

The danger of trading measures but not meeting distressed minds: “outcome” measurement in MH and psychological therapies

In the event that you are reading this having not been at the event, please bear in mind that this was really a warm up for the conference and not a deeply formal lecture. Some explanation of what will look pretty weird if you weren't there (and probably was quite weird even if you were there!) is in the slide notes.

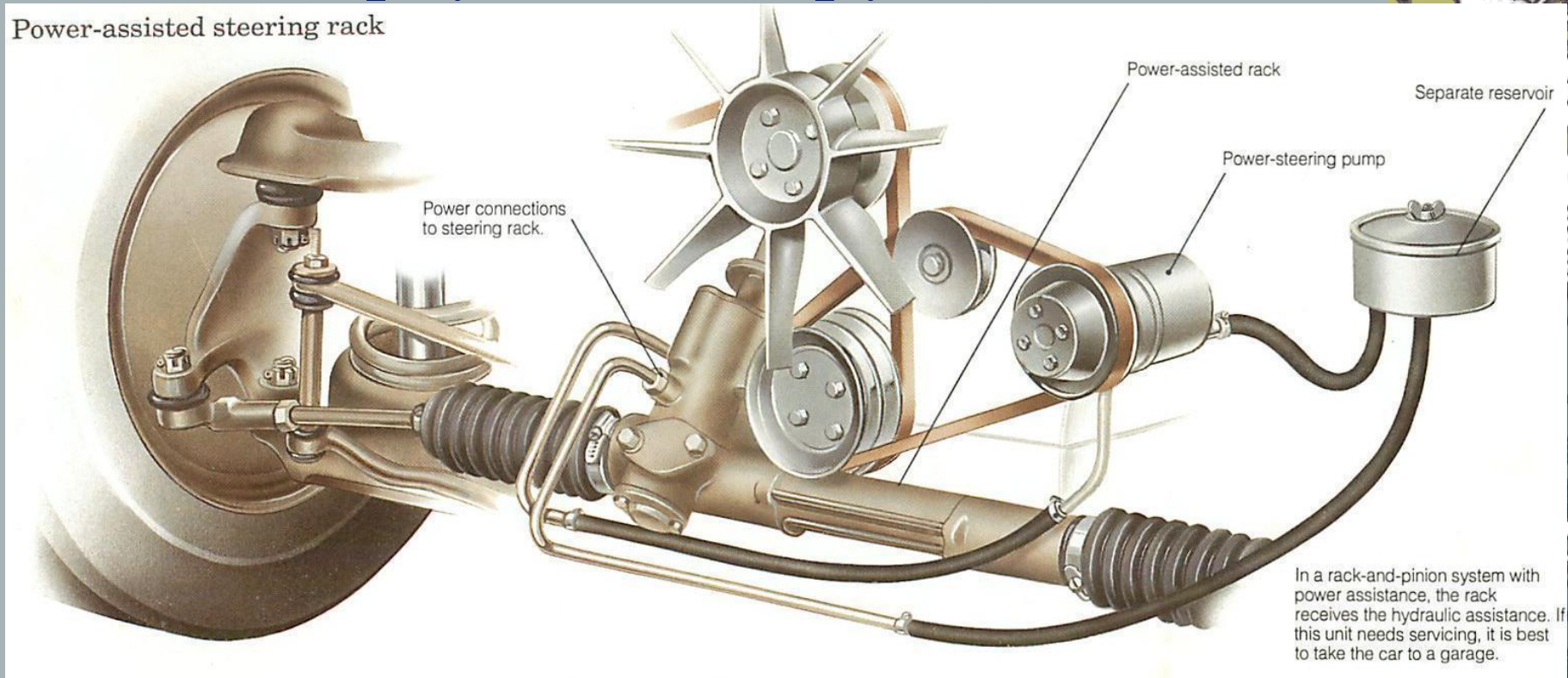
*RCPsych Psychotherapy Faculty
Conference (with RCGP) Stratford, 17.iv.13*

Chris Evans



“Power assisted steering for psychotherapy”

Power-assisted steering rack



<http://www.howacarworks.com/>

Mace, C. (2006). Setting the world on wheels: some clinical challenges of Evidence-Based Practice. Group analysis, 39(3), 304–320. doi:10.1177/05333164060666592

Evans, C. (2012). Cautionary notes on power steering for psychotherapy. Canadian Psychology/Psychologie canadienne, 53(2), 131–139. doi:10.1037/a0027951

