

Evaluating the outcomes of psychological interventions

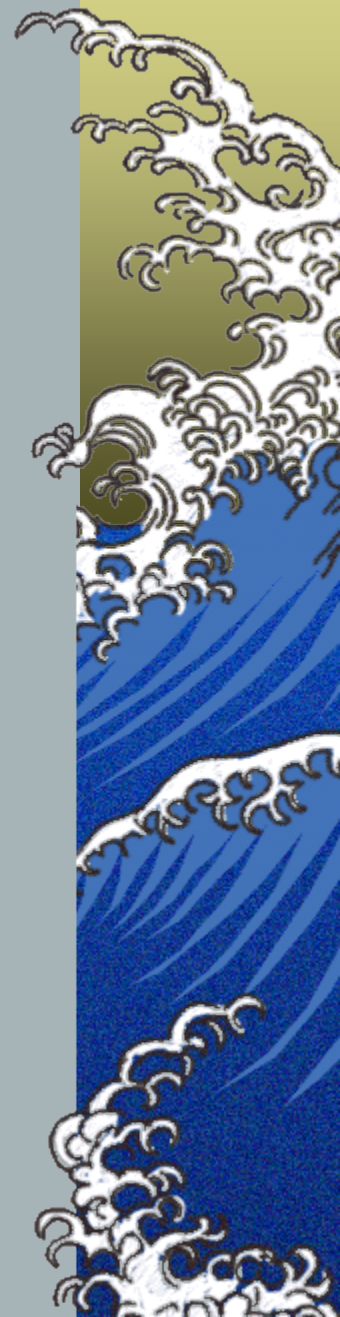


*Chris Evans (chris@psyctc.org)
Finnish Psychological Association,
Psychologist days: With knowledge, skill and heart”
Helsinki, Finland, 22.iii.23*



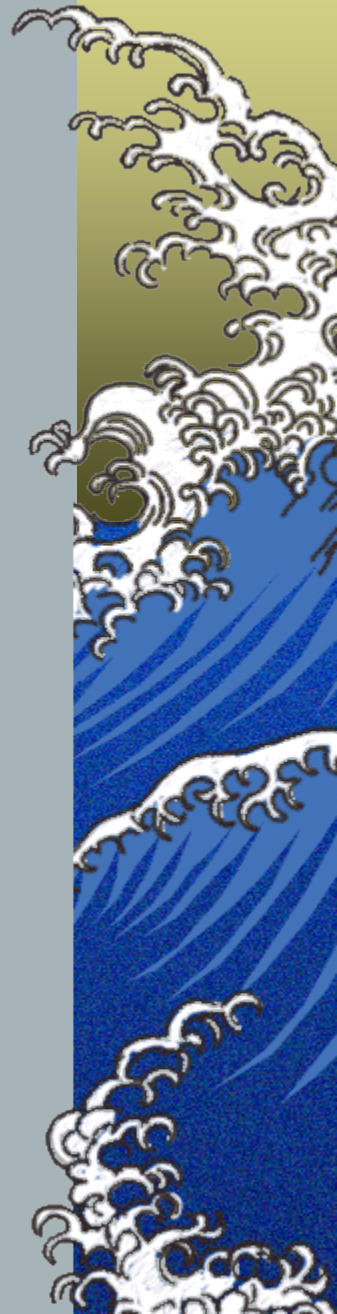


*Olen pahoillani,
etten puhu suomea*

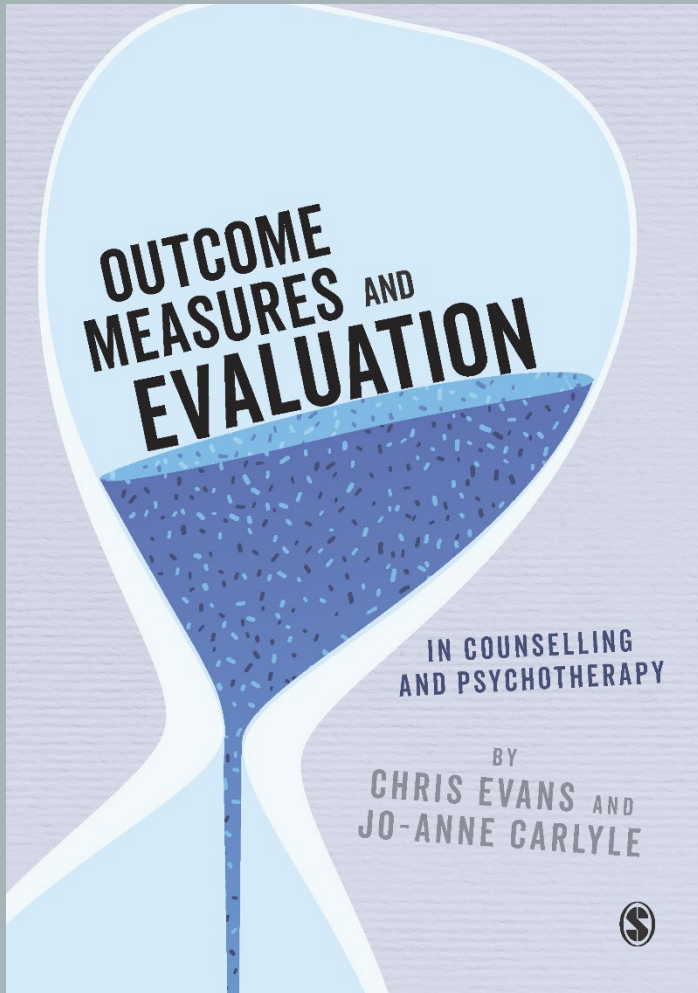




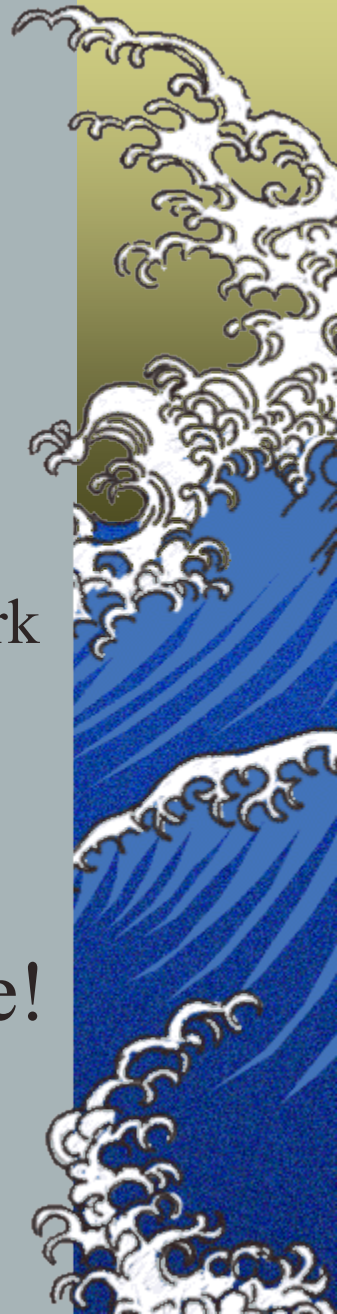
Kiitos



The talk in one slide



- ▶ Read this book!
- ▶ It addresses:
 - ▶ The future of MH work
 - ▶ Tools for psychologists' and psychotherapists' work
 - ▶ Prerequisites for a psychologists' and psychotherapists' work
- ▶ Fortunate coincidence!



