

## C - RESEARCHING PSYCHODRAMA EFFECTIVENESS

### 4. European Research Projects

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The aim of our group is to develop international research projects and search for available funding.

Our group discussed three different possible collaborative projects related to different funding opportunities.

- I. DAPHNE FUNDING – Project ‘Artemide’:
  - Targeting abused women / domestic violence
  - Initiated by Maria Silvia Guglielmin (Italy) in cooperation with an Italian Association working in the field of abused women – ISIDE and Padova University
  - The project seeks to show the effectiveness of the integration of two different approaches of intervention with maltreated women: the ecological model and psychodrama.
  - In addition to the applied dimension and direct work with the targeted group, the project will include a research dimension
  - Project lengths: 2 years
  - Participation: minimum 2 countries
  - Full project 300.000 Euro / year – 80% EU finding, 20% applicants participation

Agreed actions: Maria Silvia to send a synthesis of the project.

Interested countries are invited to contact Maria Silvia

([mariasilvia.guglielmin@gmail.it](mailto:mariasilvia.guglielmin@gmail.it)) and participate within the project with a local/national Association working with abused women and a university (same as the Italian party)

## II. GRUNDTVIG FUNDING:

- Eligible projects are on the topic of Adult Education / Lifelong Learning
- Grundvig projects work on the basis of specific money and criteria, rules existing for each country
- The full project is successful only if minimum three countries win the project; therefore the strategy should be to apply with more than 3 participating countries
- Although the project's aim in applied - training adults - a research component can be added by evaluating the impact of training using psychodrama methods.

Agreed actions: Maria Silvia to send the link for each country in order that interested countries will be able to check national rules and the allocation of funding.

The projects idea is not yet fixed, so people are invited to send their ideas related to a project on adult training to [mariasilvia.guglielmin@gmail.it](mailto:mariasilvia.guglielmin@gmail.it).

## III. COST FUNDING ([www.cost.esf.org/opencall](http://www.cost.esf.org/opencall)):

- The COST programme is only research oriented, seeking to build networks between Europe's researchers
- Supported by the European Science Foundation, it is thought to fund high standard research applications from all scientific fields
- COST aims to promote early stage researchers (PHD + 10 years)
- In comparison to DAPHNE and GRUNDTVIG applications which indicate specific topics to be funded, COST is a bottom-up, no fixed program
- COST is a two stage application process: each year in March and September is a deadline for **pre-proposals** which are evaluated and, if accepted, **full proposals** are required
- There are 9 scientific domains which receive funding; relevant for the FEPTO research network is the 6<sup>th</sup> domain: "Individuals, society, culture & health" (ISCH)
- Length of programs: 4 years
- Countries: minimum 5
- Average funding is about 100.000 Euro per year per project

Our group agreed to write a pre-proposal for 26 March 2010 aiming for a research on the effectiveness of psychodrama in clinical settings. The motivation relies in the discussions with R. Elliott in Edinburgh pointing towards the need to promote psychodrama within other scientific proven psychotherapies. Even this is a very ambitious goal which requires a high quality research (based on RCT –

randomized control trials), our group decided to try such an application instead of a looser, quasi-experimental design because COST funding is for high profile research and psychodrama lacks such research.

The group decided on the following **research design**, which is subject for further developments:

*Aim:* To prove the effectiveness of psychodrama in working with clients with anxiety disorders (first discussions were around depression, yet psychodrama groups only with depressive people are not efficient and therefore people with various anxiety disorders could be included in the same group).

*Methodology:* quantitative – RCT - with a complementary qualitative dimension

*Sample:* for each participating country – 80 participants with anxiety disorders (40 experimental group, 40 control group) (N = 200 for minimum 5 participating countries).

*Criteria of inclusion within the sample:* diagnosed anxiety with a minimum level of clinical significance of 'x' (will be decided) measured with the State-Trait Anxiety Inventory (STAI); adults aged 25 – 65 years; excluded people with special needs or learning difficulties.

Participants will be allocated randomly either to one of the 4 psychodrama groups or control groups.

*Intervention:* 4 psychodrama groups, 25 sessions, one session per week, average time 2-2 1/2 hours.

*Data collection:*

*Stage 1:* Before therapy - Biographical interview, STAI, CORE, SAI (Spontaneity Inventory)\*

*Stage 2:* Session 12 – STAI, CORE, SAI & HAT (Helpful Aspects of Therapy), Change Interview, Personal Questionnaire (last three suggested by Elliot)

*Stage 3:* End of therapy - STAI, CORE, SAI & HAT (Helpful Aspects of Therapy), Change Interview, Personal Questionnaire (last three suggested by Elliot)

*Stage 4:* Six month after therapy - STAI, CORE, SAI & Personal Questionnaire

*Stage 5:* One year after therapy - STAI, CORE, SAI & Personal Questionnaire

*Stage 6:* One and a half years after therapy - STAI, CORE, SAI & Personal Questionnaire

*Data analysis:* SPSS for quantitative data and thematic analysis for the qualitative data

*Dissemination:* Guidelines for psychodramatists working with people with anxiety disorders; articles in relevant international journals; conferences.

\*One of the project's aims will be to translate and validate the SAI (Spontaneity Inventory) in all participating countries

Agreed actions:

Gabriela Dima to send further information on COST to group members, coordinate discussions and writing of the project; writing of the pre-proposal will be a joint

work between all participating countries.

Michael Wieser to contact Kipper for validation of the SAI instrument and R. Elliott to ask about the suitability of the research design.

Any country interested to participate is welcomed and should contact Gabriela Dima ([ela.dima@yahoo.com](mailto:ela.dima@yahoo.com)).

Gabriela Dima