SLOW DOWN



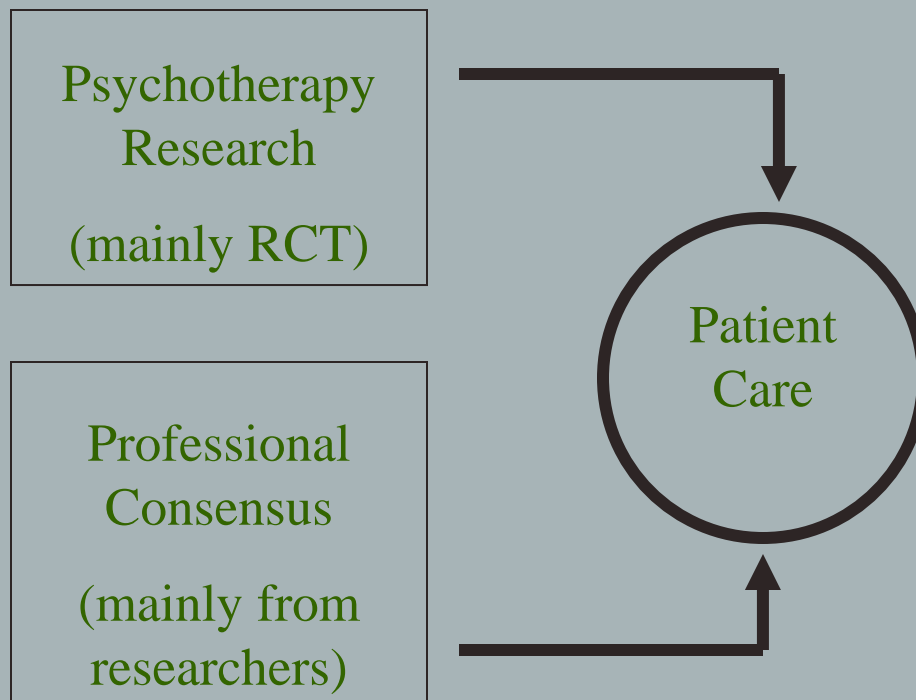
FOR DUCKS

CORE system history: plan

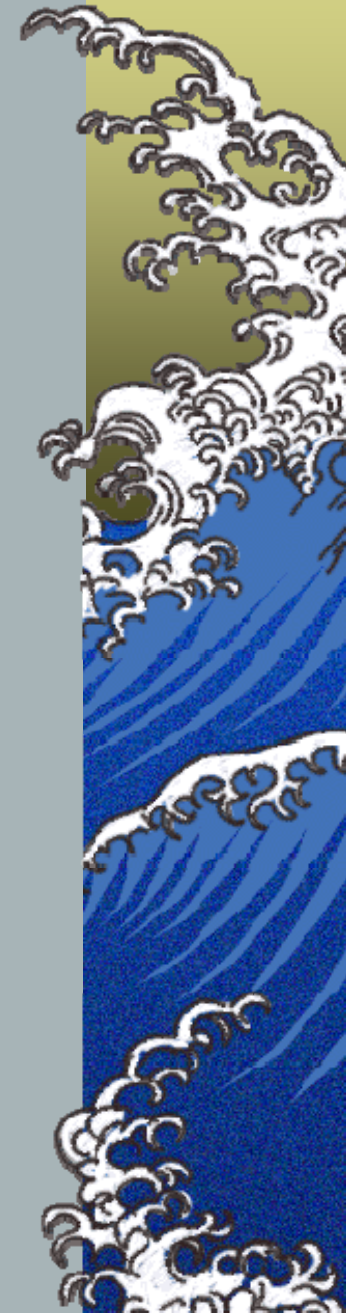
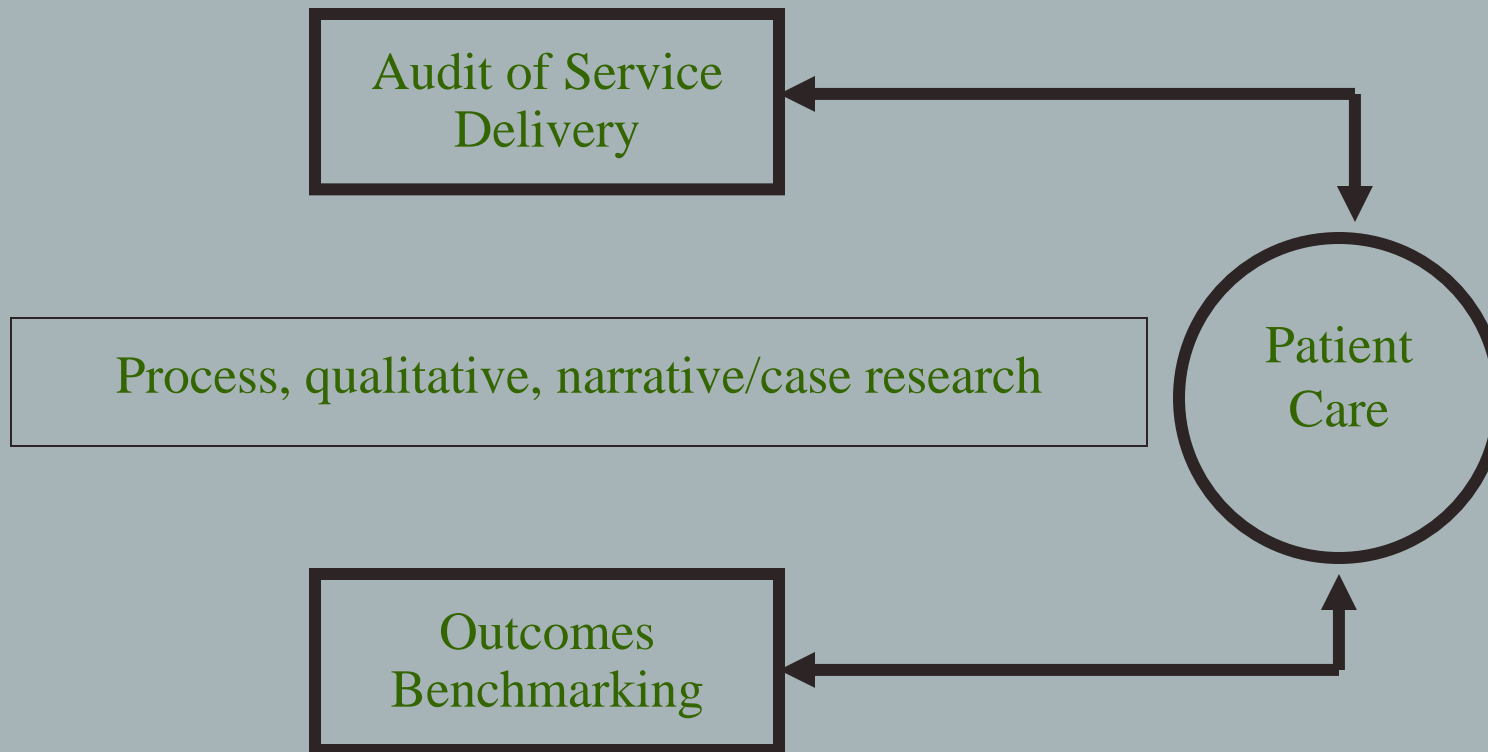
- ▲ CORE principles
 - ▲ Copyleft
 - ▲ “bottom up”
- ▲ DIY model:
 - ▲ D = Design
 - ▲ I = Implementation
 - ▲ Y = Yield
- ▲ “Il c(u)ore del CORE”:
 - ▲ That the person completing the measure, who might have few or no problems or really very severe problems, might feel that someone scoring their questionnaire would gain some not irrelevant or unhelpful sense of their state over the last week.