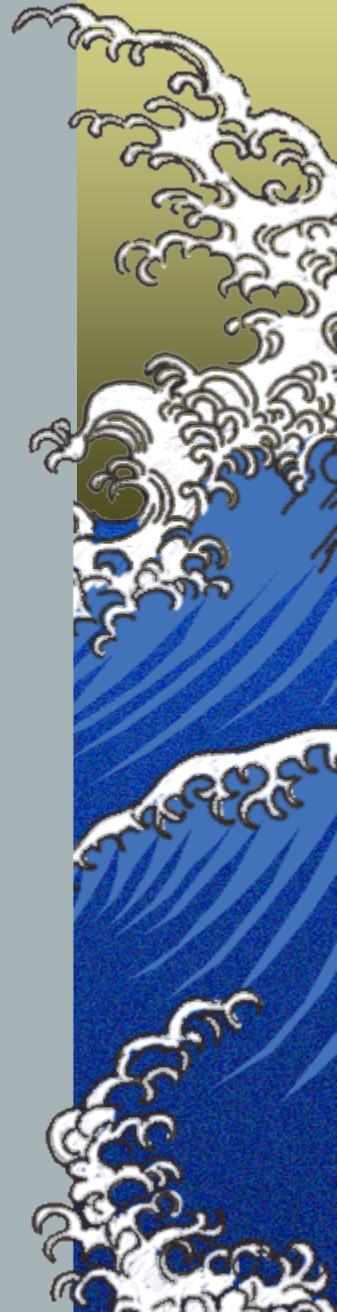
Why read it?! Spoiler

- ▶ *The future of mental health work*
Never going to be “one size fits all” but needs evaluations (N.B. Evaluations: plural)
- ▶ *Tools for MH, work*
Should include ROM, but only if we think about that wisely and own that as a personal responsibility
- ▶ *Prerequisites for a psychologist’s work*
Collaboration and support to collaborate and think wisely about ROM



Definitions

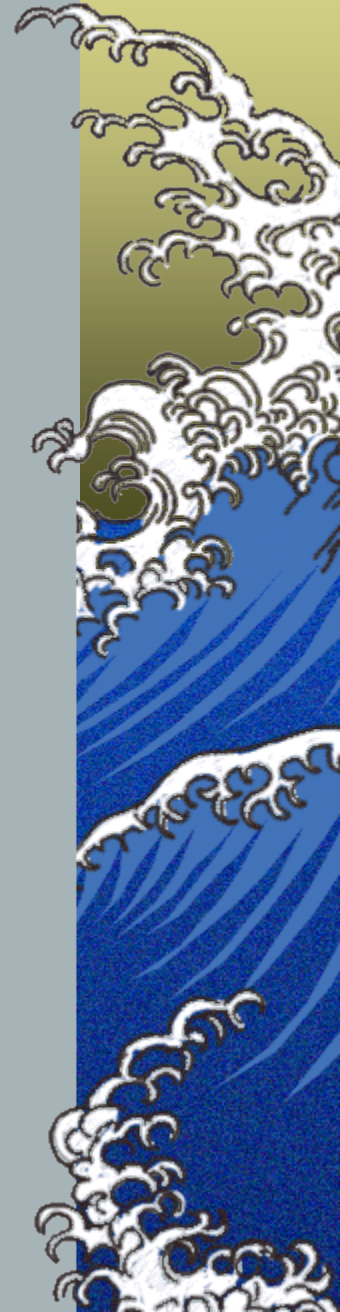
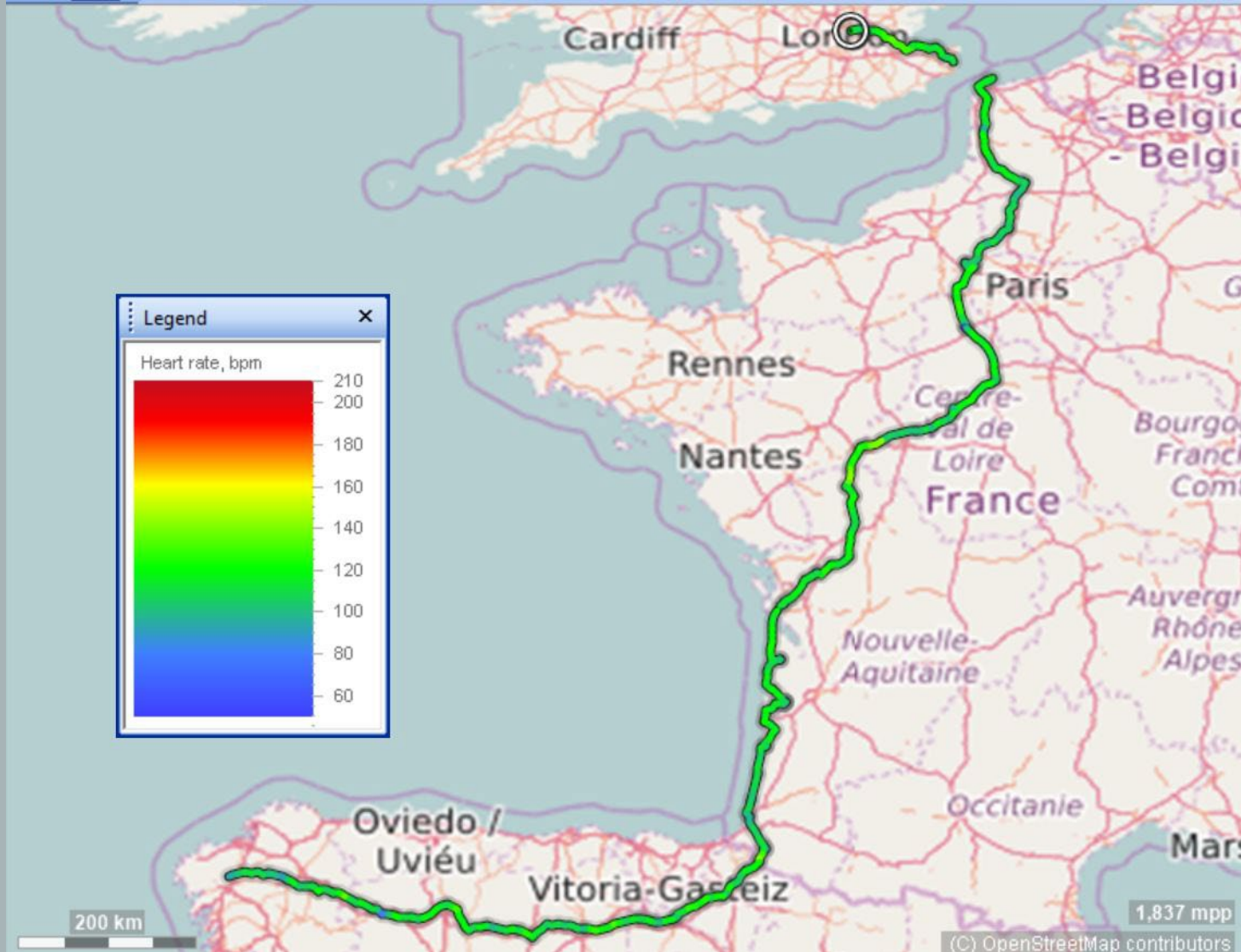
- ▶ ROM = Routine Outcome Measurement.
- ▶ ECM = Embedded Change Management.



