CLIENT ATTRITION DURING
PSYCHOTHERAPY AS IT RELATES TO
THE VALUE STRUCTURE OF THE
CLIENT AND THERAPIST

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ABSTRACT

CLIENT ATTRITION DURING PSYCHOTHERAPY
AS IT RELATES TO THE VALUE STRUCTURE
OF THE CLIENT AND THERAPIST

By R. Lance Shotland

The practice of psychotherapy has long had difficul-
ties with therapy sessions that might not have been utilized
to the maximum extent possible.  One reason for this is the
premature termination of therapy by the client.  Since the
decision to terminate psychotherapy often involves the value
judgment that therapy is unattractive, it was decided to
initiate a study investigating the relationship of value
systems of clients and their attraction or lack of attrac-
tion to therapy.

The $\underline{S}$s (19 males and 18 females) upon completion of
their first interview at the counseling center were asked
to complete both the instrumental and terminal scales of
the Rokeach Value Scale, Form A.  Therapists and interviewers
were asked to fill out the value scale after all clients had
terminated therapy.  As clients terminated their contacts
with the counselor they were assigned to three groups, de-
pending on their length of contact.  The first group had one
visit to the counseling center and then terminated therapy.

The second group had between 2 and 5 visits to the counseling center. The third group had six or more visits to the counseling center.

Instrumental values, according to Rokeach, are modes of conduct with terminal values being "end-states" of existence. The $\underline{S}$s were instructed to look over the 12 instrumental and 12 terminal values and rank each set of values from one to twelve, one being the most important to that $\underline{S}$ and 12 being least important.

The objective of the study was to see if any of the values the clients possessed would separate the client's termination groups. It also was hypothesized that the values of the clients interacting with the values of the therapist or interviewer would predict the premature termination of therapy.

The results were consistent with the objectives and hypotheses of the study and were interpreted to mean that when there is a difference of values between client and therapist or client and interviewer, the client is more likely to terminate therapy.

Approved: _Norman Abeles_

Date: _December 18, 1968_

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By

R. Lance Shotland


A THESIS


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To my parents

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I would like to thank the three faculty members who served on my thesis committee - Dr. Norman Abeles, the Chairman, and Doctors Dozier Thornton and Milton Rokeach.  Their advice did much to improve this thesis.

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CHAPTER I


INTRODUCTION

The practice of psychotherapy has long had difficulties
with therapy sessions that might not have been utilized to
the maximum extent possible.  One possible reason for this
is the premature termination of therapy by the client.
Since the client's decision to leave therapy often involves
the value judgment that therapy for one reason or another is
unattractive, it was decided to initiate a study investigating
the relationship of value systems of clients and their at-
traction or lack of attraction to therapy.

It is important at this point to define a value.
Rokeach (1968) believes that:

> "To say a person 'has a value' is to say
> that he has an enduring belief that a specific
> mode of conduct or end-state of existence is
> personally and socially preferable to alternative
> modes of conduct or end-states of existence."

If then a value is an "end-state," "mode of conduct" or
general way or preference for living, one might hypothesize
that the client's particular preference for a mode of life,
or set of values might be incompatible with the therapist's
value set or system.  It could thus cause both unsuccessful
and early termination of therapy.

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Some research has been carried out delving into the role values (of patients and therapists) play in psychotherapy. The evidence has shown that values of both clients, therapists and the interaction of these sets of values plays a significant role in the judgment of success of psychotherapy. Welkowitz, Cohen, and Ortmeyer (1967), using the Strong Vocational Interest Blank (SVIB) and the Way to Live Scale (WTL), investigated client therapist dyads and found that: (1) therapists and their own clients were closer in value orientations than those dyads paired at random; (2) therapists do not share a homogeneous value system; (3) those clients rated as "most improved" by their therapists were closer to their therapists in values than clients rated "least improved." Thus a therapist's evaluation of a client's progress during psychotherapy is influenced by the congruence of the client value profile compared to that of the therapist. The findings of Betz (1963) and Carson, Hardin, and Shaws (1964) showed (using the SVIB profiles) that certain types of therapists were more successful with schizophrenic clients while other therapists with different value profiles were more successful with psychoneurotics. Thus, it would appear that the value system of a therapist influences whom he can treat successfully. Rosenbaum, Friedlander and Haplan (1956) found that those clients who were highly religious were the clients who were rated by their therapist as least improved by psychotherapy. Welkowitz, et. al., thought these results were related to a divergence of values between religious clients

and therapists. Thus, it would appear that the relationship of therapist and client value structures affects the therapist's perception of his ability to both treat his client and evaluate the progress of therapy. It then is not a big step to hypothesize that the relationship of therapist and client value structures affects the client's perception of the ability of the therapist to give him help.

As the topic under discussion is the prediction of those clients that terminate psychotherapy prematurely, it would be wise to discuss attitude theory. An unfavorable attitude toward psychotherapy may be one reason for termination.

Rokeach (1968) defines an attitude as a "relatively enduring organization of beliefs around an object or situation predisposing one to respond in some preferential manner." Rokeach goes on to say that all behavior is a function of two attitudes; an attitude towards an object $(A_O)$ and an attitude towards the situation $(A_s)$. For example, a prejudiced Southerner, with an attitude towards Negroes such that they are regarded as an inferior group of people and should be treated in some harsh manner $(A_O)$, might react harshly in Jackson, Mississippi but not in the City of New York. Rokeach would account for this difference in behavior by explaining that the Southerner finds himself in two different situations, i.e., in Jackson, Mississippi where he might have the support of his peers in a discriminatory action against Negroes, and in the City of New York where he

might not find peer support for his activities. The difference in the attitude of the Southerners toward the situation $(A_s)$ in the different locations changed the interaction between $A_O$ and $A_s$ by changing $A_s$. This caused the change in behavior. Rokeach further states:

> "Any attitude-toward-object has the inherent property of being differentially manifested along a range of values rather than as a single value, depending on the situation within which the attitude-object is encountered, and the same may be said for any attitude-toward-situation."

Thus it would seem that behavior is a function of the attitude towards the situation and the attitude towards the object in an interaction can be reinterpreted to read that behavior is a function of a range of values towards the object and a range of values toward the situation in an interaction. Written in an equational form it can be expressed: $B = f(A_O, A_s) = f(V_O, V_s)$ - where $V_O$ and $V_s$ are not single values but a range of values.