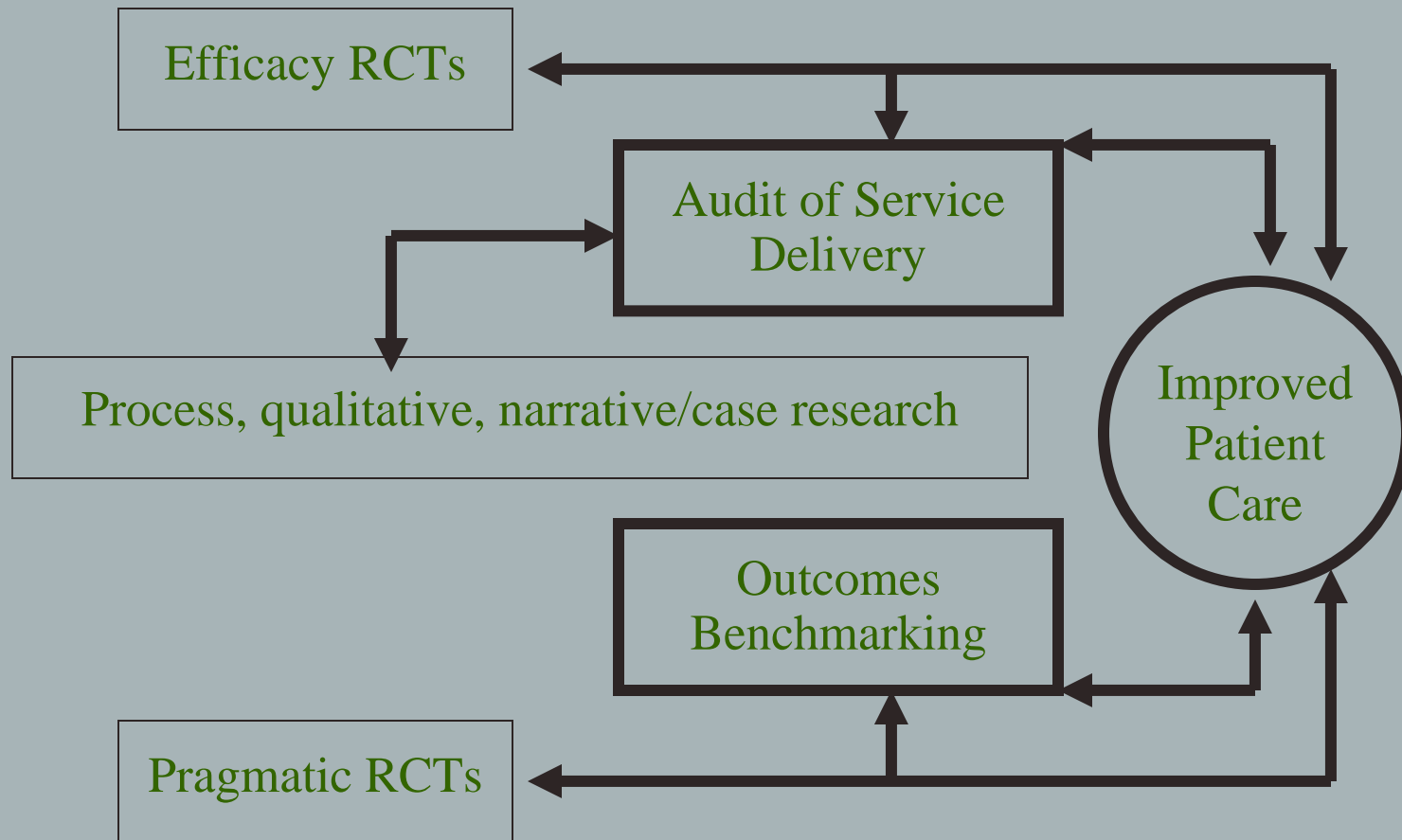
EBP model



PBE model



CORE: EBP/PBE complementarity





Quant issues with PROMs

- ▲ 3 time issues:
 - ▲ What time frame?
 - ▲ What timing?
 - ▲ What time needed to complete?
- ▲ 3 cost issues:
 - ▲ What cost?
 - ▲ What correlation with HE valuation?
 - ▲ What hidden costs & perverse incentives?
- ▲ 3 psychometric issues:
 - ▲ What dimensionality
 - ▲ What validity?
 - ▲ What reliability?
- ▲ 3 statistical issues:
 - ▲ What aggregation?
 - ▲ What precision
 - ▲ What generalisability?



