

The Importance of Clinician Therapeutic Optimism in Treatment of Mental Health Disorders

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Objectives: Science has focused on types of treatments and their differential effects in achieving treatment outcomes. However, there is a growing body of evidence to support the investigation of clinician factors and how they affect the treatment outcomes of patients. The **aim** of the presented study was assess and analysis clinician therapeutic optimism in treatment of mental health disorders.

Methods: To assess therapeutic optimism we used the *Elsom Therapeutic Optimism Scale* (ETOS), which was designed to provide a reliable means of measuring mental health clinician optimism. The ETOS consists of 10 items to which respondents rate their agreement on a 5-point Likert scale ranging from *strongly disagree* to *strongly agree*.

Results: A convenience sample composed of forty five mental health clinician working in a variety of settings is being collected. The results demonstrate that the most of clinicians (n=45; *agree* 64,4%; *strongly agree*, 26,7%) believe that have the capacity to positively influence outcomes for people with mental disorders, can help a lot of number of people of mental illness (n=45; *agree*,77,8%) and the majority of patients benefit from their intervention (n=45; *agree* 64,4%; *strongly agree*, 22,2%). We have applied additional measures to assess adherences strategies and medication beliefs.

Conclusion: Future research should assess the utility of the ETOS for predicting treatment outcomes. If clinician optimism does in fact have a predictive relationship with treatment outcomes, the assessment of clinician optimism using measures such as the ETOS will enable services to identify and rectify the effects of negative clinician beliefs on patient outcomes.