

summaries reported at national research conferences on psychotherapy (Parloff & Rubinstein, 1959; Strupp & Luborsky, 1962); as the cornerstone of Rogerian client-centered therapy (Rogers, 1951, 1957a, b, 1961); and as important in behavior therapy, psychotherapy and psychoanalysis,<sup>7</sup> the placebo effect,<sup>8</sup> hypnosis (Barber, 1962), the success of shamans (Frank, 1961; Kiev, 1964) and quacks (Masserman, 1963), and the saving of derelicts by the Salvation Army (Feldman, 1956).

#### *Attitude to Treatment*

Recent research has established that the physician's attitude toward treatment—such as faith, belief, enthusiasm, conviction, commitment, optimism, positive and negative expectations, skepticism, disbelief, and pessimism—is a nonspecific factor in most therapies.

**Psychochemotherapy.** Feldman (1956) was the first to present data supporting the idea that the success of drug therapy varied with the enthusiasm of the doctor. He reported similar findings in a follow-up study, and observed that unsuccessful therapists had a greater commitment to psychoanalysis than to psychochemotherapy (Feldman, 1963).

These findings were confirmed in a study by Uhlenhuth et al. (1959), which indicated that only the interested and enthusiastic physician obtained significant improvement with active drugs compared with placebos, while the uninterested and unenthusiastic physician showed no differences in

improvement, whether active or inactive drugs were used. An important implication of this study is that the therapist's interest may be a necessary prerequisite for the success of some treatments. These results have been confirmed in subsequent studies (Fisher et al., 1964; Rickels et al., 1964a; Rickels, Boren, & Stuart, 1964; Rickels & Catell, 1969; Uhlenhuth, Rickels, Fisher, Park, Lipman, & Mock, 1966).

Interest in drug treatment has been associated with successful treatment of depressed patients (Haefner, Sacks, & Mason, 1960; Sheard, 1963), schizophrenics and hospitalized patients (Honigfeld, 1962; Pearlin, 1962; Tuma & May, 1969), and depressed patients on placebo (Honigfeld, 1963). Negative attitudes toward drug treatment are associated with less favorable results.<sup>9</sup> Similar finding have been reported in the treatment of patients with bleeding ulcers (Volgyesi, 1954), as well as those treated by hypnosis (Orne, 1959; Troffer & Tart, 1964).

**Psychotherapy.** A relationship between the psychotherapist's interest in treatment and successful outcome has been described in studies of brief psychotherapy (Frank, 1965) and in studies of psychiatrists (Board, 1959; Frank, 1965) or medical students (Frank, 1961; Ginsburg & Arrington, 1948; Goldstein & Shipman, 1961). The psychotherapist's interest in the treatment has also been associated with the likelihood of patients remaining in psychotherapy (Heine & Trossman, 1960; McNair et al., 1963) and was cited as important in the summary report of the first Research Conference on Psychotherapy (Rubinstein & Parloff, 1959). Optimistic therapists rate their patients more improved than do pessimistic therapists (Rickels et al., 1964b; Rubinstein & Parloff, 1959).

Indirect evidence of a relationship between the therapist's interest in psychotherapy and success of treatment appears in the work of Strupp and Goldstein. Their work indicates that the therapist's

<sup>7</sup>Parloff, 1961; Strupp, 1960a, 1960b; Strupp & Williams 1960; Snyder, 1946; Fiedler, 1950; Ginsburg & Arrington, 1948; Barchilon, 1958; Frank, 1961; Cole, Branch, & Allison, 1962; Karno, 1965; Krasner, Ullman, & Fisher, 1964; Snyder, 1958; Greenachre, 1953; Ferenczi, cited by Greenachre, 1953; Fenichel, 1954; Braaty, 1954; Ellis, 1955; Breuer & Freud, 1957; Frank, Gliedman, Imber, Nash, & Stone, 1957; Frank, 1958; Frank, cited in Rubenstein & Parloff, 1959; Masserman, 1957, 1963; Meerloo, 1963; Berman, 1949; Heine & Trossman, 1960; White, 1961; Hobbs, 1962; Lesse, 1962, 1964; Voth, Herbert, & Orth, 1962; Luborsky, 1962; Hammett, 1965; Paul, 1963; Jaspers, 1965.

<sup>8</sup>Honigfeld, 1963; Lesse, 1964; Rickels et al., 1964a; Shapiro, A.P., 1959; Shapiro, A.K., 1959, 1960a, 1963, 1964a, 1964c, 1964f, 1968; Wolf, 1962.

<sup>9</sup>Baker & Thorpe, 1957; Eissen, Sabshin & Heath, 1959; Fisher et al., 1964; Feldman, 1963; Haefner et al., 1960; Honigfeld, 1962; Pearlin, 1962; Rickels et al., 1964b, Sabshin & Ramot, 1956; Uhlenhuth et al., 1959, Uhlenhuth et al., 1966.