Psychological interventions?

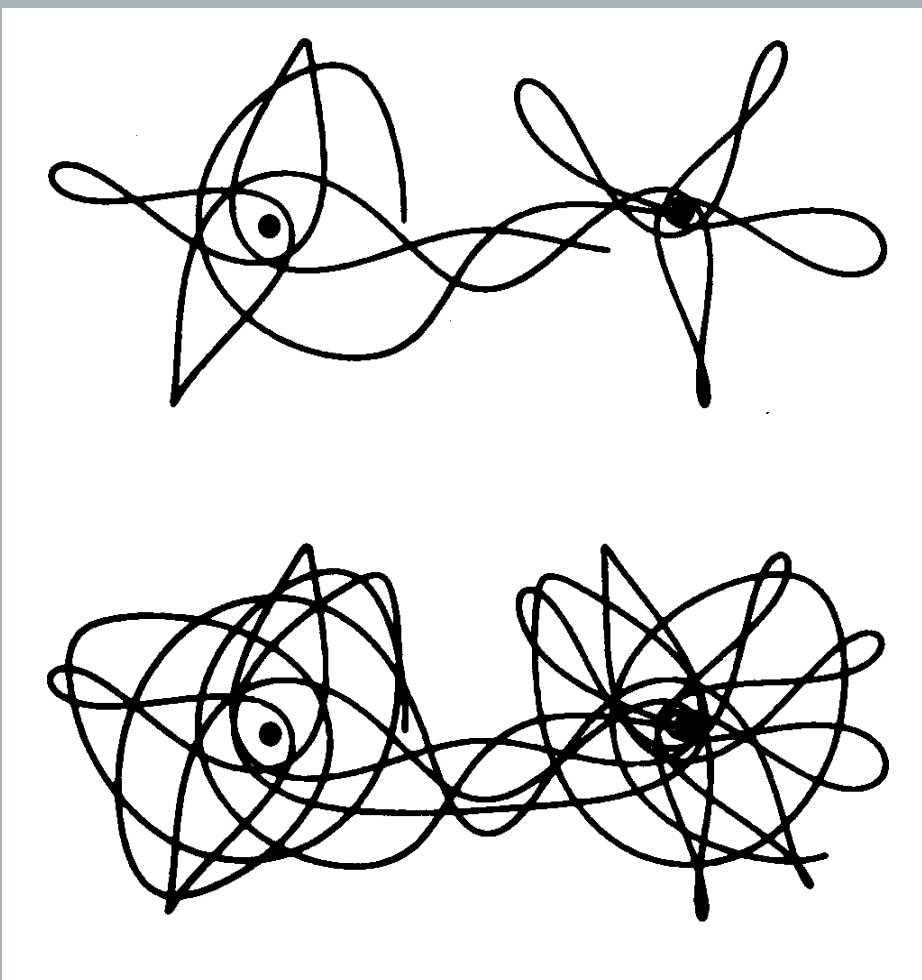


What I'm bringing



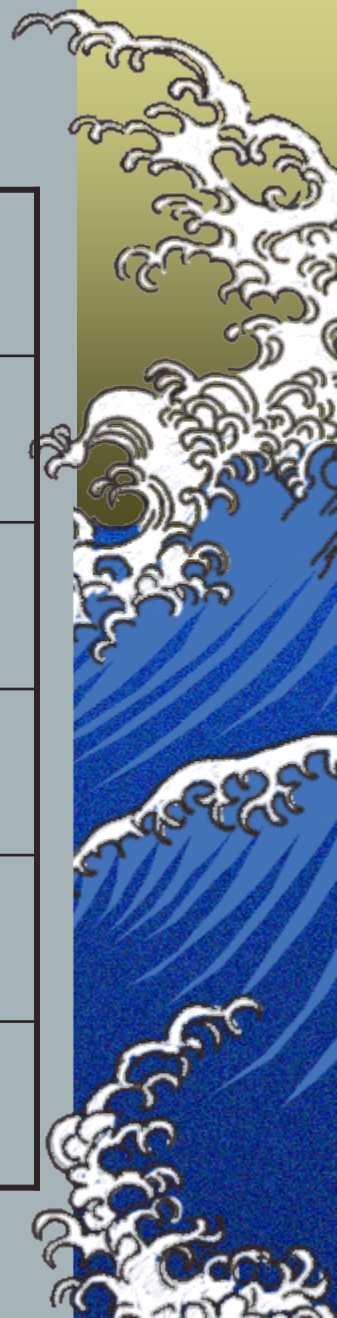


General personal experience



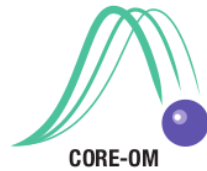


Psychotherapy experience



n	$n = 1$	$n = 2$	$n = 3$	Total
6	6	30	120	156
7	7	42	210	259
8	8	56	336	400
9	9	72	504	585
10	10	90	720	820

Research experience



CORE-OM

Código del centro: <input type="text"/>	Edad <input type="text"/>
Código del cliente <input type="text"/>	Mujer <input type="checkbox"/>
Nombre o código del psicoterapeuta <input type="text"/>	Hombre <input type="checkbox"/>
Fecha <input type="text"/>	Fase actual
A A A A M M D D	S Selección
	R Derivación
	A Evaluación
	F Primera sesión de terapia
	P Pre-terapia
	D Durante terapia
	L Última sesión de terapia
	X Seguimiento 1
	Y Seguimiento 2
	Fase <input type="checkbox"/>
	Epiodio de terapia <input type="checkbox"/>

IMPORTANTE. POR FAVOR LEA ESTO ANTES DE EMPEZAR EL TEST.
 A continuación encontrará 34 frases. Lea cada frase y piense con qué frecuencia usted se ha sentido así **durante los últimos siete días**.
 Después marque la casilla que mejor lo refleje.

Durante los últimos siete días...

	Nunca	Muy pocas veces	Algunas veces	Muchas veces	Siempre o casi siempre	NO RESPONDA
1 Me he sentido muy sola y aislada	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	F
2 Me he sentido tensa, ansiosa o nerviosa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	P
3 He sentido que tenía a alguien en quien apoyarme cuando lo he necesitado	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	F
4 Me he sentido bien conmigo misma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	W
5 Me he sentido totalmente sin energía ni entusiasmo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	P
6 He sido violenta físicamente hacia los demás	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	R
7 Me he sentido capaz de afrontar las cosas cuando han ido mal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	F
8 He tenido molestias, dolores y otros problemas físicos	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	P
9 He pensado en haceme daño a mí misma	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	R
10 Me ha costado mucho hablar con la gente	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	F
11 La tensión y la ansiedad me han impedido hacer cosas importantes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	P
12 Me he sentido satisfecha con las cosas que he hecho	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	F
13 Me han inquietado pensamientos y sentimientos no deseados	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	P
14 He tenido ganas de llorar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	W

Por favor continúe en la página siguiente



Why all this narcissistic stuff?

