

**The three posters relating to the human givens approach accepted by the British Psychological Society for inclusion at their 2010 annual conference – following are their abstracts:**

POSTER 1:

***Validation for the needs-based Human Givens approach and Development of the Emotional Needs Scale***

*Presented by:* Bret Culham, Baner PCT

- Objectives:** Human Givens (HG) theory suggests unmet emotional needs are important in determining mental health. However, this construct has not been validated. This study looked at emotional needs, described by HG, and relates them to psychological stress to develop a validated questionnaire to measure these needs.
- Design and Methods:** A 59 item scale based on the HG Emotional Needs Audit (ENA). This was piloted on 40 students to test its validity as a predictor of emotional stress, measured by the Perceived Stress Scale (PSS). 14 questions were then chosen that had the highest reliability coefficients and provided useful clinical information to create the Emotional Needs Scale (ENS). 93 undergraduates were selected to complete the ENS, PSS and Basic Needs Satisfaction in General Scale (BNSGS) in a rotating order.
- Results:** The scale had high internal reliability (.87). Low scores on the ENS were predictive of higher perceived stress, with the ENS being a marginally stronger predictor of stress than the BNSGS. Indeed, 48% of the variation between individuals' perceived stress can be predicted from how well their emotional needs are met.
- Conclusion:** This important study supports the HG theory that emotional needs are related to psychological stress and validates the ENS as a measure of emotional need fulfillment. However, other factors like effective use of cognitive strategies and life stressors have an impact on stress but are not measured by the ENS. Further research is needed to test the ENS against anxiety and depression scales in clinical populations.

POSTER 2

***Human Givens therapy for War Veterans***

*Presented by* Piers Bishop, Nottingham Trent University

- Objectives:** This poster looks at the effectiveness of Human Givens (HG) therapy for treating trauma in war veterans.
- Design:** This was a retrospective study looking at all the clients treated by a veteran counselling service, Resolution.
- Methods:** All clients seen by Resolution who were seen for more than one session were included in this study. The Griffin and Tyrrell (2001) protocol was used for the HG rewind technique. Demographic data was collected and

the Impact of Events Scale Extended Version (IES-E) (Tehrani, 2000) was used at the beginning and end of treatment.

**Results:** 34 clients were included. See attachment for demographic details and results. ANOVAs indicated that demographic information was not significant to treatment results. All the clients were seen for 8 sessions or less, with an average of 3.11 sessions. IES-E scores reduced from an average of 67.24 pre-treatment to 29.29 post-treatment. The effect size using post-treatment SD was 2.54.

**Conclusions:** This study suggests that HG therapy is effective in treating trauma in war veterans. It is also effective in treating multiple traumas and chronic PTSD (94% had trauma(s) over 5 years before). Importantly, the positive treatment effects were achieved in 4 sessions or less, suggesting the cost-effectiveness of this treatment. Difficulty collecting demographic data with this population was also discussed. Larger randomised control treatment trials are now needed to confirm these results.

POSTER 3:

***Evidence-based methodology: The Luton Study***

Presented by William Andrews, Sheffield

**Objectives:** Adams (2008) has argued that it is extremely difficult for most therapists to do RCTs in their applied settings. This study aimed to demonstrate that using new methodology it is possible to collect robust measurements on efficacy in a primary care setting.

**Methods:** All clients referred for psychological treatment from a GP practice between 1st April 2007 – 31st March 2008 were included in this study. An IAPT methodology measuring every client in every session was used, using CORE, ORS and SRS, providing data on ‘planned endings’ reported in most studies, and ‘unplanned endings’ or dropouts, which are not available in simple pre/post data.

Data collection was compared to IAPT demonstration sites and CORE National Research Database (NRD) benchmarks. All results and planned endings were compared to questionnaire norms. Effect sizes were compared to IAPT.

**Results:** There were 124 adults in this study with 100% response rates using this methodology. Human Givens treatment was effective for 76% of clients above cut-off who were accepted for treatment, with the average post-treatment scores for planned endings in the normal range for both questionnaires. See attachment for results summary.

**Conclusion:** Triangulation of CORE and ORS confirmed the results of effectiveness for Human Givens treatment, with effect sizes similar to IAPT data. This methodology provided information on dropouts. Both this study and IAPT had superior levels of data collection to CORE benchmarks. This landmark study demonstrates that it is possible to collect high quality outcome data in an applied setting.