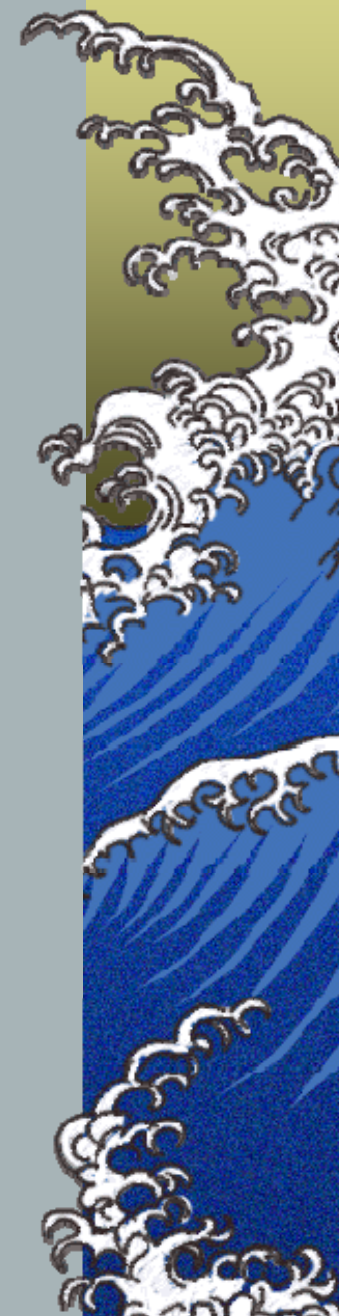
Qual issues with PROMs

- ▲ Umpteen psychological issues
 - ▲ What's going on in the mind of the respondent?
 - ▲ What do they construe is going on in the mind of the scorer/other? (Do they construe that person?)
 - ▲ Expectancy effects
 - ▲ Focusing effects
- ▲ Umpteen sociological, anthropological and political issues
 - ▲ Who wants PROMs and why?
 - ▲ Do they empower service users or immunise politicians?
 - ▲ How do they redefine relationships and cultures?
- ▲ What relationships are PROMs defining or shaping?



Conversation with receptionist

- ▶ C – How are you?
- ▶ R – Fine ... Thanks for asking.
- ▶ C – Would you say if you weren't?
- ▶ R – [...] Probably not?
- ▶ C – Hm. .. So what should I ask?
- ▶ R – [...] Well, what I say to the internal postie is “What are you today?” “from 1 to 10”
- ▶ C – [...] Hm. So ... what are you today?
- ▶ R – [...] 7
- ▶ C – That sounds OK. ...some people aren't happy with anything less than a 10
- ▶ R – Ah but I think I was down about a 3 before I was off sick.



SLOW · DOWN
FOR



DUCKS

Exercise

- ▲ Last therapy session you were in: how did you appraise how it was going:
 1. You realised you were very relaxed
 2. You realised you were bored ... or other
 3. You were gauging the client's facial reactions
 4. You were gauging the client's body language
 5. You were using the client's expressed emotions (verbal content)
 6. You were guided by the discursive themes
 7. You were guided by the discursive form
 8. The session appraisal form
 9. Other ...



Exercise

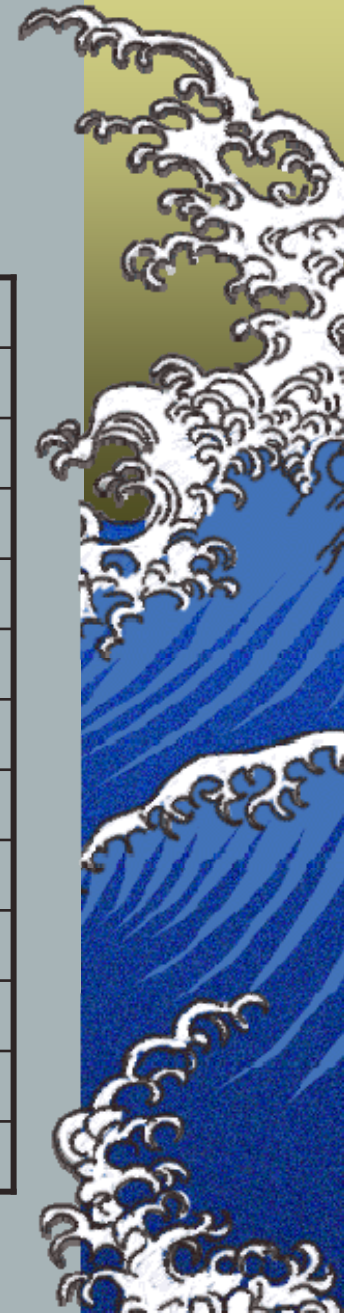
- ★ As a “proper doctor” what information helped you appraise a patient’s state:
 1. Fixed, dilated pupils
 2. Non-response to pain
 3. Exercise tolerance ECG
 4. BMI
 5. ESR/viscosity
 6. Hb level
 7. U&Es
 8. “I’m grand doc”
 9. Other ...



Exercise

Match the condition to a sensible investigation or sign to guide management

Asthma	Hb level
Depression	Respiratory rate
Ca Prostate	Plasma glucose level
Hypoglycaemia	Speech
Status epilepticus	Communication
Hyperglycaemia	PSA
Anaemia	Pulse
Rhematoid arthritis	Temp
Trigeminal neuralgia	Consciousness
Withdrawal	Fits
R sided CVA	CORE scores
Infection	Pain ratings
Atrial fibrillation	Mobility ratings



Exercise

- ▲ Thinking of that client you considered in the first exercise, how did you gauge their state shortly before the session:
 1. The messages that were there for you from them/others before the session
 2. Snook a look into the waiting room
 3. The way the receptionist rolled his/her eyes and conveyed something telling you the client was there
 4. How they were dressed
 5. How they smelled
 6. How they came in
 7. What they said about the day/week before
 8. They were late/early
 9. The questionnaire data



Scaling and predicting

An anonymous caregiver said...

I am so glad that I came across this article several weeks ago, just in time to recognize that my 87-yo mother was in fact in the dying process. It cleared up so many things for me. She had almost every one of these signs. The hardest one for me was her change in personality and detachment. Mom passed away this evening 1/2 hr after I left her--I'd been with her for six hrs straight and I believe she was waiting for me to leave.

www.caring.com/articles/signs-of-death



SLOW · DOWN
FOR



DUCKS

Outcome measures (PROMs)

- ▲ Trendy & plausible
- ▲ Necessary
- ▲ Very complex, many issues
 - ▲ Quantitative issues:
 - ▲ 3 time issues:
 - ▲ 3 cost issues:
 - ▲ 2 psychometric issues:
 - ▲ 3 statistical issues:
 - ▲ Qualitative issues
 - ▲ Umpteen psychological issues
 - ▲ Umpteen sociological, anthropological & political issues



Quant issues with PROMs

- ▲ 3 time issues:
 - ▲ What time frame?
 - ▲ What timing?
 - ▲ What time needed to complete?
- ▲ 3 cost issues:
 - ▲ What cost?
 - ▲ What correlation with HE valuation?
 - ▲ What hidden costs & perverse incentives?
- ▲ 3 psychometric issues:
 - ▲ What dimensionality
 - ▲ What validity?
 - ▲ What reliability?
- ▲ 3 statistical issues:
 - ▲ What aggregation?
 - ▲ What precision
 - ▲ What generalisability?



