

Table 1

*Therapist Self-Reported EBPI Preferences*

Item	Familiarity		Fit with Client	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
CBT	3.52	0.81	3.70	0.89
MBCBT	2.84	1.02	3.39	1.00
PST	2.83	1.05	3.36	0.93
IPT	2.67	1.08	3.09	0.98
BPT	2.65	1.05	2.77	1.02
BA	2.44	1.07	3.13	1.02
SCT	2.22	1.13	2.90	1.06
ACT	2.06	1.03	2.80	0.96

*Note.* CBT = Cognitive Behavior Therapy. MBCBT = Mindfulness Based Cognitive Behavioral Therapy. PST = Problem Solving Therapy. IPT = Interpersonal Therapy. BPT = Brief Psychodynamic Therapy. SCT = Self-Control Therapy. BA = Behavioral Activation. ACT = Acceptance and Commitment Therapy. Higher mean score indicates greater familiarity and perceived client fit on a scale of 1 to 5, specifically, therapists responded to the prompt “Please rate which practice level reflects your current experience with each of the following evidence based psychosocial interventions (EBPIs) using the following scale.” The scale numbers were defined to reflect: *1=Unfamiliar:* You have had no formal exposure and have not used this EBPI; *2=Novice:* You have had some exposure, but you are not yet comfortable using this EBPI with clients; *3=Intermediate:* You use this EBPI with clients, but you could use a refresher; *4=Advanced:* You feel comfortable using this EBPI with clients; *5=Expert:* You not only use this EBPI with clients, but you would feel comfortable supervising others in this approach.

Table 2

*Therapist Report of Practice Element Use*

Most Frequently Endorsed Practice Elements	Therapists <i>N</i>	Therapists Percentage
Cognitive Restructuring	137	83.0%
Problem Solving	125	75.8%
Goal Setting	122	73.9%
Psychoeducation	120	72.7%
Relaxation	111	67.3%
Substituting with Positive Thoughts	105	63.6%
Self-monitoring (mood, thoughts)	98	59.4%
Assertiveness Training	95	57.6%
Advantages/Disadvantages (Pros/Cons)	92	55.8%
Activity Scheduling/Structuring	90	54.6%
Homework Assignment	86	52.1%
Core Belief Work	85	51.5%
Mindfulness Training	82	49.7%
Focusing on Past Experiences' Influence on Current Functioning	81	49.1%
Goal-Directed versus Mood-Dependent Behaviors	80	48.5%
Insight Building	80	48.5%
Acceptance Work	79	47.9%
Attending to Core Relationships	79	47.9%
Self-reward/Self-praise/Self-verbalization	77	46.7%
Physical Exercise	75	45.5%
Behavioral Rehearsal/Role Play	66	40.0%
Soliciting Client Feedback Regarding Session	66	40.0%
Social Skills Training	65	39.4%
Distancing from Thoughts/Beliefs/Emotions	60	36.4%
Plan/Practice Alternative Behaviors	58	35.2%
Guided Imagery/Imagery Rehearsal	55	33.3%
Behavior Log/Monitoring	54	32.7%
Agenda Setting	47	28.5%
Disclosing Theoretical Rationale for Treatment	42	25.5%
Values Identification	42	25.5%
Outcome Monitoring	40	24.2%
Exposure/Targeting Avoidance	38	23.0%
Communication Analysis	37	22.4%
Behavioral Experiments	36	21.8%
Behavioral Contracting	34	20.6%
Bibliotherapy	31	18.8%
Socratic Dialogue/Guided Discovery	30	18.2%
Cognitive Defusion	23	13.9%
Reward Planning	23	13.9%

Taking an Interpersonal Inventory	23	13.9%
Collaborative Case Conceptualization	20	12.1%
Didactic Persuasion	17	10.3%
Use of Interpersonal Transference	12	7.3%
Biofeedback	6	3.6%
Graded Task Assignment	1	0.61%

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*Note.* Endorsement of practice elements is defined by therapist reported use of these elements at least 75% of the time in their practice. Participants responded to the following question and were provided the list of practice elements: Which practice elements do you use **75% of the time** in your clinical work with **depressed** clients?