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Pressemitteilung

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15.01.2025

http://idw-online.de/de/news845752

Forschungsergebnisse, Wissenschaftliche Publikationen
Medizin, Psychologie
überregional

Individualized treatment approaches through machine learning models in psychology

The optimal treatment of patients is at the center of every therapeutic intervention. In this context, prediction models with machine learning open up new possibilities for customized treatment approaches on an individual level.

Erfurt, 15.01.2024 - Under the title "Advancing the personalized advantage index (PAI): a systematic review and application in two large multi-site samples in anxiety disorders", Prof. Dr. Kevin Hilbert, Professor of Clinical Psychology and Psychotherapy at the Health and Medical University Erfurt, together with a team of national scientists, has published a groundbreaking paper. The study examines a model that aims to identify the best treatment strategy for each person from several treatment options.

Research has shown that in some previous studies, sources of error can lead to 'false positives' that overstate the benefits of the approach. To counteract these challenges, Prof. Dr. Hilbert's team provided an open-access model that does not include these sources of error.

The results of the study make it clear that only rigorously validated and transparent methods can ensure that the technologies develop their full potential. These findings are an important step towards personalized psychotherapy that meets the needs of patients.

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Anhang Study - Advancing the personalized advantage index (PAI) http://idw-online.de/de/attachment108550

Prof. Dr. Kevin Hilbert