Qualitative issues with PROMs

- ▶ Umpteen psychological issues
 - ▶ What's going on in the mind of the respondent?
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 - ▶ Expectancy effects
 - ▶ Focusing effects
- ▶ Umpteen sociological, anthropological and political issues
 - ▶ Who wants PROMs and why?
 - ▶ Do they empower service users or immunise politicians?
 - ▶ How do they redefine relationships and cultures?





CORE-OM



CLINICAL
OUTCOMES in
ROUTINE
EVALUATION

OUTCOME MEASURE

Site ID	<input type="text"/>	<input type="text"/>	Male	<input type="checkbox"/>
letters only	numbers only	Age	Female	<input type="checkbox"/>
Client ID	<input type="text"/>			
Therapist ID	numbers only	numbers only	Stage Completed	Stage
Sub codes	<input type="text"/>	<input type="text"/>	S	Sessing
Date form given	<input type="text"/>	<input type="text"/>	R	Referal
			A	Admission
			F	First Therapy Session
			P	Pre-therapy (unspecified)
			O	Outing Therapy
			L	Last therapy session
			S	Follow up 1
			F	Follow up 2
				Episode

IMPORTANT - PLEASE READ THIS FIRST

This form has 34 statements about how you have been **OVER THE LAST WEEK**. Please read each statement and think how often you felt that way last week. Then tick the box which is closest to this. Please use a dark pen (not pencil) and tick clearly within the boxes.

Over the last week

	Not at all	Only occasionally	Sometimes	Often	Most or all the time	Do not know or missing
1 I have felt terribly alone and isolated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 I have felt tense, anxious or nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 I have felt I have someone to turn to for support when needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 I have felt O.K. about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 I have felt totally lacking in energy and enthusiasm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 I have been physically violent to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 I have felt able to cope when things go wrong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 I have been troubled by aches, pains or other physical problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 I have thought of hurting myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Talking to people has felt too much for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 Tension and anxiety have prevented me doing important things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 I have been happy with the things I have done.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13 I have been disturbed by unwanted thoughts and feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14 I have felt like crying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please turn over

Survey :222

Page : 1

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	Not at all	Only occasionally	Sometimes	Often	Most or all the time	Do not know or missing
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17 I have felt overwhelmed by my problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18 I have had difficulty getting to sleep or staying asleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19 I have felt warmth or affection for someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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21 I have been able to do most things I needed to	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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26 I have thought I have no friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27 I have felt unhappy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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THANK YOU FOR YOUR TIME IN COMPLETING THIS QUESTIONNAIRE

Total Scores

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
(W)	(P)	(F)	(R)	All items	All minus R

(Total score for each dimension divided by number of items completed in that dimension)

Survey :222

Page : 2

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“Outcome” challenges

- ▶ Bandwidth-fidelity & length dilemma
- ▶ Dimensionality cf. domain coverage
- ▶ Theory-practice dilemma
- ▶ Readability
- ▶ Measure ownership
- ▶ Cost
- ▶ Lack of referential and normative data
- ▶ Generalisability to other cultures & service politics/pragmatics
- ▶ Lack of durability

