

## **P02-133 - TURNING EACH PATIENT INTO A CLINICAL STUDY THROUGH DAILY SELF-RATING ON 41 PARAMETERS**

**Y. Ishizuka**

*Lifetrack, Rye, NY, USA*

In Lifetrack therapy, each patient and his/her partner perform daily subjective self-rating on 41 parameters offering the means of accurate tracking of dynamic mental status and subtle changes in personality throughout the course of therapy.

During each therapy session, progress (or lack thereof) of on-going therapy is graphically examined via Internet, making the patient, the therapist, and the therapy method fully accountable turning each patient/therapist case into an on-going clinical study offering source of innovation and accountability. Analysis of therapeutic results of 1,200 cases will be presented.

Daily self-rating by the patient overcomes some of the following limitations of 'Control Group Comparison' method of evaluating therapeutic efficacy of a given therapy and therapist on each case;

1. Abstract comparison between 'groups' of idealized 'average' patients and therapists may not be relevant to each individual patient and therapist.
2. Prevailing research design requirement tends to exclude severe and exceptional cases that often yields vital clues for innovations and breakthroughs.
3. Majority of therapists may not strictly adhere to protocols of treatment methods in actual practice (75% of CBT therapists do not, according to some experts), making relevance of efficacy results limited if not questionable.
4. Randomly Assigned 'Control Group' comparison is costly and time consuming to conduct, making it extremely difficult if not impossible for innovative approaches to challenge established and well funded therapy approaches.