

Normalized patients in clinical psychology and psychotherapy: A scoping review of barriers and facilitators for implementation.

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Abstract

A study of significant obstacles to clinical psychology's translational research results in the presentation of a new paradigm and a discussion of potential remedies. In order to establish the causality of psychopathological mechanisms, experimental psychopathology research should be given more attention. Other recommendations include a more systematic structural integration of basic and applied clinical psychology research, a stronger emphasis on mechanisms of change and moderators of clinical interventions, increased attention to clinical subgroups, and emphasizing improvements to current intervention methods. Improvement of clinical practice (e.g., by creating new interventions or increasing their effectiveness) based on a better comprehension of the fundamental mechanisms underlying psychopathology is a core objective of basic research in clinical psychology.

Keywords: Clinical Psychology, Psychotherapy, psychopathology, Implementation.

Introduction

According to the accepted theory of contemporary clinical psychology, basic research into the mechanisms underlying the emergence and maintenance of psychopathology is required in order to create novel psychological interventions and/or further enhance currently used evidence-based treatments for mental disorders (Clark & Fairburn, 1997; Davey, 2014; Kring, Johnson, Davison, & Neale, 2017; Oltmanns & Canstonguay, 2013). Clinical psychology has undergone a lot of basic study during the last few decades. The current paper's objectives are to: critically assess the evidence that basic research can produce psychological treatments for mental disorders that are more effective; review barriers to the application of basic research findings to clinical innovation and discuss potential fixes for the translational gap [1].

Definitions

It is crucial to clarify these categories before examining whether, how frequently, and under what circumstances basic research improves psychological treatments for mental diseases. For the sake of this review, basic clinical psychology research is broadly defined as any sort of psychological research looking into processes that contribute to the emergence and/or maintenance of psychopathology at any level of explanation [2].

Do advances in psychological therapy result from basic research?

As was already said, the conventional narrative in clinical psychology holds that more effective psychological therapies

for mental disorders can be developed through basic research understanding the mechanisms underlying the emergence and/or maintenance of psychopathology [3]. We will investigate the historical support for this assertion in this section. In order to achieve this, we chose the five categories of mental problems that, based on the Global Burden of Disease Study, are most strongly linked to disease [4].

Conclusion

Different objectives are served by basic clinical psychology research. The ultimate goal is to enhance clinical practice, which is perhaps one of the most crucial objectives. Therefore, it is crucial to assess the history of basic research objectively in order to accomplish this goal. Only some evidence-based treatments are actually grounded in basic research, which is significant evidence for a translational gap in our analysis of the literature [5].

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