Attraction to psychotherapy then, can be seen as existing on two distinct levels. One level of attraction can be seen as an attitude towards the object $(A_O)$ which is favorable to psychotherapy but either with a neutral or negative attitude towards the situation, e.g., I would like to undertake psychotherapy but my friends will look down on me so I won't; or, after having gone to a therapy session, I like therapy but that therapist cannot help me. The other level of attraction consists of both a favorable attitude towards the object and a favorable attitude toward the situation,

e.g., I would like to undertake psychotherapy ($A_O$) and people will think better of me because of therapy ($A_s$). One stage of un-attraction also is possible. This consists of both an attitude toward the object and an attitude toward the situation which is negative in both cases, e.g., I don't like psychotherapy: besides my friends will ostracize me for it. As each attitude has a range of values through which it manifests itself each of the attraction conditions along with the unattraction condition should have some set of values that will be correlated with each condition. It is thought that the Ss will have some of these values in common for each condition as the choice they have to make is approximately the same, i.e., to either enter therapy or not.

At this point it would be wise to inspect some of the previous studies on the topic of client attrition during psychotherapy.

Lorr, Katz, and Rubenstein (1958) used a test battery consisting of (1) a 39 item Behavior Disturbance Scale originally devised in a longer form by Applezweig and Dibner. (2) "A self rating scale consisting of 18 five-point graphic rating scales," (the client first rates his perceived self, then his ideal self, the difference indicating a measure of self satisfaction). (3) A 30 item version of the Taylor Manifest Anxiety Scale. (4) A 15 item modification of the Stanford-Binet Vocabulary Test and (5) a 20 item F-scale taken from the original F or Authoritarian Scale. It was

hoped that these measures would accurately predict those who terminated therapy from those who remained in therapy. The sample population consisted of 300 clients collected from 13 V.A. Clinics. Terminators were those clients who cancelled therapy before a 6 month period while the remainers were those clients who continued therapy visits past the 6 month criteria. Scores based on the five measures did not differentiate the scores at an acceptable level of significance "although all were in the expected direction." The authors proceeded to item analyze the data finding subscales of items that seemed to discriminate the 'terminators' from the 'remainers' when cross validated on an independent sample. The combined test score correlated with the criteria at .39 (significant at the .01 level). Four of six of the specific hypotheses were found significant after the item analysis and cross validation. Terminators were more frequestly "found to have a history of frequent trouble with the law, lack of impulse controls, hostility to authority, lack of goal persistence, and lack of personal ties or loyalties." Terminators were less self dissatisfied, more authoritarian and less likely to report anxiety. Terminators did not differ significantly in vocabulary or socio-economic level. Among the actuarial items correlated with the criterion "only race and religion proved to be consistent in predicting termination of treatment." Negro clients were more likely to terminate while Jewish clients when compared to all other ethnic and religious groups were more likely to be remainers.

Ross and Lacey (1961) found a similar trend. They found, in a child guidance clinic setting, that there was a trend for the remainers to contain proportionately more Jewish than Catholic families ($X^2$ = 2.92, p = <.10).

Gibby, Stotsky, Miller, and Hiler (1953) compared a sample population which was split into three groups by their attitude or reaction to therapy. Group 1 consisted of individuals that spent six months or longer in therapy. Group 2 consisted of those who spent 5 sessions or less in therapy. The individuals in Group 3 refused therapy. "Significant differences between the first and the other two groups on R, A%, H and F+% items on the Rorschach are interpreted as indicating a greater motivation and greater cooperativeness on the part of the patient. Lack of productivity, constrictedness, and stereotype of the second and third group are interpreted by the authors to mean that the patients resist becoming involved in either the testing or therapeutic procedure. Significant differences were found to exist between the first and the remaining two groups in that a greater awareness of anxiety was exhibited by the first group compared to the suppressive reaction of the two groups who reacted negatively to therapy. The authors cite Fenichel who states that somatic symptoms are alternatives to anxiety. Thus those "who tend to somatize to the exclusion of psychological problems should manifest fewer signs of anxiety on their Rorschach protocols." The authors found this to be significant.

Hiler (1959) substantiated the above statement by Fenichel when he compared the initial complaints of terminators and remainers. Hiler found that:

> "both groups complained equally often of bodily symptoms such as headaches, fatigue and dizziness. However the patients who terminated were more apt to complain only of somatic symptoms; the remainers on the other hand tended to complain of either purely psychological symptoms or a combination of psychological symptoms and somatic symptoms ($P<.01$)."

Hiler (1959) also substantiated the study by Lorr, Katz, et al. when he found that remainers were troubled by such maladies as obsessions ($P<.01$), phobias ($P<.05$), depressions ($P<.05$), poor concentration ($P<.02$) and anxiety ($P<.05$). Terminators on the other hand tended to show more assaultive tendencies and other forms of acting out ($P<.05$), ideas of reference, irrational suspicions, and other paranoid and schizoid ideations ($P<.05$).

It is not in the realm of this introduction to review all the reported literature in the field but rather to report the literature that is relevant to the forthcoming hypotheses. Brandt (1965) did an extensive review of the literature on clients who prematurely terminate psychotherapy. Brandt concluded that the population samples, measuring instruments, and other variables have in the past been so different "that no clear-cut conclusions can be drawn as to who are the premature terminators or even whether they represent a distinct group." From the conclusion of Brandt, it is evident that more work must be done in this area.

To reiterate, this author feels that a productive approach to the problem of distinguishing between terminators and remainers in psychotherapy might be found in attitude and value theory as it seems reasonable to assume that those who stay in therapy have different attitudes and values than those who terminate therapy in regards to, at least, the therapeutic situation.

CHAPTER II


METHOD


SUBJECTS

The $\underline{S}$ population used in this study consisted of 19
male and 18 female undergraduate students enrolled at Michigan
State University during the Fall, Winter, and Spring quarters
of the academic year 1966-67. All $\underline{S}$s voluntarily went to
the counseling center at Michigan State University request-
ing therapeutic counseling.

The therapist interviewer population was composed of
twenty-two therapists and interviewers with various orienta-
tions and experience. The therapist's experience ranged
from senior counseling staff members to interns; all, how-
ever, had at least the equivalent of one previous year of
therapy experience.

The pairing of a client with a therapist was accom-
plished after an initial interview with a senior staff
member. The pairing considerations were made primarily by
therapist availability.

