



Guidelines for clinical case reports in behavioral clinical Psychology¹

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ABSTRACT. This theoretical study describes guidelines for writing clinical case reports in cognitive-behavioral therapy, behavior therapy and applied behavior analysis. Emphasis is laid upon the constraints to be applied in order to enhance the validity of clinical case reports. Lack of validity is a common shortcoming in clinical case reporting which limits research results interpretation and usability. A number of suggestions are made throughout the manuscript in order to strengthen single-subject designs validity. The manuscript makes the case for the contribution of clinical case reports to clinical research and empirically-based clinical practices. Guidelines for drawing up clinical case report are given. The following manuscript sections are suggested: abstract, introduction, patient identification and reason for referral, assessment strategies, clinical case formulation, treatments, study design, data analysis, effectiveness and efficiency of the intervention, and discussion. The paper provides a general and flexible framework for each of these areas. Consistency with the constraints of common clinical practices and settings is intended.

KEY WORDS. Guidelines. Single-case experiment. Case studies. Case series. Clinical case formulation. Theoretical study.

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Table of Contents Sample Case Report Psychology

1. Understanding the eBook Sample Case Report Psychology
 - The Rise of Digital Reading Sample Case Report Psychology
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Case Report Psychology
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Case Report Psychology
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Case Report Psychology
 - Personalized Recommendations
 - Sample Case Report Psychology User Reviews and Ratings
 - Sample Case Report Psychology and Bestseller Lists
5. Accessing Sample Case Report Psychology Free and Paid eBooks
 - Sample Case Report Psychology Public Domain eBooks
 - Sample Case Report Psychology eBook Subscription Services
 - Sample Case Report Psychology Budget-Friendly Options

6. Navigating Sample Case Report Psychology eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Case Report Psychology Compatibility with Devices
 - Sample Case Report Psychology Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Case Report Psychology
 - Highlighting and Note-Taking Sample Case Report Psychology
 - Interactive Elements Sample Case Report Psychology
8. Staying Engaged with Sample Case Report Psychology
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Case Report Psychology
9. Balancing eBooks and Physical Books Sample Case Report Psychology
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Case Report Psychology
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sample Case Report Psychology
 - Setting Reading Goals Sample Case Report Psychology
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Case Report Psychology
 - Fact-Checking eBook Content of Sample Case Report Psychology
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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