

Extended 4-Phase Test Model of Empirically Supported Treatments

Phase 0: Developmental

- case histories
- case studies
- anecdotic case reports
- clinically relevant experience reports

Phase 1: Screening

- analog studies
- systematic, clinically relevant case studies
- pre-experimental studies without control groups
- quasi-experimental studies

Phase 2: Randomized Controls

- experimental designs with randomized distribution of patients to a minimum of two groups
- efficacy studies

Phase 3: Test Phase

Large scale testing of intervention methods:

- multicenter studies
- meta-analyses

Phase 4: Therapeutic Use

- pre- und quasi-experimental studies under day-to-day clinical conditions
- quality control studies
- effectiveness studies
- generalizability studies

Phase 5: Prevention, Quality of Life

- intervention studies on the development of protective factors, the reduction of vulnerability and risk factors, and the promotion of personal growth