## INSTRUMENT

The instrument used in this study was the Rokeach
Value Scale, Form A. The value scale consists of one set
of 12 instrumental values and one set of 12 terminal values.
Instrumental values, according to Rokeach, are modes of con-
duct with terminal values being end-states of existence.
The Ss were instructed to look over the 12 instrumental and
12 terminal values and rank each set of values from 1 to 12,
1 being most important to that S and 12 being least important.
Test, re-test reliability, reported by Rokeach, after three
weeks was .65, sufficient for inter-group comparisons. The
12 terminal values in alphabetical order as listed on Form
A are: "A Comfortable Life," "A Meaningful Life," "A World
at Peace," "Equality," "Freedom," "Maturity," "National
Security," "Respect for Others," "Respect from Others,"
"Salvation," "True Friendship," and "Wisdom." The 12 in-
strumental values are: "Broadminded," "Clean," "Cooperative,"
"Courageous," "Forgiving," "Honorable," "Intellectual,"
"Polite," "Responsible," "Self-Disciplined," "Tender," and
"Trustful." The form also asks the Ss views on Civil Rights
and Viet Nam among other biographical data such as political
view, social class, etc. For greater continuity the actual
wording of the items will be presented with the results of
these items.

See Appendix A for a specimen copy of the Rokeach
Value Scale - Form A as given to the clients. The form given

to the therapists and interviewers did not contain the demographic items and was arranged somewhat differently. (See Appendix B)

## PROCEDURES

The $\underline{S}$s upon completion of their first interview at the Counseling Center were asked to complete both the instrumental and terminal scales of the Rokeach Value Scale, Form A. The scales were administered during the Fall, Winter, and Spring quarters of the school year 1966-1967. The initial interviewers and therapists were asked to complete both value scales during the Summer quarter of 1967 (after all interviewing and therapy had been completed).

As clients terminated their contacts with the counselor they were assigned to 3 groups depending on their length of contact. The first group consisted of those $\underline{S}$s who had only one visit, the initial classificatory interview. This group contained 15 $\underline{S}$s. The second group consisted of those $\underline{S}$s who had between 2 and 5 visits. This group contained 10 $\underline{S}$s. The third group contains 12 $\underline{S}$s who had remained in therapy between six and eighteen visits.

The entire client population was assigned to two classifications based on their initial complaints. This was accomplished by a panel of three counseling center psychologists who were asked to read the initial interview and to arrive at a joint decision. Classification One consisted of those clients who primarily complained of internal problems.

Internal problems will be defined in this study as those problems the locus of which is in the 'self.' Examples of internal complaints would be feelings of depression, anxiety, inferiority, etc. Classification Two consisted of those clients who primarily complained of external problems. An external problem was defined as those problems the locus of which was outside the 'self.' An example of this type of complaint is, "if my roommate would just stop yelling at me everything would be all right." Thus, the client is stating that he or she is not the cause of their complaint but it is the fault of somebody or something else.

It should be mentioned that there is a great deal of overlap in the initial complaints of the $\underline{S}$ so that placement in any one classification is no easy or perfectly valid task. The placement is dependent upon the subjective view of the initial interviewer and then upon the subjective view of the panel.

CHAPTER III


OBJECTIVES AND HYPOTHESES

(1) The first objective of the present study is to
see if individual values will discriminate between Termina-
tion Groups 1, 2, and 3.

More specifically it is hypothesized that those
clients who terminate therapy later (Termination Group 3)
will rank "humanitarian" or liberal values such as "A
Meaningful Life," "Respect For Others," "A World at Peace,"
"True Friendship," "Tender," "Trustful and Forgiving"
higher than those who terminate therapy earlier (Termina-
tion Group 1). Likewise those who terminate therapy pre-
maturely (Termination Group 1) will rank "non-humanitarian"
or less liberal values such as "Honorable," "Polite,"
"Cleanliness," and "Self-Disciplined" higher than those
who remain in therapy (Termination Group 3).

(2) Those clients who are either unable to or do
not want to talk about themselves will terminate therapy
sooner than those who have no such apprehensions or in-
abilities. Thus more clients with 'external complaints'
are expected to be found among those who terminate therapy
(Termination Group 1) than those who remained in therapy

(Termination Group 3). Likewise more patients with 'internal complaints' are expected to be found among those who remain in therapy (Termination Group 3) than those who terminate therapy (Termination Group 1).

(3) It is hypothesized that $\underline{S}$s who rank "Salvation" high will be those who terminate therapy after fewer sessions (Termination Group 1) than those (Termination Group 3) who rank "Salvation" low. "Salvation" is a traditional religious concept and thus is expected to behave like the less liberal values discussed in Hypothesis 1.

(4) Relationships are hypothesized between termination rates and the value structures of clients, interviewers, and therapists. More explicitly:

(a) It is hypothesized that there will be less congruence between value systems on interviewer client dyads for Termination Group 1 than for Termination Groups 2 or 3.

(b) It is also hypothesized that a direct relationship exists between the rank order correlations between the client and his therapist's values and the number of therapy visits by the client.

CHAPTER IV


RESULTS


The first objective (Hypothesis 1) was to see if the
individual values mentioned will discriminate between Ter-
mination Groups 1, 2, and 3. It was stated in the third
hypothesis (Hypothesis 3) that Ss that rank "Salvation"
high will be those who terminate therapy after fewer ses-
sions than those who rank "Salvation" low. To test Objec-
tive 1 and Hypothesis 3, a Kruskal-Wallis, non-parametric,
one-way analysis of variance was computed for all three
termination groups (see Tables 1 and 2). A one-tail Mann-
Whitney U test was then used as a paired comparison tech-
nique to indicate between which termination groups the
differences existed (see Table 3). The Mann-Whitney was
performed on those values where the Kruskal-Wallis H
probability value was equal to .20 or less.

From the comparisons performed and illustrated in
Tables 1, 2, and 3, it would appear that the values "A
World at Peace," "Respect for Others," and "Tender" were
more important for those who remained in therapy (Termina-
tion Groups 2 and/or 3) than for those who terminated therapy
early (Termination Group 1). "Salvation" and "Cleanliness"

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TABLE 1--Termination Group Differentiation by the Rokeach
Terminal Value Scale Using a Kruskal-Wallis, Non-
parametric, One Way Analysis of Variance.

