# Psychotherapeutic Process Data Mining Questionnaire (PPDMQ v2)

According to Ramos and Ramos (2019) the PPDMQ aims to respond to the need and the relevance of making metasynthesis, this is, systematic analyses of cross cases (Iwakabe & Gazzola, 2009; McLeod, 2013) covering process change variables, as potential evidence of causality.

PPDMQ must be filled after the end of a psychotherapeutic process (e.g., one week after the last session). It includes seven thematic groups: (1) medication; (2) concomitant therapies to the psychotherapy sessions; (3) the patient’s perception on the positive results obtained; (4) process and significant events; (5) psychotherapist and patient factors; (6) social representations; (7) free space for the patient to talk about other issues not included in the questionnaire.

PPDMQ was developed by [Sandra Ramos](https://orcid.org/0000-0002-4169-1712) and [Jorge A. Ramos](https://orcid.org/0000-0002-7735-0506), it was first published in 2019 in [The Family Journal](https://journals.sagepub.com/home/tfj), and it can be used in three ways: 1) online self-administration; 2) paper self-administration; and 3) clinically administered. All contributions to improve the PPDMQ quality are welcome; please send your suggestions to [info@ici.org.pt](mailto:info@ici.org.pt)

The research papers that use the PPDMQ will be listed in this document, which will be updated twice a year. Please contact us to obtain the Portuguese (PT-PT) and/or the English (UK) versions of the PPDMQ. If you already used the PPDMQ in your research, please send us the DOI of your paper to [info@ici.org.pt](mailto:info@ici.org.pt)

The questions in this version of PPDMQ aim to obtain variables from psychotherapeutic processes made with Family Constellations, but PPDMQ can be used with any psychotherapy (with the necessary textual adjustments).

## Articles that used the PPDMQ (last update: 7 August 2020)

Ramos, S., & Ramos, J. A. (2019). Process of Change and Effectiveness of Family Constellations: A mixed methods single case study on depression. *The Family Journal, 27*(4), 418–428. <http://doi.org/d5z4>

Ramos, J. A., & Ramos, S. (2020). Process of Change and Effectiveness of Family Constellations: “On the verge of divorce, I glimpse my finitude.” A mixed methods single case study on suicidal ideation, anxiety, and depression. *The Humanistic Psychologist,* (in press).

# PPDMQ

## GROUP 1 – QUESTIONS ON MEDICATION

1.1 – During Family Constellations (FC) sessions did you take any medication (common or allopathic, generic, homoeopathic, and / or herbal)?

*If the answer is “****No****” please continue to* ***Group 2*** *of questions.*

*If the answer is “****Yes****” please* ***go ahead*** *with the following questions:*

1.1.1 – If you have taken any medications (common or allopathic, generic, homoeopathic, and / or herbal remedies) during your FC sessions, please answer the following questions (about the **main** medication you took):

Name of the medicine? [write here]

For which symptoms? [write here]

What was the daily dose? [write here]

How long have you been taking it? [write here]

Until when do you plan to take it? [write here]

1.1.2 – Please answer the following questions (about any **secondary** medication you have taken):

Name of the medicine? [write here]

For which symptoms? [write here]

What was the daily dose? [write here]

How long have you been taking it? [write here]

Until when do you plan to take it? [write here]

1.1.3 – Please answer the following questions (about any **tertiary** medication you have taken):

Name of the medicine? [write here]

For which symptoms? [write here]

What was the daily dose? [write here]

How long have you been taking it? [write here]

Until when do you plan to take it? [write here]

1.2 – If, during or after FC sessions, you noticed any differences in the effects of the medication you take (or used to take), please write what were the differences?

[write here]

1.3 – How much do you consider that the medication you took also contributed to the positive results obtained with FC? [*Please choose only* ***one*** *of the following answers*]

Contributed a lot

Contributed moderately

I am undecided

Contributed a little

It contributed nothing

## GROUP 2 – QUESTIONS ON OTHER THERAPEUTICS

2.1 – During the FC sessions did you use other conventional (e.g., psychiatry) or non-conventional (e.g., meditation, yoga, reiki) therapy?

*If the answer is “****No****” please continue to* ***Group 3*** *of questions.*

*If the answer is “****Yes****” please* ***go ahead*** *with the following questions:*

2.1.1 – If during the FC sessions you used other conventional (e.g., psychiatry) or non-conventional (e.g., meditation, yoga, reiki) therapy please answer the following questions (about the **main** therapy you have used):

Name of the therapy? [write here]

For which symptoms? [write here]

What was the frequency of use? [write here]

How long have you been using it? [write here]

Until when do you plan to use it? [write here]

2.1.2 – Please answer the following questions (about any **secondary** therapy you have used):

Name of the therapy? [write here]

For which symptoms? [write here]

What was the frequency of use? [write here]

How long have you been using it? [write here]

Until when do you plan to use it? [write here]

2.1.3 – Please answer the following questions (about any **tertiary** therapy you have used):

Name of the therapy? [write here]

For which symptoms? [write here]

What was the frequency of use? [write here]

How long have you been using it? [write here]

Until when do you plan to use it? [write here]

2.2 – If, during or after FC sessions, you noticed any differences in the effects of the therapies you are using (or used) please indicate which were the differences?

