



Editorial

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This is a special issue, containing three papers that demonstrate the results of Hermeneutic Single-Case Efficacy Design (HSCED) studies, conducted in Italy, that investigate the effectiveness of transactional analysis psychotherapy for depression.

Mark Widdowson, who is an IJTAR Advisory Board member and an IJTAR Reviewer, provided us with comprehensive material on how to conduct HSCED studies, beginning with a paper in IJTAR Vol 2 Issue 1 (Widdowson 2011) that reviewed the strengths of case study methodology and responded to common criticisms, gave suggestions of a range of research resources relating to outcome and process measures, and included the presentation of an example of a hermeneutic single-case efficacy design. Also included was material on ethical considerations and an exhortation to the TA community to engage more widely in case study research.

Widdowson followed this up a year later, in what became a previous special issue on such studies within the UK, with a case in which he provided full working papers as appendices so that other could replicate his work. (Widdowson 2012a).

Later that year, he provided two more cases in the next issue (Widdowson 2012b, 2012c). A few months after that, he provided yet another case (Widdowson 2013) and a year after that the fifth case appeared (Widdowson 2014), based on a case of mixed anxiety and depression.

Widdowson's cases all took place within the UK – and now I am delighted to be able to publish three replications of the HSCED method he described that have been completed in Italy. Furthermore, the treatment in Italy was based on Widdowson's (2015) more recently published treatment manual, and Widdowson himself acted as a consultant to confirm that the studies were accurate replications of the methodology.

Many thanks to Mark Widdowson, and of course to Enrico Benell as lead author of the papers in this issue, and to the several others who contributed to the research processes. They have provided us with an expanding body of confirmation that transactional analysis is an effective treatment for depression, made even more impressive by the transparency of including cases that conclude with doubts.

References

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