| Value | Termination Group 1 | Termination Group 2 | Termination Group 3 | H-Statistic | Level of Signif. |
|---|---|---|---|---|---|
| A Comfortable Life | $\overline{X}$=9.67 $S_1$=270.0 | $\overline{X}$=11.00 $S_1$=228.0 | $\overline{X}$=9.50 $S_1$=205.0 | 1.78 | .41 |
| A Meaningful Life | $\overline{X}$=2.25 $S_1$=342.0 | $\overline{X}$=1.33 $S_1$=187.0 | $\overline{X}$=1.10 $S_1$=174.0 | 5.01 | .08 |
| A World at Peace | $\overline{X}$=8.00 $S_1$=328.0 | $\overline{X}$=3.00 $S_2$=136.0 | $\overline{X}$=6.50 $S_3$=239.0 | 3.67 | .16 |
| Equality | $\overline{X}$=7.00 $S_1$=303.5 | $\overline{X}$=8.00 $S_2$=203.5 | $\overline{X}$=7.00 $S_1$=296.0 | 1.10 | .58 |
| Freedom | $\overline{X}$=5.25 $S_1$=296.5 | $\overline{X}$=3.83 $S_2$=142.0 | $\overline{X}$=6.83 $S_3$=264.5 | 3.03 | .22 |
| Maturity | $\overline{X}$=6.00 $S_1$=283.5 | $\overline{X}$=7.00 $S_1$=201.5 | $\overline{X}$=6.50 $S_1$=218.0 | .19 | .91 |
| National Security | $\overline{X}$=10.60 $S_1$=287.0 | $\overline{X}$=10.50 $S_1$=179.0 | $\overline{X}$=10.50 $S_1$=237.0 | .17 | .92 |
| Respect for Others | $\overline{X}$=8.00 $S_1$=357.0 | $\overline{X}$=6.17 $S_1$=200.0 | $\overline{X}$=4.50 $S_1$=146.0 | 7.94 | .02 |
| Respect from Others | $\overline{X}$=6.00 $S_1$=299.0 | $\overline{X}$=6.75 $S_1$=196.0 | $\overline{X}$=5.50 $S_1$=208.0 | .43 | .81 |
| Salvation | $\overline{X}$=7.20 $S_1$=194.5 | $\overline{X}$=11.50 $S_1$=204.5 | $\overline{X}$=11.90 $S_1$=304.0 | 10.41 | .01 |
| True Friendship | $\overline{X}$=3.13 $S_1$=246.0 | $\overline{X}$=4.50 $S_1$=210.0 | $\overline{X}$=4.17 $S_1$=247.0 | 1.49 | .48 |
| Wisdom | $\overline{X}$=5.25 $S_1$=277.5 | $\overline{X}$=4.50 $S_1$=187.0 | $\overline{X}$=5.17 $S_1$=238.5 | .12 | .94 |

$\overline{X}$ = median for each termination group
$S_1$= sum of the ranks for each termination group
The degrees of freedom = 2

TABLE 2--Termination Group Differentiation by the Rokeach
Instrumental Value Scale Using a Kruskal-Wallis,
Non-parametric One Way Analysis of Variance.

| Value | Termina-tion Group 1 | Termina-tion Group 2 | Termina-tion Group 3 | H-Sta-tistic | Level of Signif. |
|---|---|---|---|---|---|
| Broadminded | $\overline{X}_1$=6.75 $S_1^-$=326.0 | $\overline{S}$=5.50 $S_1$=182.0 | $\overline{X}$=2.50 $S_1$=195.0 | 1.82 | .40 |
| Cleanliness | $\overline{X}_1$=9.63 $S_1^-$=252.0 | $\overline{X}$=11.50 $S_1$=256.0 | $\overline{X}$=9.00 $S_1$=195.0 | 5.24 | .07 |
| Cooperative | $\overline{X}$=9.00 $S_1$=303.0 | $\overline{X}$=9.17 $S_1$=219.0 | $\overline{X}$=7.50 $S_1$=181.0 | 2.52 | .28 |
| Courageous | $\overline{X}$=9.13 $S_1$=292.5 | $\overline{X}$=9.50 $S_1$=176.5 | $\overline{X}$=9.50 $S_1$=234.0 | .22 | .90 |
| Forgiving | $\overline{X}$=4.00 $S_1$=292.5 | $\overline{X}$=3.00 $S_1$=171.0 | $\overline{X}$=4.00 $S_1$=239.5 | .44 | .80 |
| Honorable | $\overline{X}$=3.33 $S_1$=238.5 | $\overline{X}$=4.50 $S_1$=201.0 | $\overline{X}$=5.17 $S_1$=263.5 | 2.27 | .32 |
| Intellectual | $\overline{X}$=9.13 $S_1$=324.0 | $\overline{X}$=7.17 $S_1$=170.5 | $\overline{X}$=6.50 $S_1$=208.5 | 1.49 | .48 |
| Polite | $\overline{X}$=9.00 $S_1$=251.5 | $\overline{X}$=10.50 $S_1$=203.0 | $\overline{X}$=9.50 $S_1$=248.5 | 1.11 | .57 |
| Responsible | $\overline{X}$=3.75 $S_1$=246.0 | $\overline{X}$=4.50 $S_1$=184.0 | $\overline{X}$=5.50 $S_1$=273.0 | 2.38 | .31 |
| Self-Disciplined | $\overline{X}$=4.33 $S_1$=256.5 | $\overline{X}$=3.83 $S_1$=154.0 | $\overline{X}$=9.50 $S_1$=292.5 | 4.59 | .10 |
| Tender | $\overline{X}$=6.75 $S_1$=366.5 | $\overline{X}$=4.83 $S_1$=156.0 | $\overline{X}$=4.50 $S_1$=180.5 | 6.51 | .04 |
| Trustful | $\overline{X}$=4.00 $S_1$=249.5 | $\overline{X}$=4.50 $S_1$=223.5 | $\overline{X}$=4.50 $S_1$=230.0 | 1.71 | .43 |

$\overline{X}$ = median for each termination group
$S_1$ = sum of the ranks for each termination group
The degrees of freedom = 2

TABLE 3--Termination Group Differentiation by Means of a
One Tailed Mann-Whitney U. Test Indicating
Between Which Termination Groups the Differences
Occurred on Both the Instrumental and Terminal
Value Scales.

| Value | Between Termination Group 1 & 2 | Between Termination Group 2 & 3 | Between Termination Group 1 & 3 |
|---|---|---|---|
| A Meaningful Life | | | p<.09 |
| A World at Peace | p<.03 | | p<.06 |
| Respect for Others | p<.09 | | p<.03 |
| Salvation | p<.03 | p<.08 | p<.01 |
| Cleanliness | p<.03 | | |
| Tender | p<.01 | | p<.01 |

was more important for those who terminated therapy early
(Termination Group 1) than for those who terminated therapy
later (Groups 2 and/or 3). A trend (probability values of
.10 or less) was found for the value "A Meaningful Life"
with those who terminated therapy at a later date (Termina-
tion Group 3) believing that "A Meaningful Life" is more
important than those who terminated therapy early (Termina-
tion Group 1).

