Outcome measures and evaluation

SPR(UK) hosted launch webinar
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Hosts: Charlie Duncan & Afra Turner

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Can my boyfriend come along?

I'm not your boyfriend! You totally are.
I'm casually dating a number of people.

But you spend twice as much time with me as with anyone else. I'm a clear outlier.

Your math is irrefutable.

Face it—I'm your statistically significant other.

https://xkcd.com/539/
Contents of the book

• All this is at https://ombook.psyctc.org/book/#book-contents

• Intro

• Part I: Outcome measures and evaluation
  • Chapter 1. An introduction to outcome measures and evaluation

• Part II: Outcome measures
  • Chapter 2. A framework for outcome measurements
  • Chapter 3. How to judge the quality of an outcome measure
  • Chapter 4. An overview of outcome and change measures
  • Chapter 5. Analysing change data from outcome measures

• Part III. Evaluation – applying outcome measures in practice
  • Chapter 6. Planning an outcomes exploration: design and be SMART
  • Chapter 7. Outcome measurement for individual practitioners
  • Chapter 8. Service-level change and outcome measurement
  • Chapter 9. Working with clients and supervisors when using outcome measures

• Part IV. Communication and critique
  • Chapter 10. A ‘snapshot’ review: Constructive critique as a core practitioner skill
Part I. Outcome measures and evaluation
Chapter 1. An introduction to outcome measures and evaluation

• Why bother? No one on their death bed ...
• Political reasons
• Knowledge-led reasons (and a bit of epistemology)
• Therapeutic reasons
• Is it doable? What are the barriers?
• So where do I start?
Part II. Chapter 2. A framework for outcome measurements

A theme through the book is that our OMs are not simple, they are not like hard science measures

https://xkcd.com/2073/
Part II. Chapter 2 continued

• Develops general ideas from Part I.
• Recognises that there are many OMs all with advantages and disadvantages: self-report, multi-item, nomothetic questionnaires are not the only option.
Part II. Chapter 3. How to judge the quality of an outcome measure

• An OM is not fixed like the definition of a kilogram and judging the qualities of OMs is not just psychometrics
• We introduce GULP: Generalisability, Usability, Linguistics/culture and Psychometrics:
• We do explain basic quantitative psychometrics, reliability and validity
• “Shall I just invent my own measure? Stop! Don’t do it!”

https://xkcd.com/1364/
Part II. Chapter 4. An overview of outcome and change measures

- Back to the framework of OMs from chapter 2 but with examples

https://xkcd.com/927/
Part II. Chapter 5. Analysing change data from outcome measures

- Introduction to procedures to analyse change: tables, graphs and statistical summaries
- Explanation of statistical significance tests and confidence intervals
Part III. Chapter 6. Planning an outcomes exploration: design and be SMART

• That’s not how to do it!

https://xkcd.com/605/
Part III. Chapter 6 continued

• What do you want to tell and *to whom*: the vital issue of audience

• Fit your design to your audience (and aim)

• Good design and SMART design
  • “n”: data set size
  • Quantitative, qualitative and mixed data and methods
  • Confidentiality and ethics

• When *not* to measure

• Making the best of imposed OMs
Part III. Chapter 7. Outcome measurement for individual practitioners

- Simulated examples for short term and longer term practitioners
- Comparing with other practitioners and with trial reports
- “Little data” versus “Big data”
Part III. Chapter 8. Service-level change and outcome measurement

• Simulated stepped care service: how to choose what to examine

• Looking at:
  • Opting out
  • Effects of social deprivation and of therapist experience on change

• Equipoise and how to avoid misinterpreting data
Part III. Chapter 9. Working with clients and supervisors when using outcome measures

• Using feedback, even OM feedback, in therapies is not new!
• Model/modality specificity
• Need for clarity and planning: What OM? Where? When?
• Using OMs is relational:
  • Talking about OMs and OM scores with clients
  • Embedding in ...
    • Line management
    • Therapy supervision
• Beware measures *versus* therapy (with examples in the book!)
Part IV. Communication and critique
Chapter 10. ...Constructive critique as a core practitioner skill

https://xkcd.com/1462/

• That’s not how to do it!
Part IV. Chapter 10 continued

- **Section 1: Dominant myths**
  1. ‘we know what works for whom and just need to hone this’
  2. ‘only randomised controlled trial evidence ascribes causality: that is all we need’
  3. ‘there are lies, damned lies and statistics’
    ... and ...
    ‘I can prove anything by statistics except the truth’

- **Accepting incompleteness**
  1. Viewpoints: perspective and position
  2. Omissions and incomplete data
  3. Descriptive quality

- **Equipoise in clinical and research setting**
Outcome Measures and Evaluation in Counselling and Psychotherapy

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Hardcover ISBN: 9781473906722

Available from
- VitalSource
- GooglePlay
- eBooks.com
OM book glossary

This is the glossary for the book “Outcome measures and evaluation in counselling and psychotherapy” written by myself and Jo-anne Carlyle and available now from SAGE.

Just type in whatever you want to look up below and you should see pertinent entries if I have created them yet (150 now and climbing!)

The full list of entries follows, if what you want is not there and you think it should be, contact me and tell me and I will put it on the list of entries to be added!

All OM book glossary entries

- "Big data"
- "Hard" measures
- "Normal" distribution
- "Soft" measures
- Age
- Aggression
- Anxiety, Clinical Anxiety
- Authenticity scale (AS)
- Back pain / back pain
- Beck Anxiety Inventory (BAI)
- Beck Depression Inventory (BDI)
- Between group term
- Bias
- Blinding
- Body Image Questionnaire (BIQ)

Supporting materials and resources: glossary
Supporting materials and resources: Rblog
Supporting materials and resources: CECPfuns
Emerging supportive resources: shiny apps
The breakout groups

• We need new models!!
• New to OM
• Seasoned researchers and OM users
• Interested in OM but not from therapies/counselling
Questions for your groups

• What changes in OM would help therapy modalities and groups not well served by current methods?

• Anything you really agree or disagree with in what you've seen, heard or read of the book?!
What would help you more from this?