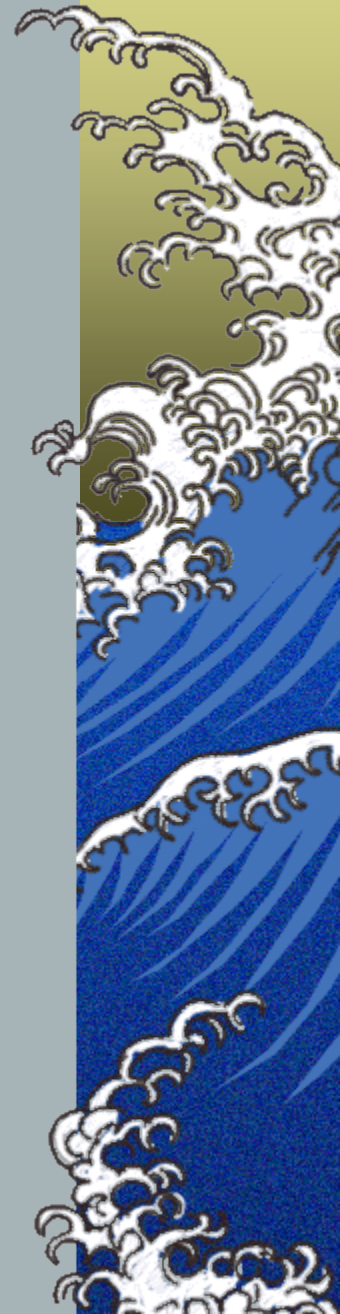
- ▶ Because Jo-anne and I believe that useful knowledge in MH is never purely abstract but embedded and personal: evaluate the evidence partly on someone owning it
- ▶ Evidence is never purely quantitative and there are always some things that are countable in even the most qualitative work



Jo-anne Carlyle

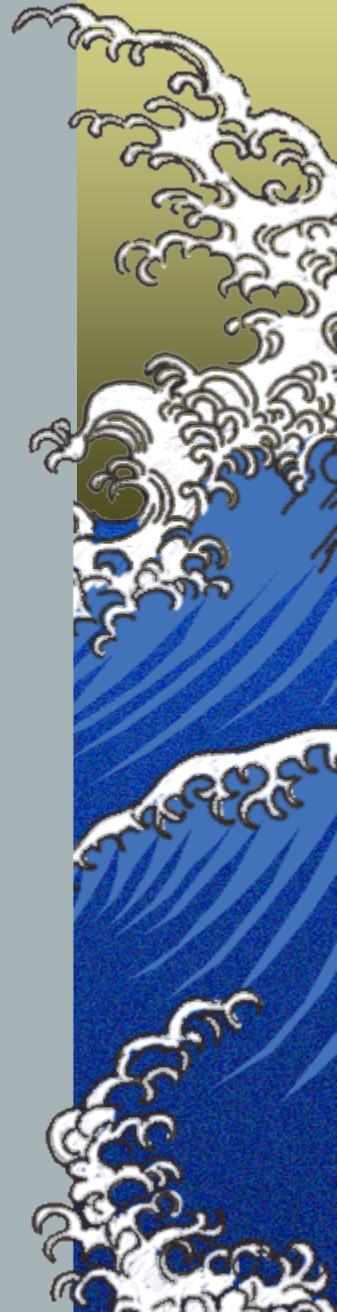


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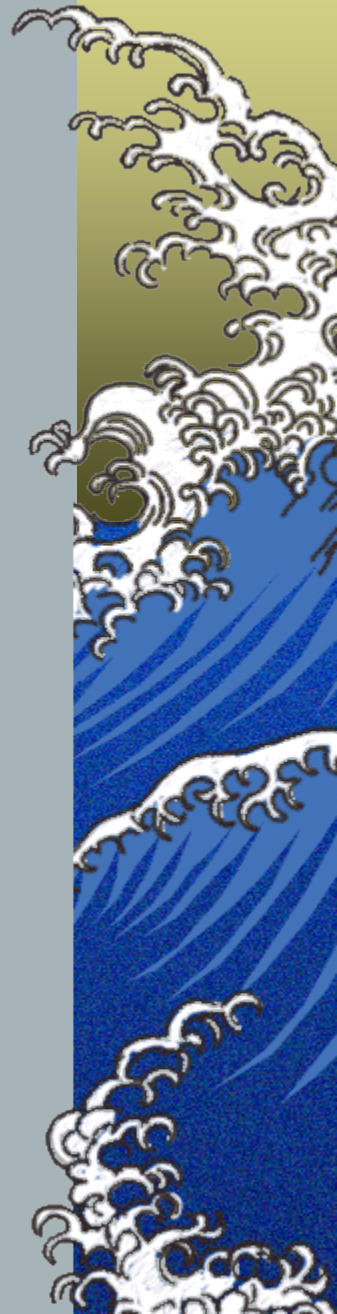
Together!

- ▶ We share a conviction that research and evaluation are essential, but that when they become reductionist they fail the patient, the treatment process and fail our capacity to make significant shifts in practice going forward.





*Prerequisites for useful
ROM in MH work*



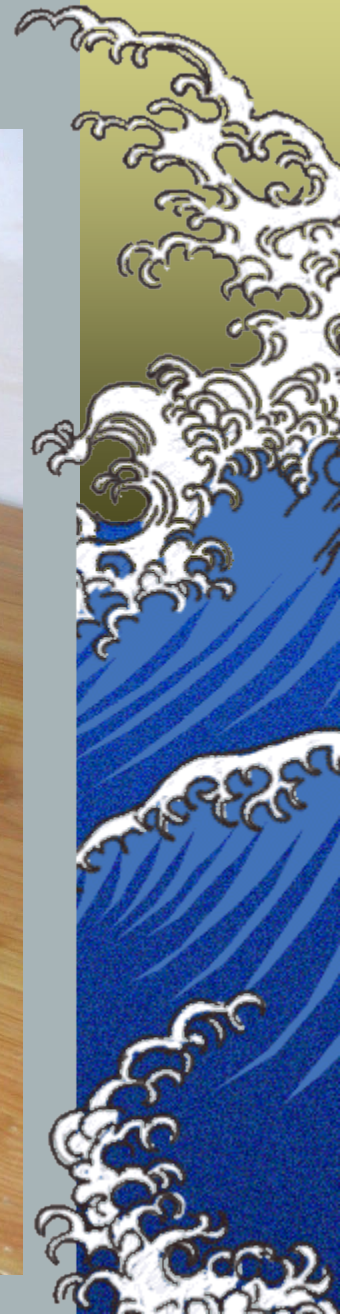
ROM must be SMART(ER)



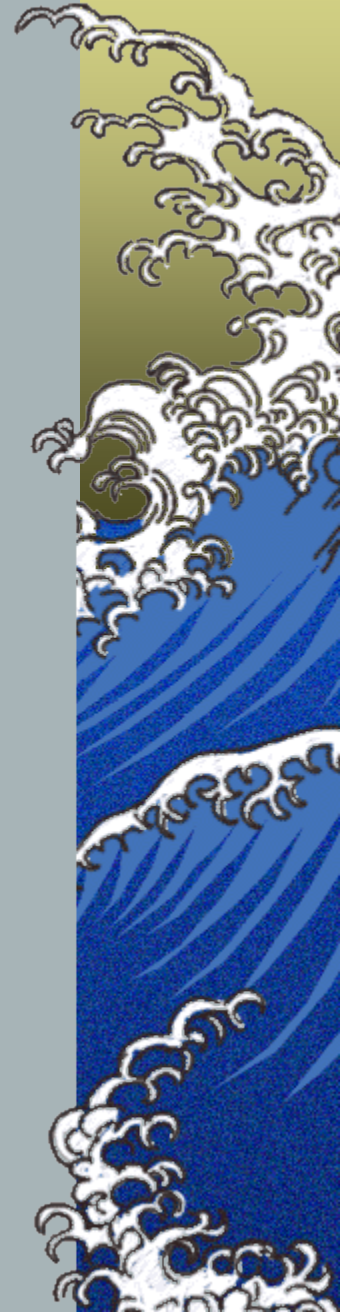
[Richard Chapman, 2021](#)



