Title of Study: Therapeutic Homework Among Youth: The Role of Clinician Attitude, Client Age, and Presenting Problem

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Brief Description of Study:

An important part of clinical work among youth involves "in-between session assignments" or homework. This is done between sessions and works to advance clinical goals (Kazantzis et al., 2016). Homework is to be individualized and to vary dependent on the presenting problems of the clients (Willner-Reid et al., 2015). Research has examined the practice of clinical homework and has linked this to effective clinical outcomes. However, the research on this as it pertains to clinical practice with youth is limited. The purpose of this study is to gain a greater understanding of the role of homework in clinical work with youth, clinicians' attitudes and practices as it relates to homework, what variables may predict homework use, as well as what types of homework they would assign to a hypothetical case. This research may be useful for school psychologists and clinicians who work with children to know as it could affect their clinical work. Participants will be school psychologists and clinicians who work with youth recruited from various professional groups. Upon agreement to consenting to participate (Appendix A), respondents will be sent to a separate webpage that presents a number of measures. A brief questionnaire will be administered to all participants to assess the following demographic information (See Appendix B): age, gender, highest level of education, number of years experience, etc. Respondents will then be asked to respond to a vignette (see Appendix C) that presents a clinical problem and will be asked would they recommend HW and if so what type(s). Finally, respondents will be given a revised version of the Psychologists’ Use and Attitudes Toward Homework in Psychotherapy (Kazantsis, 2005) (see Appendix D) that targets their practices and beliefs about the use of homework. All questionnaires should take a total of approximately 20 minutes to complete.