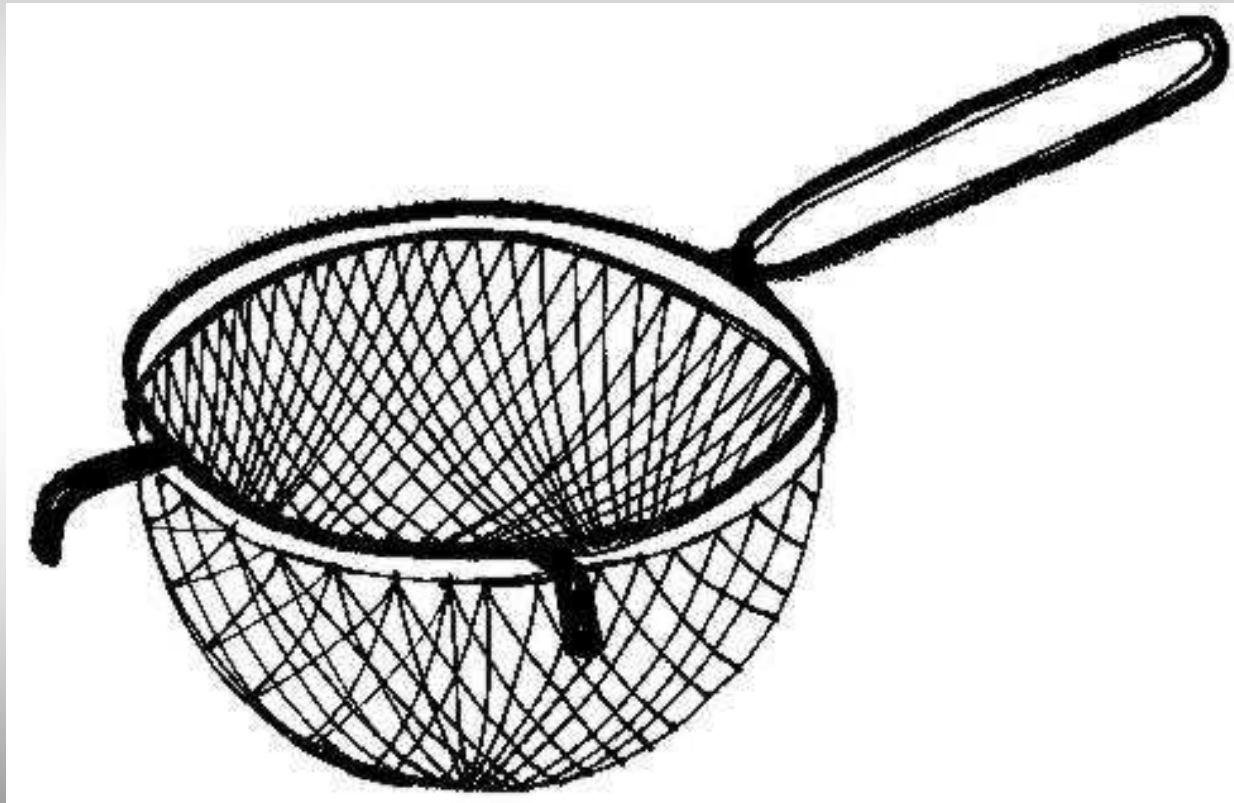
# NOT College Students



# Sample Size



# Screening Criteria



## B. Treatment Approaches

# Theoretical Orientation

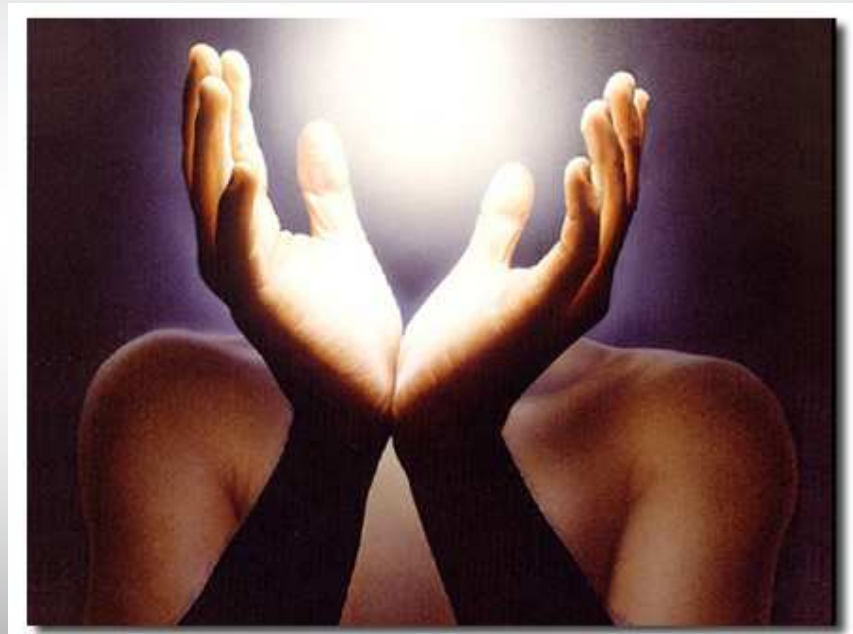


# Horse Race



# What is Treatment as Usual?

- CBT = 12 individual sessions
- TAU is not 12 individual sessions
  - Should TAU be modified to be 12 sessions?
  - Would 12 sessions be TAU?



# C. Translation Issues

# Western to Eastern

- Assertiveness = aggressiveness
- No positive term for assertiveness
  - Decisiveness?
- Drop assertiveness from treatment?



# Asian American to Chinese

- I consider the *group's* needs before my own needs
- No single Chinese term for “group”
  - Multiple words for “snow” among Alaska Natives?
  - “Group” in terms of close relationships with family and friends