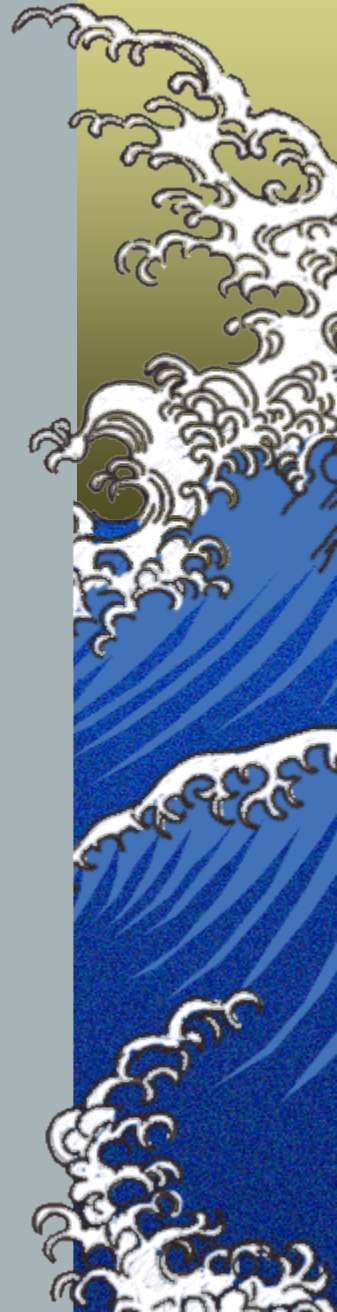
SMARTER and designed



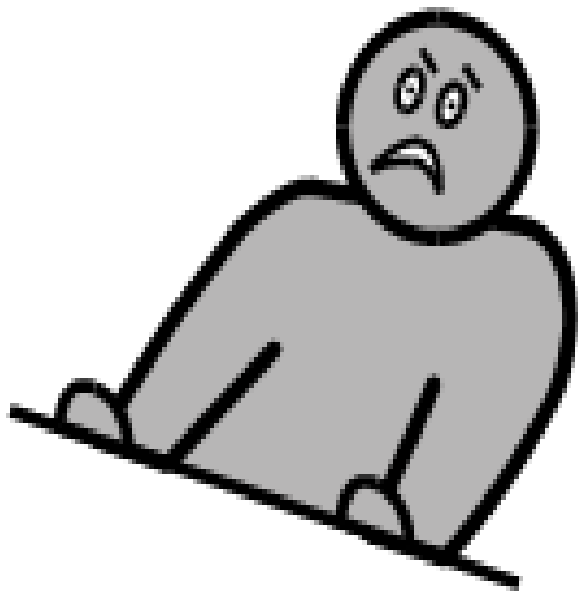
Always collaborations



Tools for MH work



Measures



No 17
have you felt really scared
and frightened



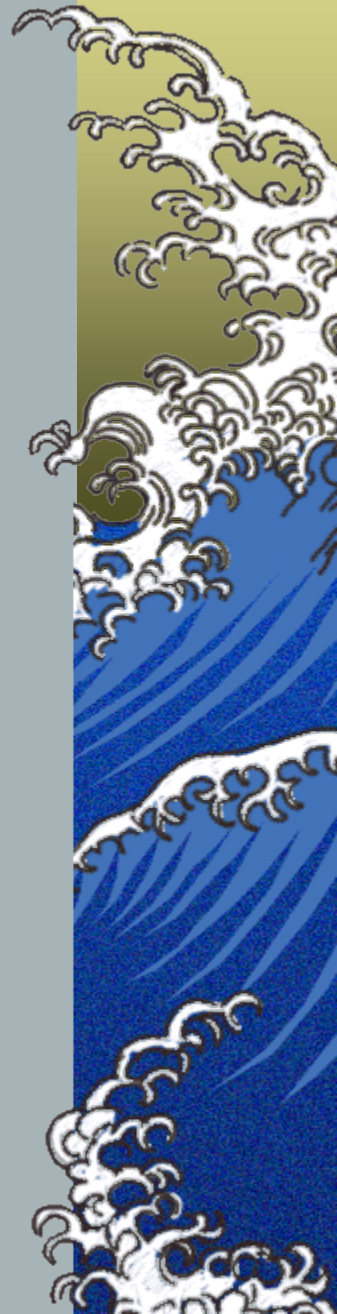
What is CORE? History

▲ “BCE” (Before CORE Evolved)

- ▲ Psychoanalytic evaluations in the 1930s
- ▲ Much debate but little evidence up to 1970s
- ▲ Waskow & Parloff 1970
- ▲ 1994 Strupp, Horowitz & Lambert

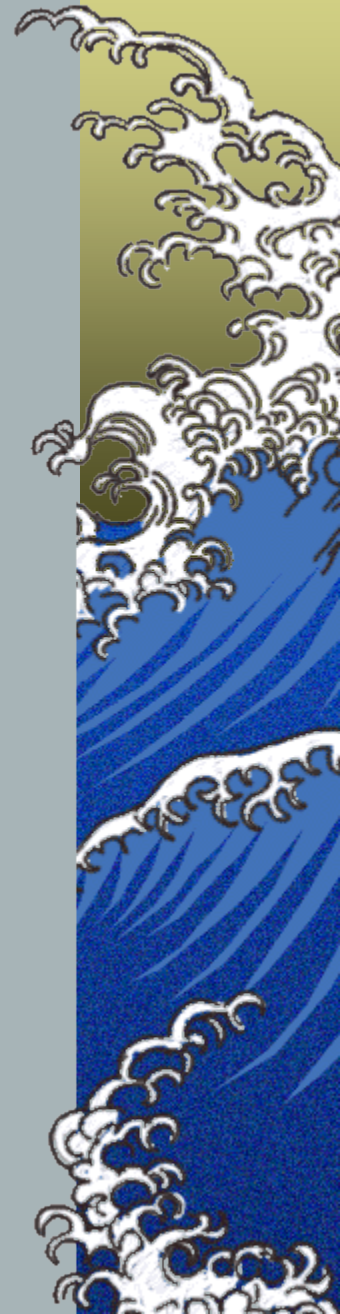
▲ “WC” (With CORE)

- ▲ 1995 first work on CORE
- ▲ 1998 launch
- ▲ OQ, ORS and other systems simultaneous