In Hypothesis 2, it was stated that more clients
with external complaints would be found among terminators
than remainers and that more clients with 'internal com-
plaints' would be found among remainers than terminators.

This relationship between the termination of psycho-
therapy and the initial complaint of the patient was upheld
as the data in Table 4 demonstrated.

TABLE 4--Contingency Table of Initial Complaints and
         Termination Groups

|                      | Termination Group 1 | Termination Group 2 | Termination Group 3 |
|----------------------|---------------------|---------------------|---------------------|
| External Complaint   | 14                  | 5                   | 3                   |
| Internal Complaint   | 1                   | 5                   | 9                   |

Of the initial complaints of Termination Group 1, 6.6% (1/15)
were classified as "internal" with 93.4% (14/15) complaining
about "external" problems.  Likewise 50% (5/10) of Termina-
tion Group 2 had internal complaints with 50% (5/10) having
"external" complaints.  Termination Group 3 had 75% (9/12)
of the clients with internal complaints with 25% (3/12) of
the clients complaining of an "external" problem.  This re-
lationship across all three termination groups yielded a
chi square value of 13.46 (2 degrees of freedom) significant
at the .005 level with the difference existing between ter-
mination groups 1 and 3 (a chi square value of 10.58 using
Yates correction) also significant at the .005 level of
probability (1 degree of freedom).

In Hypothesis 4a it was stated that there will be
less congruence between value systems on interviewer-
patient dyads for Termination Group 1 than for Termination

Groups 2 and 3. This prediction was verified by the data using the terminal value scale but not the instrumental scale.[1]

Looking at the terminal values, as Table 5 illustrates, the median Spearman correlation for those who terminated therapy after the initial interview was .37 while the group who terminated therapy after at least one therapy session had a Spearman correlation of .60 between the clients and their interviewers. A Mann-Whitney U value of 14 was computed with a significance level equal to or less than .03. This would indicate that there is a higher Spearman correlation between interviewer and client for those clients who remained for at least one therapy session compared to those clients who terminated after the initial interview.

TABLE 5--Similarity of the Terminal Value Structure of Clients and Interviewers

| Those Ss Who Terminated After the Interview | | Those Ss Who Terminated After At Least One Therapy Visit | |
|---|---|---|---|
| Median Spearman Correlation Between Clients & their Interviewers | Median No. N of Counseling Center Visits | Median Spearman Correlation Between Clients & their Interviewers | Median No. N of Counseling Center Visits |
| .37 | 1.0   7 | .60 | 7.5   10 |

[1]As it is necessary to have independent interviewer-patient dyads in order to perform a significance test on the data an interviewer could only be used in one dyad. Therefore, with 17 interviewers there could only be 17 dyads. Dyads were then selected (1) so as to obtain a substantial number of patients who terminated immediately after the interview and (2) to provide a full range of therapy visits between 2 and 18 hours. A Mann-Whitney U Test was then chosen to test the hypothesis as correlations are not normally distributed.

Neither significant results nor trends were obtained using the instrumental value scale when those client-interviewer dyads that terminated therapy after the initial interview were compared to those client-interviewer dyads that stayed for at least one therapy session.

As Table 6 indicates, a median correlation of .25 was obtained for those client-interviewer dyads that terminated therapy after the initial interview compared to a median correlation of .26 for those client-interviewer dyads that stayed for at least one therapy interview. A Mann-Whitney U value of 36 was computed for this relationship.

TABLE 6--Similarity of the Instrumental Value Structure of Clients and Interviewers

| Those Ss Who Terminated After the Interview | | | Those Ss Who Terminated After at Least One Therapy Visit | | |
|---|---|---|---|---|---|
| Median Spearman Correlation Between Clients & their Interviewers | Median No. of Counseling Center Visits | N | Median Spearman Correlation Between Clients & their Interviewers | Median No. of Counseling Center Visits | N |
| .25 | 1.0 | 7 | .26 | 7.5 | 10 |

It was stated in Hypothesis 4b that a direct relationship was expected between the rank order correlations of the client's and his therapist's values and the number of the therapy visits by the client.[2]

---

[2]Client-therapist dyads were selected so as to (1) obtain an equal distribution across the range of therapy visits and (2) to keep the dyads independent so as not to emphasize one therapist over others.

As Figure 1 (without the triangle symbols) illustrates the relationship between the client therapist terminal value structure and the number of therapy visits is curvilinear. An eta of .91 with 14 dyads and 13 d.f. for dyads and 9 d.f. for categories yielded an F = 2.17 (P<.10). If the data is viewed with all 18 dyads (Figure 1 with the triangle symbols) thus arbitrarily weighing some therapists more heavily than others, an eta of .89 is obtained with 17 d.f. for dyads and 9 d.f. for categories which is significant at the .05 level.

Graphically, no relationship was visible for the client-therapist instrumental value structure and the number of therapy visits. Using the independent client-therapist dyads a non-significant eta of .62 was obtained, and a non-significant eta of .70 was obtained for all 18 client-therapist dyads.

The results of Objective 1 and Hypothesis 3 suggested to this author that the value structure of terminators (Termination Group 1) was more conservative and less humanitarian than that of remainers (Termination Group 3). As data on the political and humanitarian views of the clients was available, four additional hypotheses could be tested.

A. Terminators (Termination Group 1) are more politically conservative than remainers (Termination Group 3) who are more politically liberal.

