THE RELATIONSHIP AMONG INSIGHT, ACTION, AND TREATMENT OUTCOMES FOR YOUTHS IN USUAL CARE

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ABSTRACT

Although insight and action have been featured prominently in theories of therapeutic change with adults, the relationship between the two constructs and their relationship with treatment outcomes has been largely understudied, particularly in the mental health treatment of youths. In the current study I examined the longitudinal relationship among insight, action, and internalizing symptoms, externalizing symptoms, and life satisfaction using hierarchical linear modeling. Data for the study came from 150 youths who received usual care clinical services at a large national mental health provider. I found that insight and action predict one another both at baseline and over time and that there are no age related differences. I found that increases in insight are associated with increases in internalizing symptoms and that increases in action are associated with decreases in externalizing symptoms. I also found that while baseline insight is associated with youth baseline life satisfaction, neither baseline insight nor changes in insight are associated with increases in life satisfaction. In contrast, baseline action is associated with both youth baseline life satisfaction and increases in life satisfaction. Additionally, increases in action are associated with increases in life satisfaction. These findings suggest that insight and action play a role in youth treatment outcomes that merit further research.