

“Enhancing the Process:” The efficacy of an AI-supported feedback tool on therapeutic outcomes

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Background

There is a growing body of evidence that routine symptom monitoring and feedback-informed treatment improve psychotherapy outcomes, however most psychological tools route data only to clinicians and often offer little in patient engagement. The present studies examine the efficacy of SessionGlance, an AI-supported, dual-facing feedback platform that combines brief measures (PHQ, GAD, etc.) with clinician ratings to generate client-facing session summaries and reflection questions. Two quasi-experimental pilot studies examined whether SessionGlance improved treatment engagement (Study 1), and its association with change in reported depressive and anxiety symptoms as well as overall functioning (Study 2).

Methods

In Study 1, 49 adult clients at a Midwestern outpatient clinic were non-randomly assigned to SessionGlance ($n=20$) or waitlist control ($n=29$). The primary outcome was treatment engagement, defined as the proportion of scheduled sessions attended. In Study 2, a separate cohort of 36 adult clients received individual psychotherapy from one of three licensed therapists and were assigned to SessionGlance or waitlist as part of a staged rollout. After each session, PHQ-2 and GAD-2 were completed as well as clinician-rated psychosocial functioning using the Global Assessment of Functioning (GAF). Linear mixed-effects models estimated outcome trajectories, with condition, proportion of treatment completed (0–1), and their interaction specified as fixed effects and the variance associated with client and therapist specified as random effects.

Results

In Study 1, clients receiving SessionGlance reports attended a significantly higher proportion of scheduled sessions than controls ($F(1,47)=18.68, p<.001, d=1.26$), indicating substantially better engagement. In Study 2, SessionGlance was associated with steeper model-estimated reductions in PHQ-2 and GAD-2; condition \times treatment-completion interactions were negative and of moderate magnitude (PHQ-2: $b=-0.39, SE=0.21, p=.076$; GAD-2: $b=-0.38, SE=0.21, p=.078$), reflecting a trend toward faster symptom improvement that did not reach conventional significance. SessionGlance was also associated with larger gains in GAF ratings ($b = 7.98, SE = 3.21, p = .02.$) that reached statistical significance thresholds.

Conclusion

Across two quasi-experimental pilot studies in a naturalistic clinical setting, SessionGlance was linked with markedly higher treatment engagement and trending advantages in depressive and anxiety symptom trajectories, plus improvements global functioning. Although non-random assignment and modest sample sizes limit causal inference, findings support the feasibility and potential clinical value of embedding AI-assisted, client-visible feedback into routine care. Further clarification into the impact of SessionGlance on depression and anxiety outcomes and whether increased engagement mediates symptom change is expected as the larger efficacy study continues to collect data.

Figure 1. Percent of Psychotherapy Sessions Attended by Treatment Group

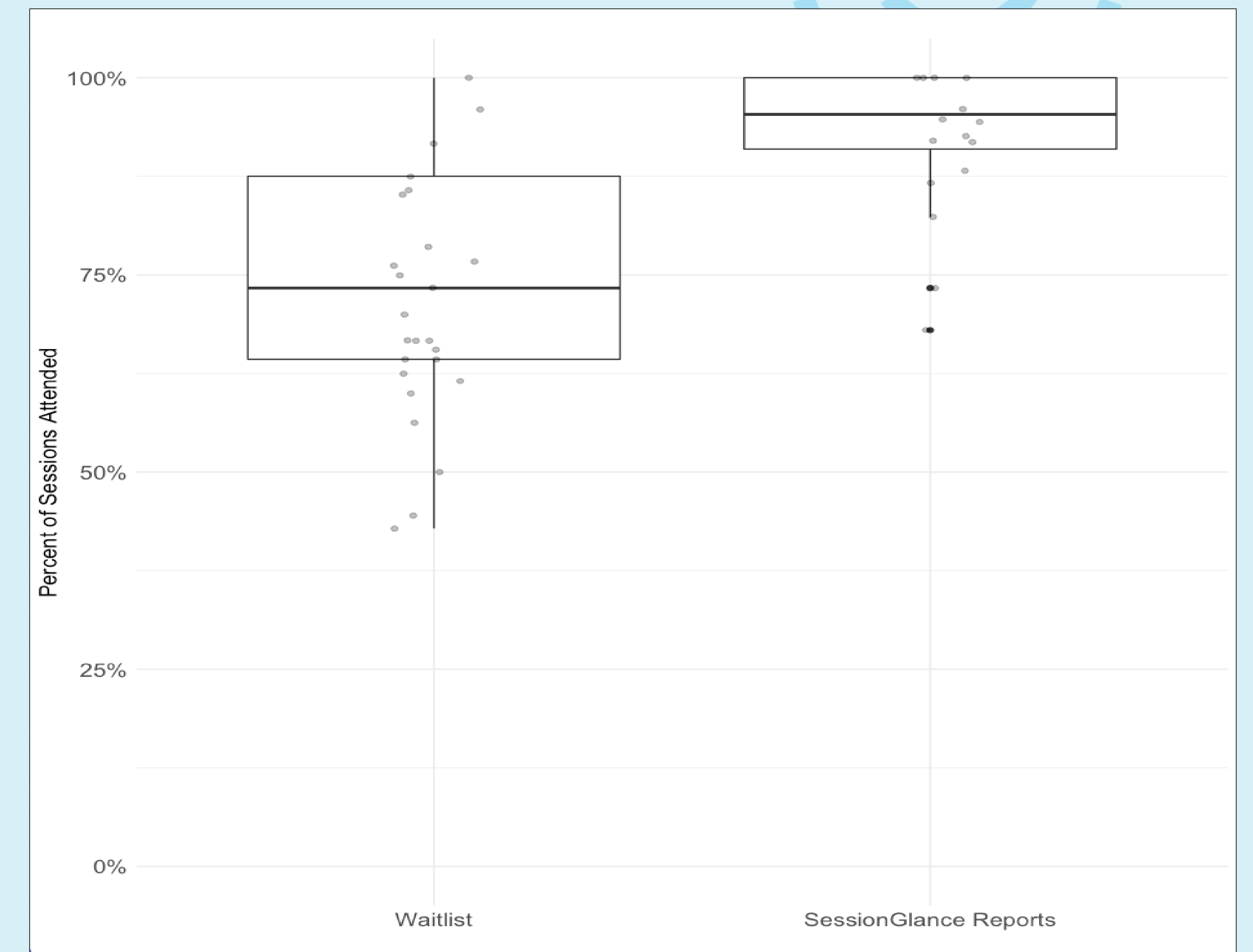


Figure 2. Symptom and functioning measures across the course of treatment