FIGURE 1--A Spearman Rho Plot of Client-Therapist Dyads Versus Total Number of Therapy Visits Using the Terminal Value Scale
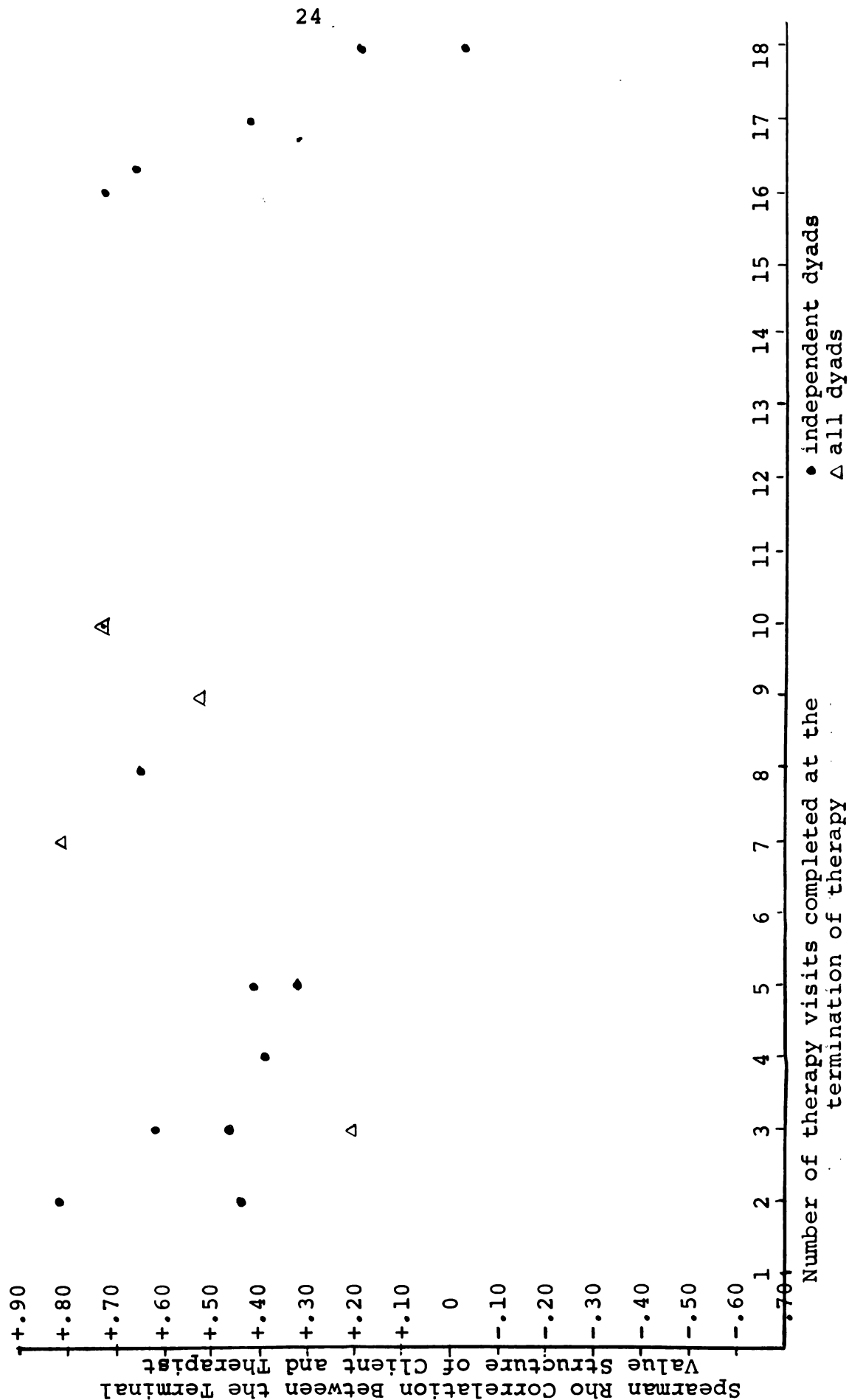
B. Terminators (Termination Group 1) tend to identify

themselves as Republican more often than do the

remainers (Termination Group 3). Remainers should

identify themselves more often as Democrats than

Republicans and more often as Democrats than do

the terminators.

C. Terminators (Termination Group 1) will tend to be

less sympathetic to the Civil Rights struggle than

remainers (Termination Group 3).

D. Terminators (Termination Group 1) will tend to

be more satisfied with the war in Viet Nam than

the remainers (Termination Group 3).

To test Hypothesis A to show that terminators are

more conservative than remainers, a mean and standard devia-

tion was computed for each termination group on the 7 point

political scale where one was 'liberal,' four was 'middle

of the road,' and seven was conservative.

TABLE 7—Means and Standard Deviations for Each Termination
Group on the Seven Point Liberal-Conservative Scale

| Termination Group 1 | N | Termination Group 2 | N | Termination Group 3 | N |
|---|---|---|---|---|---|
| $\bar{X} = 3.92$ $S_1 = 1.38$ | 15 | $\bar{X} = 2.89$ $S_1 = 1.20$ | 10 | $\bar{X} = 2.64$ $S_1 = 0.98$ | 12 |

$\bar{X}$ = the mean
$S_1$ = standard deviation

A one tail t-test of 2.60 significant at the .01 level and

a one tail t-test of 1.81 significant at the .05 level was

found respectively between Termination Groups 1 and 3, and

1 and 2. Thus, it would seem that terminators tend to be more politically conservative than those who remain in therapy for a greater number of visits.

Hypothesis B stated that terminators tend to identify themselves as Republicans more often than as Democrats and identify themselves as Republicans more often than do the remainers. Remainers should identify themselves more often as Democrats than Republicans and more often as Democrats than do the terminators. A test between proportions was used to test this hypothesis. Those in Termination Group 1 tend to consider themselves to be "Republican" more often than "Democratic" and tend to be "Republican" more often than those in Termination Group 3 (t=1.83, one tail t significant at the .05 level).

TABLE 8--The Percentage of Each Termination Group Associated With the Two Political Parties

|  | Termination Group 1 | Termination Group 2 | Termination Group 3 |
|---|---|---|---|
| Republican | .533 | .200 | .167 |
| Democrat | .000 | .200 | .250 |
| None | .467 | .600 | .583 |

Group 1 also has fewer Democrats (.000) than groups 2 (.200) or 3 (.250).

In Hypothesis C, it was stated that terminators will tend to be less sympathetic to the Civil Rights struggle than remainers. The question the Ss were asked to respond

to was:  Are you sympathetic with the aims of the Civil

Rights demonstrations?  The choices to which the $\underline{S}$s could

respond were:  (1) No, (2) Yes, but I have not personally

participated in a Civil Rights demonstration, (3) Yes, and

I have participated in a Civil Rights demonstration.  The

means and standard deviations for the three termination

groups are listed below.

TABLE 9--The Termination Groups' Views on Civil Rights

| Termination Group 1 | Termination Group 2 | Termination Group 3 |
|---|---|---|
| N<br>15 $\bar{X}$=1.67 | N<br>10 $\bar{X}$=2.10 | N<br>12 $\bar{X}$=2.25 |
| $S_1$=.471 | $S_1$=.300 | $S_1$=.433 |

$\bar{X}$ = the mean
$S_1$ = standard deviation

A one tailed t value equal to 3.22 significant at the .005

level of significance was found between Termination Groups

1 and 3.  A one tailed t value equal to 2.39 significant at

the .025 level of significance was found between Termination

Groups 1 and 2.  No significant difference was found between

Termination Groups 2 and 3.