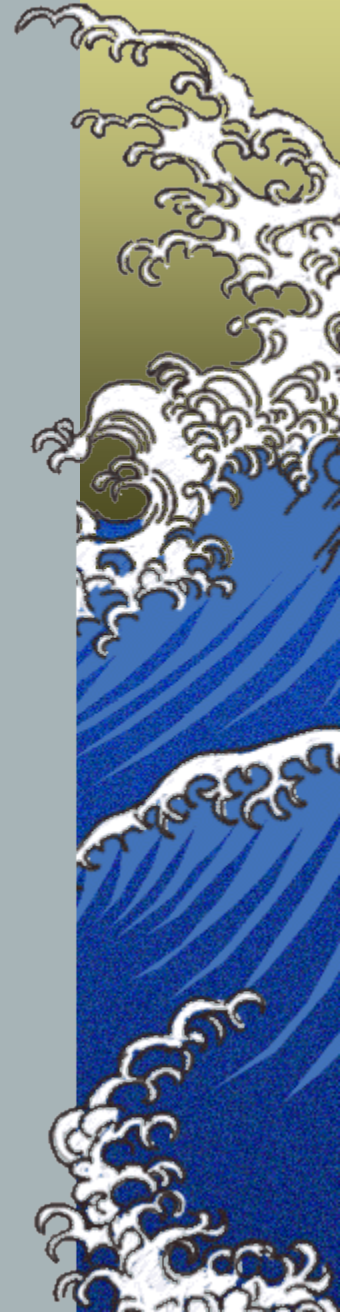
What is CORE? A system

- Principles & guidance
 - Not just a measure
 - “Bottom up”
 - PBE (Practice Based Evidence) &
 - PRN (Practice Research Networks)
- Measures
 - Copyright but free to reproduce
 - Translated: 35+ languages
 - In [Mapi Trust](#): can get “industry approved” translations
- Contextual data framework (CORE-A)
- Support



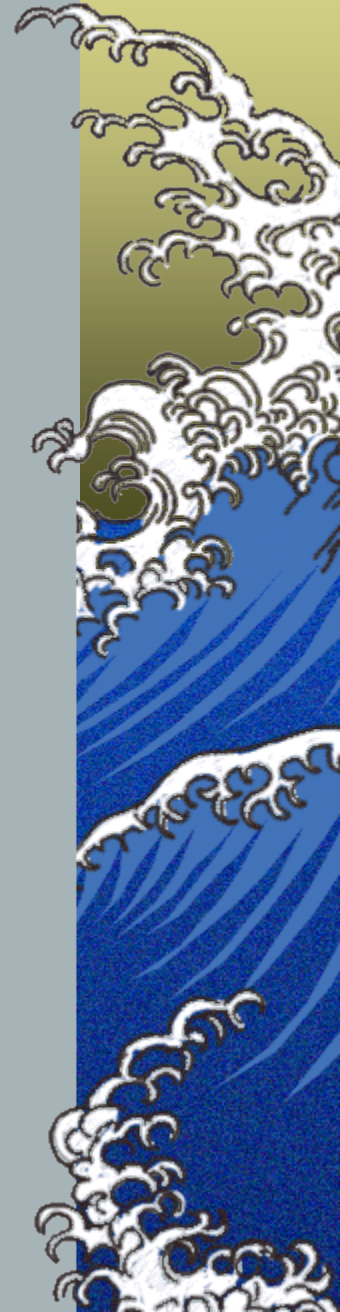
Back to the OMbook

- ▶ Written for practitioners and managers but we think it should be read by researchers!
- ▶ Our focus is always:
 - ▶ What do you want from your data?
 - ▶ Who might find your findings useful?
 - ▶ Client group and practice realities
 - ▶ Audience: professions
- ▶ Keeping a balanced approach to psychometrics

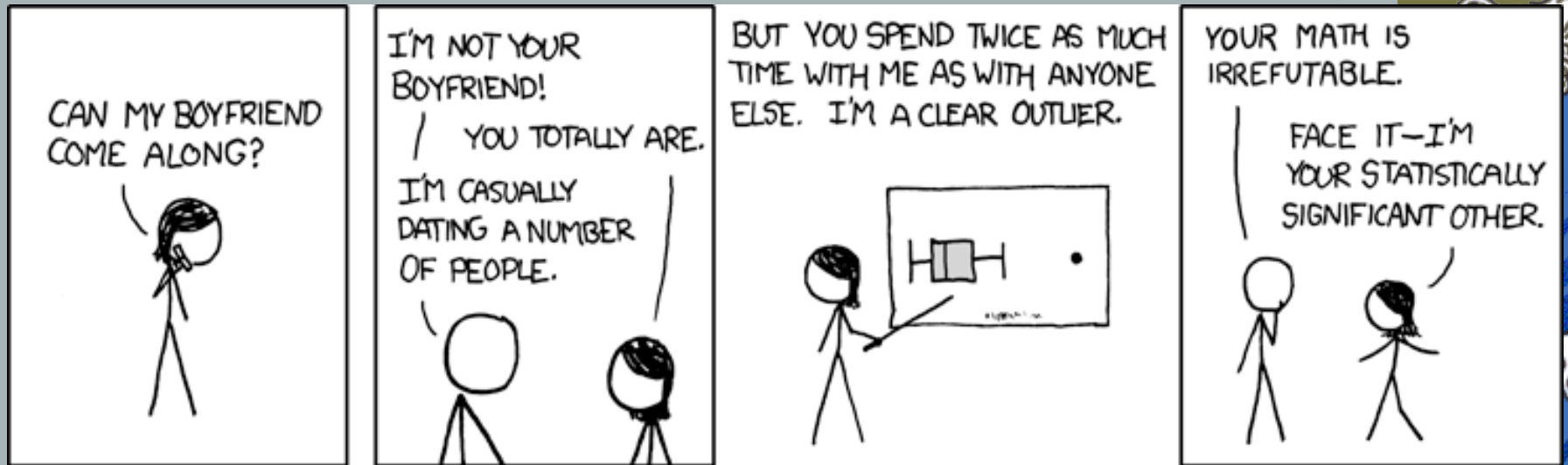


Ombook contents

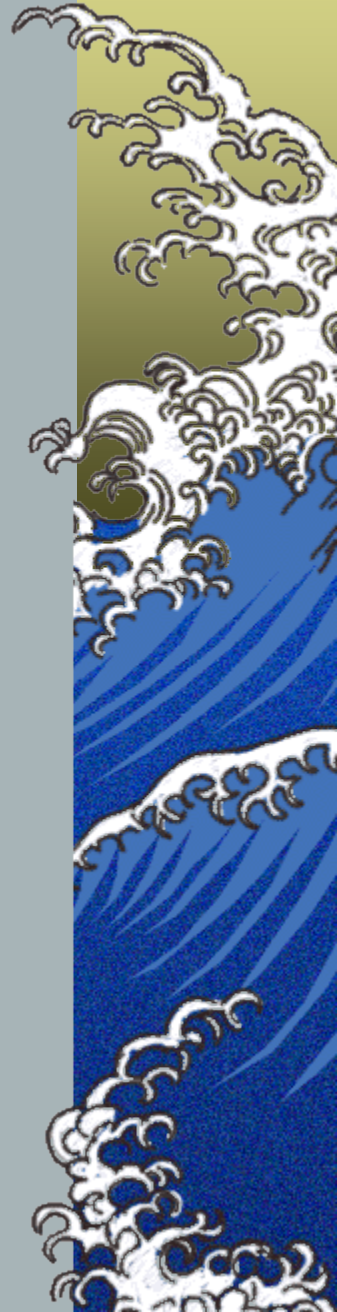
- 1. Introduction to OM and evaluation
- 2. A framework for OM
- 3. Judging the quality of an OM
- 4. Overview of current OMs
- 5. Analysing OM change data
- 6. Planning an OM work: design and be SMART
- 7. OM work for individual practitioners
- 8. Service-level OM work
- 9. OMs with clients and supervisors
- 10. Constructive critique as a core practitioner skill