# D. Logistical Issues

# Cooperation of Staff and Clients

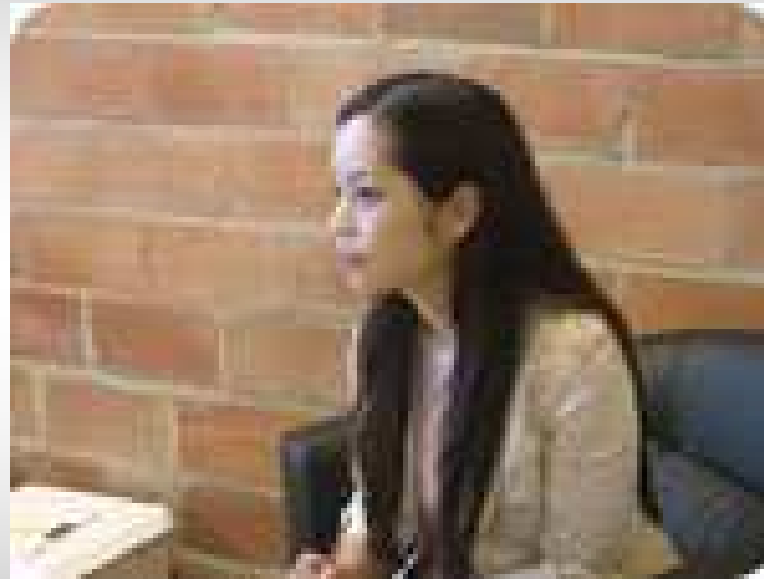


# Time Required



# III. Therapists

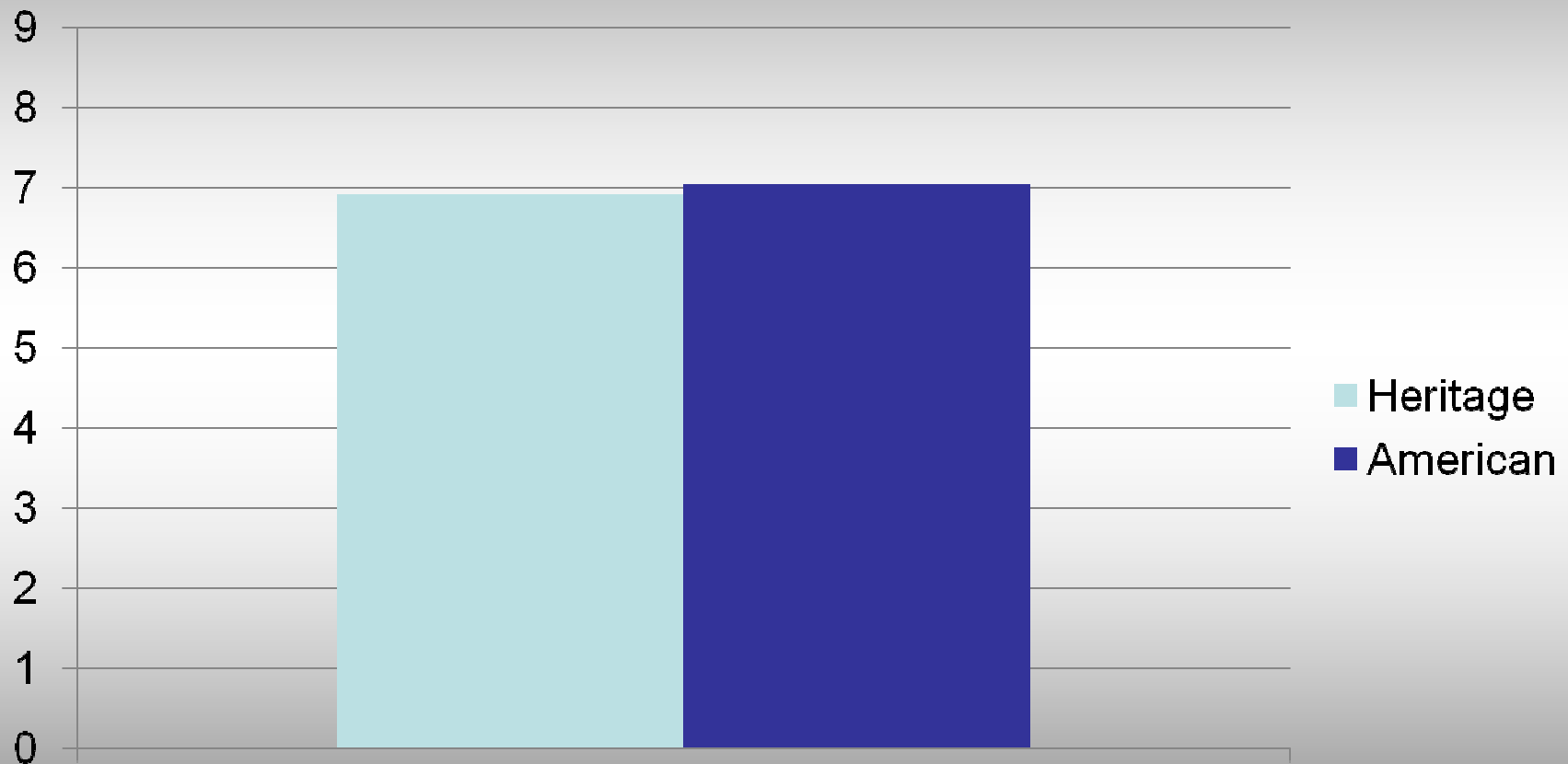
Trained in CBT in September  
2008 by Dr. Janie Hong



# Therapist Characteristics

- 6 TAU, 5 CBT
  - 6 social workers, 5 marriage/family therapists
  - Mean years in practice = 13.4
- 9 women, 2 men
  - Mean age = 45.2
- 10 Chinese, 1 Korean
  - 10 bilingual
  - Mean age at immigration = 16

# Vancouver Index of Acculturation for Therapists



# IV. Lessons Learned

# Personal Contact is Invaluable



# Enthusiasm is Not Equivalent to Commitment



# Establishing an Asian American Research Clinic May Be Desirable



It Will Be Well Into the 2010s  
Before We Know About the  
Effectiveness of Treatments  
With Asian Americans