In Hypothesis D, it was stated that terminators will

tend to be more satisfied with the war in Viet Nam than the

remainers.  The $\underline{S}$s were asked:  Which of the following

statements best expresses your opinion on the position the

United States should take in Viet Nam.  The three choices

were:  (1) Get out of Viet Nam, (2) Stay, but continue the

peace efforts, (3) Increase the war efforts to bring North Viet Nam to the conference table.

TABLE 10--The Termination Groups' Views on the War in Viet Nam

| Termination Group 1 | Termination Group 2 | Termination Group 3 |
|---|---|---|
| N | N | N |
| 15 $\bar{X}$=2.40 | 9 $\bar{X}$=1.88 | 11 $\bar{X}$=1.45 |
| $S_1$=.491 | $S_1$=.737 | $S_1$=.655 |

$\bar{X}$ = the mean
$S_1$ = standard deviation

A one tailed t value equal to 3.96 significant at the .005 level was found between Termination Group 1 and 3 in addition to the one tailed probability level of .05 (t value of 1.93) found between Termination Groups 1 and 2. No significant difference was found between Termination Groups 2 and 3.

CHAPTER V


DISCUSSION


Virtually all the results can be interpreted as versions of the following hypothesis:  If a client perceives a serious difference between his values and the values of the therapist, he is less likely to continue in therapy.

One group of results are closely tied to a liberal-conservative, humanitarian - non-humanitarian dimension. Terminators (Termination Group 1) give a relatively high ranking to the values "Salvation" and "Cleanliness" ('cleanliness' differentiating between Termination Groups 1 and 2).  Remainers (Termination Group 3), on the other hand, give a relatively high ranking to such values as "A Meaningful Life," "A World at Peace," "Respect for Others," and "Tender."  It might be argued that the values of the remainers are much more humanitarian in scope; i.e., they are "people directed" in a helpful fashion rather than "self directed" in an egocentric fashion.  "Respect for Others" is certainly a humanitarian or "people directed" value.  It represents an effort by the individual who believes the value to be important to treat others as they would like to be treated.  "A World at Peace" is also not

a "self directed" value as it represents a striving for tranquility and a limitation of pain in the world rather than the "self." "A Meaningful Life" is felt to be a value that represents an involvement in enriching the lives of others. The value "Tender" or tenderness may imply some other living being to which tenderness is displayed. It should be noticed that all the values discussed above are oriented in a positive or helping direction towards others. The values that are held to be more important by terminators than remainers have a "self directed" quality about them. The value "Salvation" is a case in point. "People directed" behaviors may be displayed in order to achieve "Salvation;" however, the goal itself is saving one's own soul not that of others. The value "Cleanliness" which discriminated between those clients who remained for just one therapy visit (Termination Group 1) and those clients who only stayed for a short number of therapy sessions (Termination Group 2) is another case in point. "Cleanliness" is a "self directed" value that has little beneficial meaning to others except sanitation.

As a result of the value structures of terminators and remainers and the humanitarian-non-humanitarian, "self directed-people directed" hypothesis, it was thought that terminators may be more politically and socially conservative than remainers. This was thought to be the case because individuals that are "self-directed" rather than "people directed," or believe that man should be self

reliant rather than cooperative, are often more conservative.
As data on the political and social views of the client popu-
lation were available the four additional hypotheses stated
in the result section were tested.

It was found that terminators are more politically
and socially conservative than remainers. Terminators tend
to think of themselves as more politically conservative, more
often are Republican than Democratic, have a more "hawkish"
view on the war in Viet Nam and tend to be unsympathetic to
the Civil Rights movements when compared to remainers.

Now, if we assume that the therapists are more likely
to be on the more humanitarian, "people directed," liberal
end of the continuum, then the early termination of therapy
can be explained. It is thought that therapists tend to be
on the more humanitarian or "people directed" end of the
continuum because: (1) They have entered a "people direc-
ted" field, or one whose purpose is to help people and (2)
It has been shown that the value structures of therapists
are closer to the value structures of remainers than of
terminators. The remainers value structures have already
been interpreted as being more humanitarian or "people
directed." As a more humanitarian viewpoint on such things
as Civil Rights, the war in Viet Nam, political liberality,
etc., accompany the value structure of remainers it may
also accompany the value structure of the interviewer and
therapist. Thus, the values that are not represented on
the Rokeach value scale but underlie such attitudes as views

on Viet Nam, Civil Rights, etc., also might be different from the therapist's values and lead to the termination of therapy.

The third and most difficult set of results to interpret as a difference of values are those dealing with "internal" vs. "external" complaints. Here we find that the terminators are much more likely to assign part of their troubles to something in their environment. If we assume that therapists are more likely to start with the assumption that the patient is the source of his own difficulties, we have a difference of attitudes and values along a very salient dimension. It should be remembered that the correctness or incorrectness of the therapist's viewpoint is not at stake since the crucial issue appears to relate to the difference in attitudes. Thus, all the results would appear to be an extension of the relationship found between the similarity of client-interviewer (or therapist) value structure using the terminal scale.

The client-interviewer value interactions using the terminal scale was related to length of stay in therapy as was predicted. Those clients who terminated after the initial interview had a lower median correlation between their value structure and that of the interviewers. No such relationship was found using the instrumental scale.

Thus one point that needs explanation is how can the client perceive the terminal value structure of the interviewer after the one lone hour interview. While this

accomplishment at first might look implausible it is not
difficult to explain, using the hypothetical construct
called stereotypes. Haire (1968) found that the replace-
ment of regular coffee with that of instant coffee on a
shopping list changes the perceiver's image of the house-
wife who compiled the shopping list from a careful wife
to a careless one. Thus a single item of information in
conjunction with a stereotype can completely change the
manner in which one person perceives another. If the re-
placement of regular coffee for instant coffee can have
such dramatic results it is not hard to see how a client
observing such variables as the dress, speech, hair style,
etc., of his interviewers can decide that the interviewer
is not similar to himself and holds certain attitudes and
values different from his own.

The client-therapist interaction on the terminal
scale yielded a significant eta between the client-therapist
correlations and the number of visits completed in psycho-
therapy. There appeared to be a direct relationship between
the correlation for each dyad, and the length of stay in
therapy up to the tenth therapy session. From the tenth
visit on, an inverse relationship existed. The total rela-
tionship between the correlations of client-therapist dyads
and number of therapy visits completed might be explained
as follows: If the discrepancy between the client's value
structure and the therapist's value structure is too diver-
gent the client will usually drop out of therapy. However,

if the client does remain in therapy in spite of the divergence between his values and that of the therapist, he will remain in therapy longer, exploring the differences between their value systems. Again, no relationship was found using the instrumental scale.