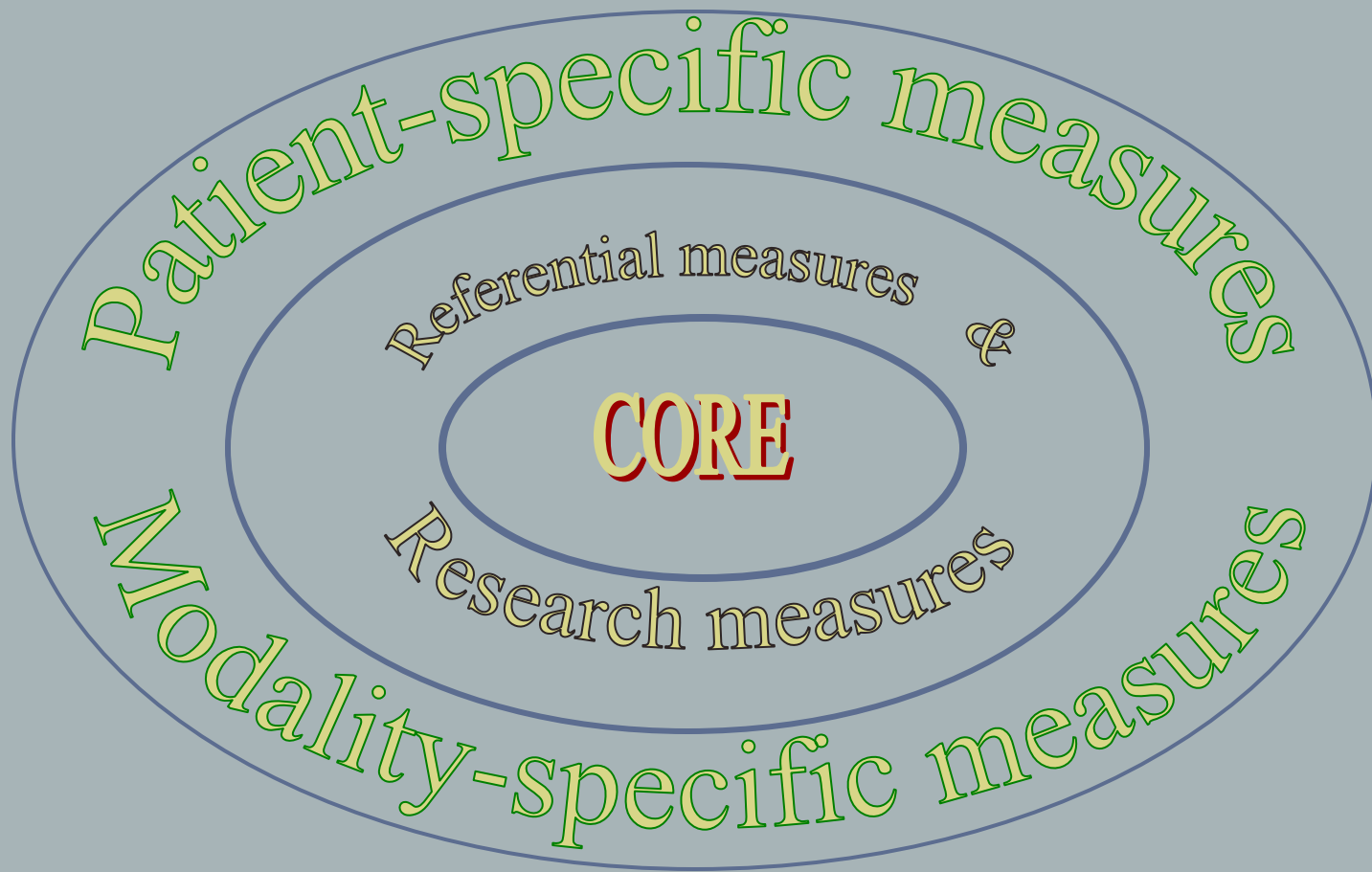


CORE project 1997 aims

- ▶ Improve patient care by:
 - ▶ facilitating communication between researchers and clinicians (i.e., familiarity);
 - ▶ providing comparability between studies;
 - ▶ facilitate audit of clinical services;
 - ▶ facilitate audit of individual therapists' work;
 - ▶ feeding into health economic and other research analyses.



CORE system & other measures



1998 CORE system measures

- ▲ “User” completed:
 - ▲ CORE-OM
 - ▲ CORE-GP, CORE-SF1 & SF2
 - ▲ Piloting: teen-CORE & translations
- ▲ Practitioner completed:
 - ▲ CORE-A comprising:
 - ▲ TAF (Therapist Assessment Form)
 - ▲ EOF (End of Episode Form)



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Sub codes	<input type="text"/>	<input type="text"/>	S	<input type="checkbox"/>
Date form given	<input type="text"/>	<input type="text"/>	R	<input type="checkbox"/>
			A	<input type="checkbox"/>
			F	<input type="checkbox"/>
			P	<input type="checkbox"/>
			O	<input type="checkbox"/>
			L	Episode
			S	<input type="checkbox"/>
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<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
(W)	(P)	(F)	(R)	All items	All invalid R

(Total score for each dimension divided by number of items completed in that dimension)

Survey :222

Page : 2

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CORE-A

- ▶ Therapist completed
- ▶ As much to contextualise therapy as to be an “outcome measure”
- ▶ 2 sides of A4 for initial assessment
- ▶ 2 sides of A4 for end of therapy form
- ▶ Mostly tick box completion but room for some text for local use



CORE-A TAF

- ▶ Therapy Assessment Form
 - ▶ Demographics
 - ▶ Referral history & pragmatics
 - ▶ Relationships/support
 - ▶ Clinical history (previous therapies & concurrent medication)
 - ▶ Identified problems/concerns
 - ▶ Risk
 - ▶ Result of assessment



CORE-A EOT

▲ End of Therapy Form

- ▲ Therapist
- ▲ Length, type & frequency of therapies
- ▲ Sessions attended & not attended
- ▲ Type of ending
- ▲ Change on initial problems/concerns
- ▲ Change on initial risk assessment
- ▲ Benefits of therapy, motivation alliance & PM
- ▲ Change (or not) of medication



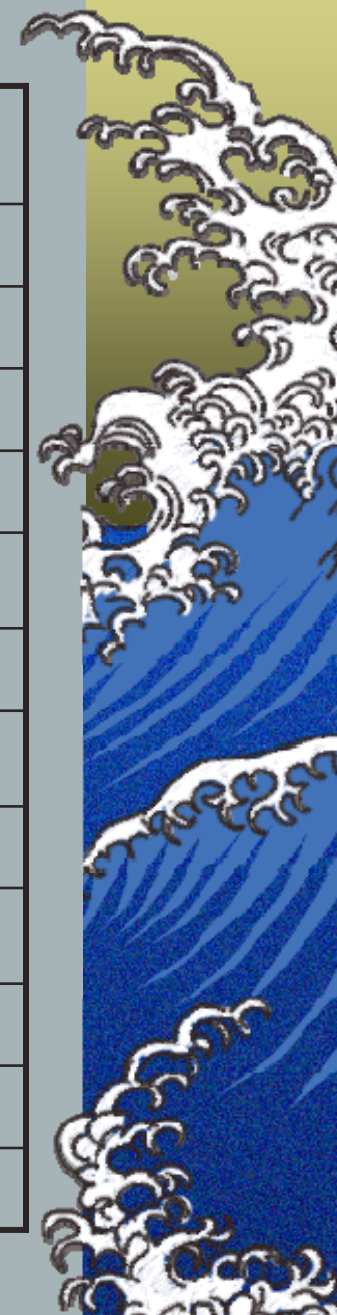
2013 CORE system measures

- ▲ “User” completed:
 - ▲ CORE-OM (34 items)
 - ▲ CORE-SF1 & SF2 (18 items)
 - ▲ CORE-GP (14 items)
 - ▲ CORE-10 (guess!)
 - ▲ CORE-5 (ditto!)
- ▲ YP-CORE (10 items)
- ▲ CORE-LD