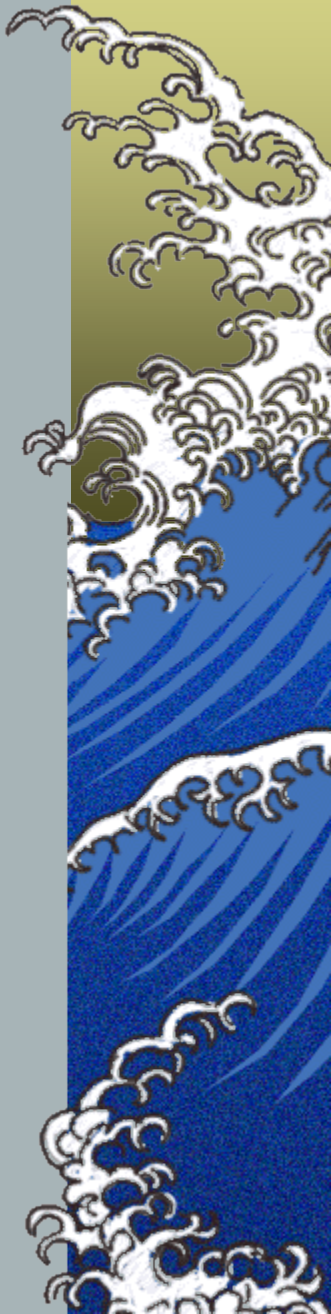


Humour and relatedness?!



The future of MH work

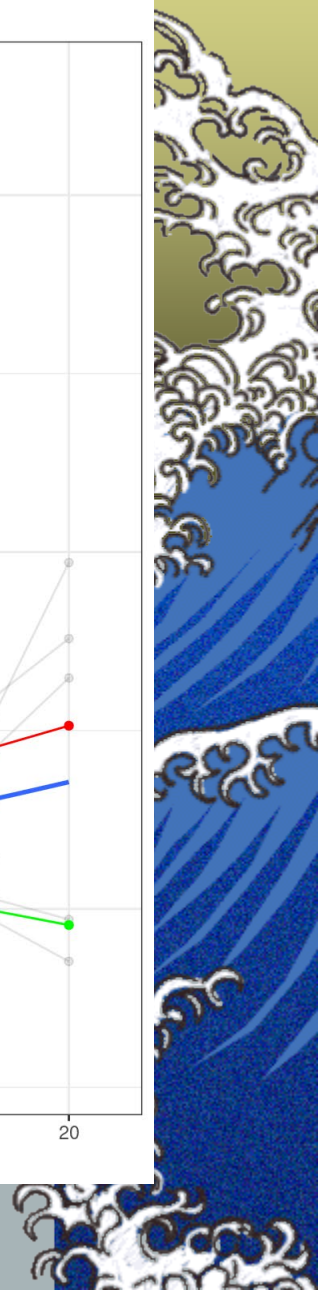
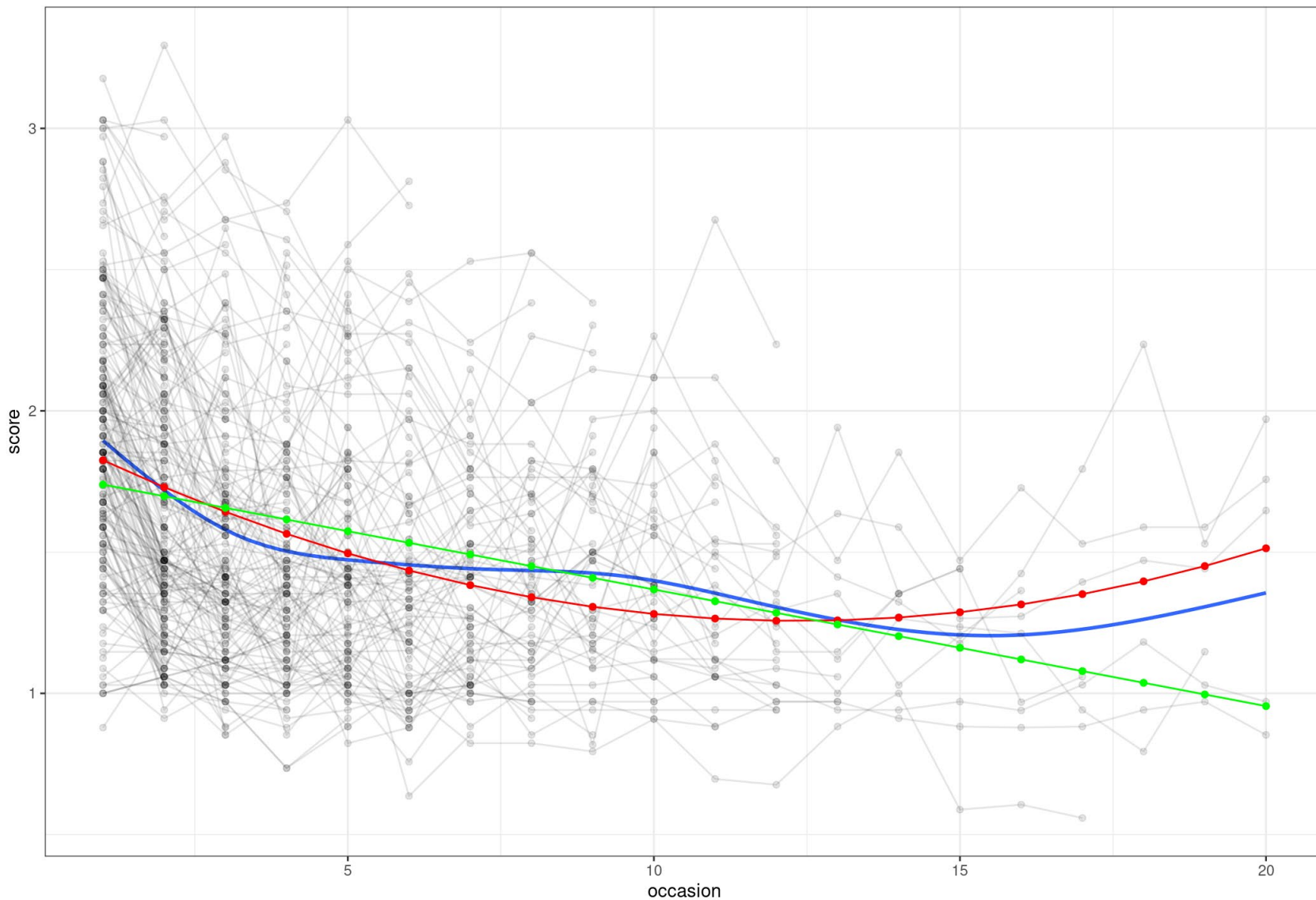