One more issue needs explanation. This concerns the fact that there were no significant relationships between the correlations of therapist-client or interviewer-client dyads and the length of stay in therapy when the instrumental scale was utilized. One speculation is that clients have more difficulty and are more rigid with larger life goals (terminal values) as opposed to ways designed to achieve these goals (instrumental values). Thus terminal values that conflict with the therapist's are salient while instrumental values that conflict are not.

Another explanation exists for the premature termination of psychotherapy aside from the dissimilarity of the value structure between client and therapist or interviewer. It is possible that a conservative or non-humanitarian value system on the part of a client may lead to the premature termination of psychotherapy. A client that possesses a conservative value system may have a more rigid concept of what is properly discussed with another human being. Therefore he may find some of the therapist's or interviewer's probes too personal and thus terminate therapy. A client with a more liberal value system may not feel inhibited by these probes and therefore remain in therapy.

Thus if clients with conservative or non-humanitarian value systems are more prone to terminate therapy prematurely than clients with liberal or humanitarian value systems, and most therapists have liberal or humanitarian value systems, a relationship between the value systems of clients, interviewers and therapists would appear to exist when in fact it is an artifact.

It should be explained that this study was designed as a preliminary investigation using relatively small samples. It is suggested that this study be replicated on a larger sample of $\underline{S}$s.

It is interesting to think that some day clients might be paired with therapists by their value structure to end the premature termination of psychotherapy.

B I B L I O G R A P H Y

I need two publications through interlibrary loan.

1. Shotland, R. L. Client attrition during psychotherapy as it relates to the value structure of the patient and therapist. Unpublished M.A. thesis, Michigan State University Library, 1968.

2. Sikula, A. F. A study of the values and value systems of college roommates in conflict and nonconflict situations, and an investigation to determine whether roommate conflict can be attributed to differing values and value systems. Unpublished Ph.D. dissertation, Michigan State University Library, 1970.

Martha Brown
Business Administration

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2. Sikula, A. F. A study of the values and value systems of college roommates in conflict and nonconflict situations, and an investigation to determine whether roommate conflict can be attributed to differing values and value systems. Unpublished Ph.D. dissertation. Michigan State University Library. 1970.

Sandra Brown
Business Administration

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1. Shotland, R. L. Client attrition during psychotherapy as it relates to the value structure of the patient and therapist. Unpublished M.A. thesis, Michigan State University Library, 1968.

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# APPENDIX A

Date of Birth_____ City & State of Birth_____

This is a scientific study of value systems, and your honest cooperation would be deeply appreciated. There are, of course, no right or wrong answers. The best answer is your personal opinion.

First, we are interested in knowing something about your background. Would you please answer all the questions asked below.

Sex:      _____Male      _____Female

Political party preference:      _____None
                                 _____Liberal Democrat
                                 _____Conservative Democrat
                                 _____Liberal Republican
                                 _____Conservative Republican

Where would you rate yourself on the following scale?
(Circle one number)

| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|
| Liberal | | | Middle of the Road | | | Conservative |

Religious Preference:      _____None
                          _____Catholic
                          _____Jewish
                          _____Other denomination or religion (Write in)

                          _____

Do you attend religious services?
                          _____None
                          _____A few times a year
                          _____About once a month
                          _____Usually one time a week

What year are you in school _____? Your major_____?

Would you classify the area in which you grew up as basically:
                          _____Rural
                          _____Urban
                          _____Suburban

If you were asked to use one of these three names for your social class, which would you say you belonged in:
                          _____The working class
                          _____The middle class
                          _____The upper class

Are you sympathetic with the aims of the Civil Rights demonstrators?

_____No

_____Yes, but I have not personally participated in a Civil Rights demonstration

_____Yes, and I have participated in a Civil Rights demonstration

Which of these statements best expresses your opinion about what the United States should do in Viet Nam:

_____Get out of Viet Nam

_____Stay, but continue the peace efforts

_____Increase the war efforts to bring North Viet Nam to the conference table

Do you have a position on Communist China?

_____I have no opinion on Communist China

_____Keep Communist China out of the United Nations until she becomes a peace-loving nation

_____Admit Communist China now into the United Nations

Below is a list of 12 values arranged in alphabetical order. We are interested in finding out the relative importance of these values for you. Study the list of values below carefully. Which of these values do you feel to be the most important for you? Place a 1 on the blank line to the left of this value. Now, cross this value off your list and look carefully at the remaining 11 values. Which of these values is second most important for you? Place a 2 etc. Cross this value off your list and look carefully at the remaining 10 values. Place a 3 etc. Now, rank all the remaining values in order of importance to you. The value which is least important, relative to the others, should be ranked 12. When you have completed ranking all of the items, go back over your list to make sure they are in the proper order.

_____A comfortable life            _____National security

_____A meaningful life             _____Respect for others

_____A world at peace              _____Respect from others

_____Equality                      _____Salvation

_____Freedom                       _____True friendship

_____Maturity                      _____Wisdom

Below is a list of another 12 values. Rank these in order
of importance, in the same way you ranked the first list
on the preceding page.

_____Broadminded

_____Clean

_____Cooperative

_____Courageous

_____Forgiving

_____Honorable

_____Intellectual

_____Polite

_____Responsible

_____Self-Disciplined

_____Tender

_____Trustful

APPENDIX B

Below is a list of 12 values arranged in alphabetical order. We are interested in finding out the relative importance of these values for you. Study the list of values below carefully. Which of these values do you feel to be the most important for you? Place a 1 on the blank line to the left of this value. Now, cross this value off your list and look carefully at the remaining 11 values. Which of these values is second most important for you? Place a 2 etc. Cross this value off your list and look carefully at the remaining values. Place a 3 etc. Now, rank all the remaining values in order of importance to you. The value which is least important, relative to the others, should be ranked 12. When you have completed ranking all of the items, go back over your list to make sure they are in the proper order.

_____A comfortable life            _____National security

_____A meaningful life             _____Respect for others

_____A world at peace              _____Respect from others

_____Equality                      _____Salvation

_____Freedom                       _____True friendship

_____Maturity                      _____Wisdom


Below is a list of another 12 values. Rank these in order of importance, in the same way you ranked the first list on the above half.

_____Broadminded                   _____Intellectual

_____Clean                         _____Polite

_____Cooperative                   _____Responsible

_____Courageous                    _____Self-Disciplined

_____Forgiving                     _____Tender

_____Honorable                     _____Trustful