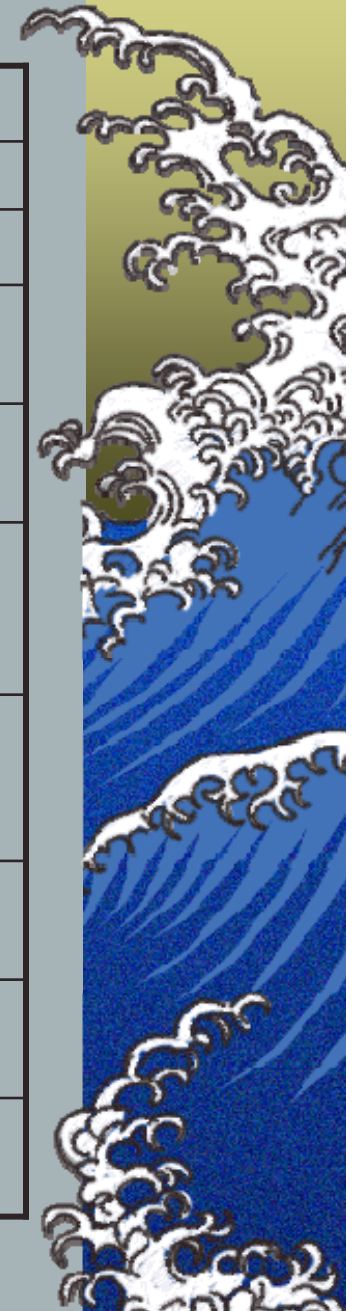
CORE & user-near: design

Stage 1: Design	OM	A	2013 comments
Measure should be pan-theoretical	Y	Y	within reason
Include items assessing patients' risk to selves and to others	Y	Y	
Be relatively short	Y?	Y?	
Be easy to score and interpret (not require specialist skills)	Y?	?	Training needed
Show respectable reliability in clinical and non-clinical samples	Y		For growing number of languages
Established gender & age relationships in clinical and non-clin. samples	Y		For UK
Established convergent validating relationships with referential measures	Y?		Increasingly & not only UK
Sensitive to detect change when it has occurred (in general)	Y		
Referential distribution data for clinical and non-clinical samples	Y		Only really for UK but growing
Differences between ethnic and cultural groups being explored	Y	Y	Still limited
Include shorter forms for repeated administration within treatment	Y		... and how!
Backed by recommended extension measures for specific problem areas			Missed this



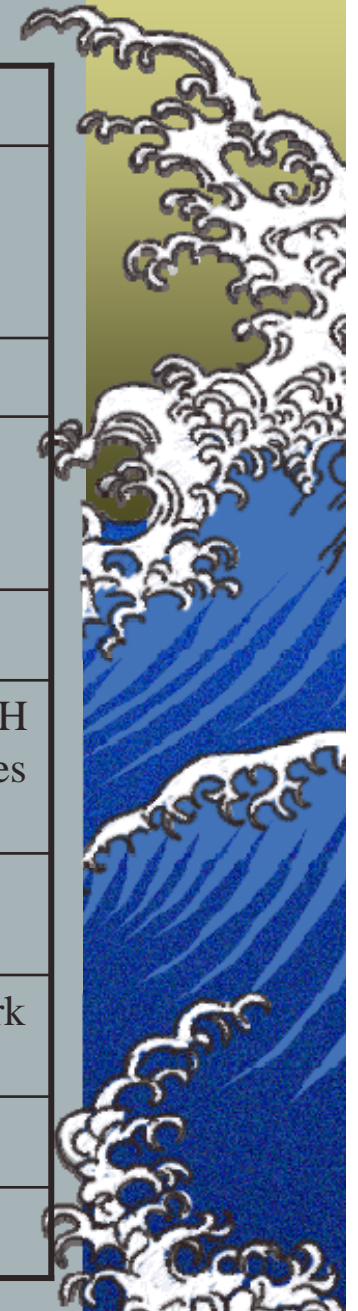
CORE: implementation

Stage 2: Implementation	OM	A	2013 comments
Measures should be “copyleft” i.e. zero cost	Y	Y	
Readable manuals provide clear guidance on use	Y?		More & training
Utilised by as wide a range of services as possible and data collated into an anonymised, referential database	Y	Y	Most UK
Monitoring of psychometric properties and “drift” in distributions established	Y		Y but no formal “drift” studies
Central database linked to batch processing with reporting of overall data and ID codes for and “best” case and “worst” case audits	Y	Y	Y but not batch processing: CORE-PC and CORE-Net
Contributing services encouraged to form peer review groups linking on geography, mode of therapy, specialist focus or other commonalities	Y?	Y?	Y but not really flourished?
Contributing services encouraged to link with research units to form 'practice research networks' (PRNs)	Y	Y	Ditto
Automated processing available for services too small for batch processing service	Y	Y	CORE-PC then CORE-Net
The batch and automated processing should become self-funding at lowest possible cost to practitioners	?	?	?