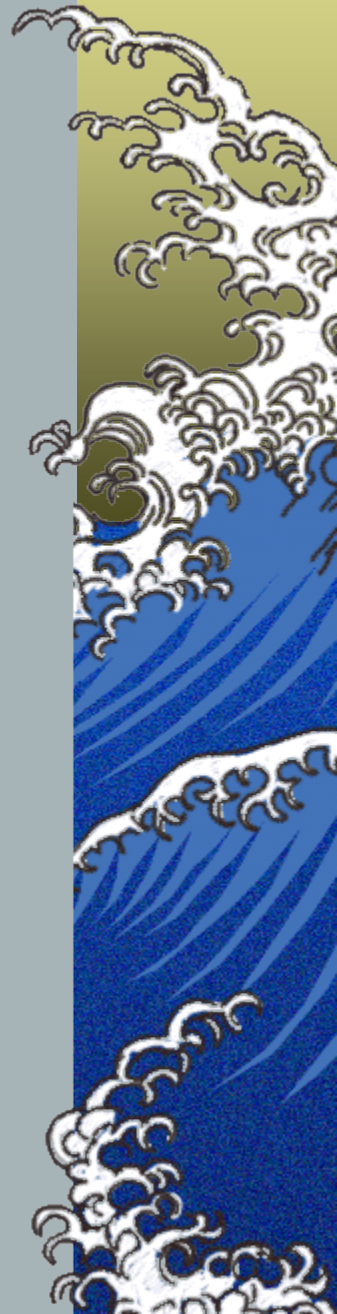
Change plots

Blue: LOESS (ignores non-independence), green: linear MLM, red: quadratic MLM



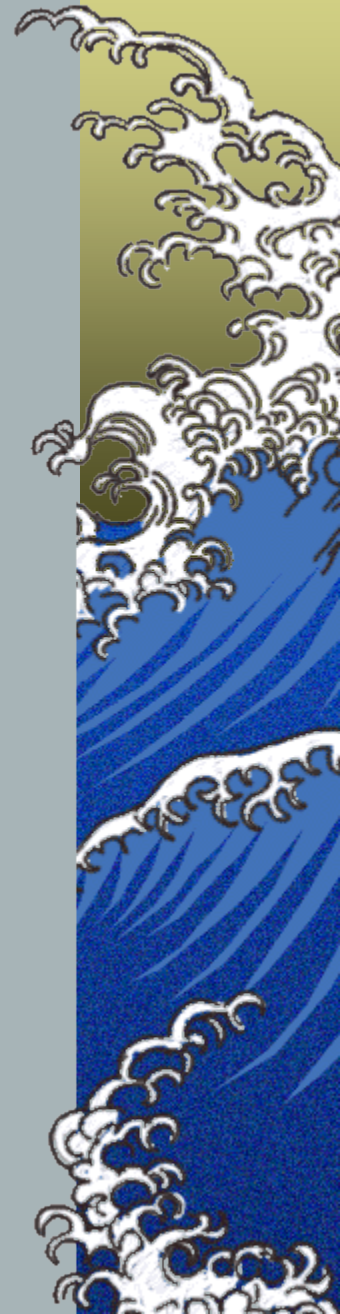
My nostradamus bit!

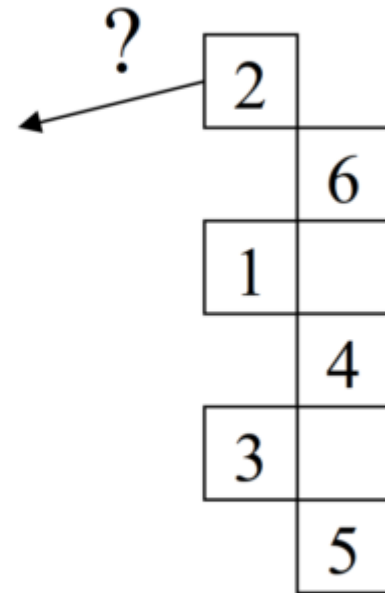
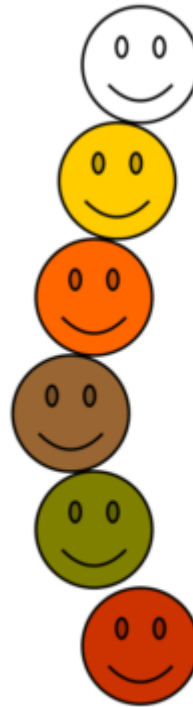
- ▶ Future of MH work never going to be easy
 - ▶ Always going to be politically exposed
 - ▶ Huge issues about confidentiality & GDPR
 - ▶ Always going to be biopsychosocial ...
 - ▶ ... but currently this is just bio *versus* psycho *versus* socio. We must transcend that!
- ▶ Need to transcend quantitative/qualitative wars



Quantitative/qualitative

- ▶ Interdependent and interwoven
 - ▶ No-one can be expert in either
 - ▶ Certainly can't be expert in both
- ▶ Quantitative future will be collaboration with mathematicians and statisticians: not just employing them, not just being bullied by them
- ▶ Qualitative work needs to look more bravely at how we work from $n = 1$ and small n data to implications
- ▶ “Constructive critique” (Ombook, 2021!)





Sometimes $n = 4$ is enough

Need true biopsychosocial



Reprise

- ▶ *The future of mental health work*
Never going to be “one size fits all” but needs evaluations (N.B. Evaluations: plural)
- ▶ *Tools for MH, work*
Should include ROM, but only if we think about that wisely and own that as a personal responsibility
- ▶ *Prerequisites for a psychologist’s work*
Collaboration and support to collaborate and think wisely about ROM



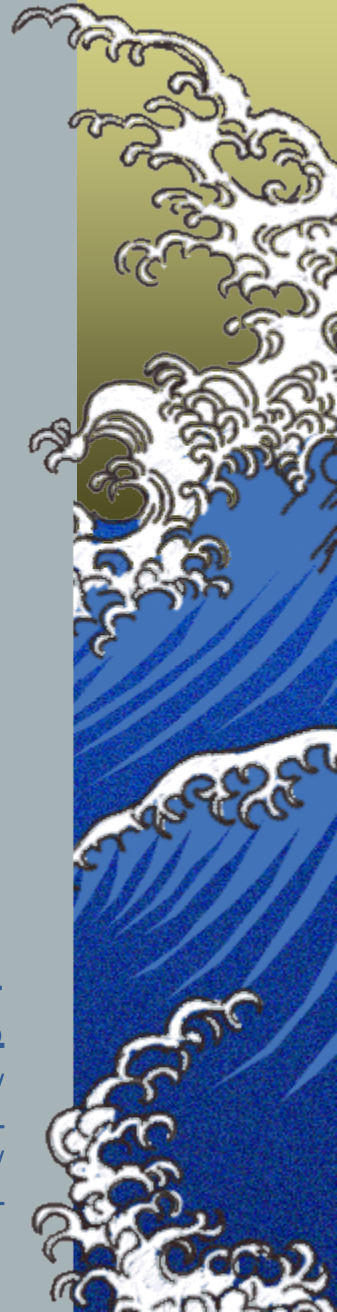


Kiitos!
(to Jo-anne too)
Questions,
comments, ideas!

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www.psyctc.org/

www.coresystemtrust.org.uk/



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(and thanks too to Jo-anne)

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