[write here]

2.3 – How much do you consider that the therapies you used also contributed to the results obtained with FC? [*Please choose only* ***one*** *of the following answers*]

Contributed a lot

Contributed moderately

I am undecided

Contributed a little

It contributed nothing

## GROUP 3 – QUESTIONS ON RESULTS

3.1 – Please describe what were the main positive results obtained with FC sessions?

[write here]

3.2 – How much do you consider that FC sessions, in general, contributed to the positive results attained? [*Please choose only* ***one*** *of the following answers*]

Contributed a lot

Contributed moderately

I cannot answer

Contributed a little

They contributed nothing

3.3 – Before starting the FC sessions did you expect to get these positive results? [*Please choose only* ***one*** *of the following answers*]

I did not expect them; they were completely unexpected

I did not expect them; they were somehow unexpected

Neither unexpected nor expected

Yes, I expected them; they were somehow expected

Yes, I expected them; they were fully expected

3.4 – What would be the likelihood of getting these positive results without FC sessions? [*Please choose only* ***one*** *of the following answers*]

No doubt I would not get them

I probably would not get them

I am undecided

Probably would get them anyway

No doubt I would get them anyway

3.5 – How important were these positive results for you? [*Please choose only* ***one*** *of the following answers*]

Extremely important

Very important

Neutral

Slightly important

Not important

3.6 – If you noted any negative outcomes (associated with FC sessions) please describe them:

[write here]

3.7 – How much do you consider that FC sessions in general contributed to the negative results attained? [*Please choose only* ***one*** *of the following answers*]

Contributed a lot

Contributed moderately

I am undecided

Contributed a little

They contributed nothing

3.8 – If there was something you would like to have changed (with FC sessions) and you could not, please describe it:

[write here]

3.9 – After (or during) FC sessions, if you feel (or felt) that something has changed in yourself (e.g., in your feelings, beliefs, thoughts, attitudes, behaviours) please describe that change:

[write here]

3.10 – If there were people who noticed your changes and / or the effects of the FC sessions in yourself, please describe what were the differences noted by those persons:

[write here]

3.11 – If, in the most significant people for you, you have noticed changes (positive and / or negative) that can be associated to FC sessions, please describe those changes:

[write here]

3.12 – About the psychometric tests you did, and knowing now the results, what would you like to say?

[write here]

## GROUP 4 – QUESTIONS ON THE THERAPEUTIC PROCESS AND SIGNIFICANT EVENTS

4.1 – What elements of FC sessions do you consider that were an obstacle (or useless or negative) and that without them you would have achieved better results?

[write here]

4.2 – What other elements, external to FC sessions (i.e., of your remaining daily life), do you consider that were an obstacle (or negatives or limiters) and that without them you could have achieved better results?

[write here]

4.3 – Which were the moments (i.e., situations, circumstances, or details) of FC sessions you consider were the main contributors to the positive results obtained?

[write here]

4.4 – What other moments (i.e., situations, circumstances, or details) external to FC sessions (i.e., of your remaining daily life) do you consider have also contributed to the positive results obtained?

[write here]

4.5 – Of the technical interventions made by the therapist (e.g., suggesting a phrase to say, a change of a position, a colour, or the size of a figure, a question that led you to reflect, or another intervention) which do you consider were the most important and why?

[write here]

## GROUP 5 – QUESTIONS ON THE SERVICE USER'S AND THERAPIST'S FACTORS

5.1 – What are your personal characteristics (e.g., of your personality) that you consider were an obstacle and that without them you could have achieved better results?

[write here]

5.2 – What are your personal characteristics (e.g., character strengths or other aspects of yourself) that you consider have contributed to the positive results obtained?

[write here]

5.3 – What were the therapist's personal characteristics (e.g., human, technical) that you consider were an obstacle and that without them you could have achieved better results?

[write here]

5.4 – What were the therapist's personal characteristics (e.g., human, technical) that you consider have contributed to the positive results obtained?

[write here]

## GROUP 6 – SOCIAL REPRESENTATIONS

6.1 – Please write three words that stood, for you, associated with FC sessions:

[write the first word here] [write the second word here] [write the third word here]

## GROUP 7 – FREE SPACE

7.1 - If you would like to have responded other questions and / or if there is anything else you would like to emphasise about FC sessions, their effects, and / or other associated topics, please use the following space:

[write here]

## END OF QUESTIONNAIRE

Thank you for your cooperation in completing this questionnaire!

For any questions please feel free to contact us. After your answers are worked out, in the scientific context of a case study, we will come back to you.

Best regards,