CORE & user-near: yield

Stage 3: Yield	Overall
The measure should become the basis for outcome benchmarking	2003: “Still early to say how best to do it!” 2013: ditto
(Added 2013):	
Many publications	Very diverse and include qualitative deconstruction of what happens
Saved the NHS and others £100,000s	Cf. £2 per shot for BDI-II
Helped establish respectability of free and copyleft measures?	PHQ-9 & GAD-7 copyleft DoH says it doesn't pay for measures (not true)
Spawned other measures: CORE-GP, CORE-10, CORE-5, YP-CORE, CORE-LD & SCORE	Uptake developing
Translations led to real uptake in other countries	Norway, Netherlands, Denmark & Portugal
CORE-6D QALY scoring	
CORE-Net allowing total rethink of CORE-A	



CORE-SFA

CLINICAL OUTCOMES in ROUTINE EVALUATION (SFA)

Site ID	<input type="text"/>	Stage Completed	<input type="checkbox"/>
letters only	<input type="text"/>	F First Therapy Session	
numbers only	<input type="text"/>	D During Therapy	
Client ID	<input type="text"/>	L Last Therapy Session	
Date Completed	<input type="text"/>	Session Number	<input type="text"/>
		(first therapy session = session 001)	

SHORT FORM A

IMPORTANT - PLEASE READ THIS FIRST

This form has 18 statements about how you have been OVER THE LAST WEEK.
Please read each statement and think how often you felt that way last week.
Then tick the box which is closest to this.
Please use a dark pen (not pencil) and tick clearly within the boxes.

Over the last week	Not at all	Only Occasionally	Sometimes	Often	Most or all the time	DI/NO USE ONLY
1 I have felt tense, anxious or nervous	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
2 I have felt OK about myself	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> W
3 Unwanted images or memories have been distressing me	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
4 I have achieved the things I wanted to	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
5 I have felt humiliated or shamed by other people	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> F
6 I have felt like crying	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> W
7 I have felt warmth and affection for someone	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
8 My problems have been impossible to put to one side	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
9 I have been physically violent to others	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> R
10 I have felt despairing or hopeless	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
11 I have felt criticised by other people	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> F
12 I have felt able to cope when things go wrong	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
13 I have felt unhappy	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
14 I have been irritable when with other people	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> F
15 I have felt overwhelmed by my problems	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> W
16 I have felt panic or terror	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
17 I have felt optimistic about my future	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> W
18 I have hurt myself physically or taken dangerous risks with my health	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> R

Total Scores

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	→	<input type="text"/>	→	<input type="text"/>
----------------------	----------------------	----------------------	----------------------	---	----------------------	---	----------------------

Mean Scores
(Total score for each dimension divided by number of items completed in that dimension)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
(W)	(P)	(F)	(R)	All Items	All minus R



CORE-SFB

CLINICAL OUTCOMES in ROUTINE EVALUATION (SFB)

Site ID

letters only numbers only

Client ID

Date Completed / /

Stage Completed F First Therapy Session
 D During Therapy
 L Last Therapy Session

Session Number
(first therapy session = session 001)

SHORT FORM B

IMPORTANT -PLEASE READ THIS FIRST

This form has 18 statements about how you have been OVER THE LAST WEEK.
Please read each statement and think how often you felt that way last week.
Then tick the box which is closest to this.
Please use a dark pen (not pencil) and tick clearly within the boxes.

Over the last week	Not at all	Only occasionally	Sometimes	Often	Most or all the time	0 (F) 1 (D) 2 (L) 3 (W) 4 (R) 5 (P)
1 I have felt terribly alone and isolated	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> F
2 I have difficulty getting to sleep or staying asleep	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
3 I have felt optimistic about my future	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> W
4 I have felt totally lacking in energy and enthusiasm	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
5 I made plans to end my life	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> R
6 I have been troubled by aches, pains or other physical problems	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
7 I have been happy with the things I have done	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
8 Talking to people has felt too much for me	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> F
9 I have felt OK about myself	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> W
10 Tension and anxiety have prevented me doing important things	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
11 I have been disturbed by unwanted thoughts and feelings	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P
12 I have felt overwhelmed by my problems	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> W
13 I have felt I have someone to turn to for support when needed	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
14 I have felt like crying	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> W
15 I have threatened or intimidated another person	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> R
16 I have been able to do most things I needed to	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0	<input type="checkbox"/> F
17 I have thought I have no friends	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> F
18 I have thought I am to blame for my problems and difficulties	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> P


Total Scores → →

Mean Scores
(Total score for each dimension divided by number of items completed in that dimension)

(W) (P) (F) (R) All Items All minus R



CORE-GP



CORE - GP
(14 Item)

ID Number

Age

Date form completed / /

Male

Female

IMPORTANT - PLEASE READ THIS FIRST

This form has 14 statements about how you have been
OVER THE LAST WEEK.

Please read each statement and think how often you felt that way last week.
Then tick the box which is closest to this.

Please use a dark pen (not pencil) and tick clearly within the boxes.

		Not at all	Only Occasionally	Sometimes	Often	Most or all the time
1	I have felt tense, anxious or nervous	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2	I have felt I have someone to turn to for support when needed	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
3	I have felt O.K. about myself	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
4	I have felt able to cope when things go wrong	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5	I have been troubled by aches, pains or other physical problems	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6	I have been happy with the things I have done.	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
7	I have had difficulty getting to sleep or staying asleep	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
8	I have felt warmth or affection for someone	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
9	I have been able to do most things I needed to	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
10	I have felt criticised by other people	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
11	I have felt unhappy	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
12	I have been irritable when with other people	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
13	I have felt optimistic about my future	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
14	I have achieved the things I wanted to	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0

THANK YOU FOR YOUR TIME IN COMPLETING THIS QUESTIONNAIRE



CORE-10

CLINICAL OUTCOMES in ROUTINE EVALUATION

CORE-10 Screening Measure

Site ID	<input type="text"/>	Stage Completed
Client ID	<input type="text"/>	S Screening
	<input type="text"/>	R Referral
	<input type="text"/>	A Assessment
	<input type="text"/>	F First Therapy Session
	<input type="text"/>	P Pre-therapy (unspecified)
	<input type="text"/>	D During Therapy
	<input type="text"/>	L Last therapy session
	<input type="text"/>	X Follow up 1
	<input type="text"/>	Y Follow up 2
Sub codes	<input type="text"/>	Episode <input type="text"/>
	<input type="text"/>	Stage <input type="text"/>
Therapist ID	<input type="text"/>	
Date form given	<input type="text"/>	Gender
	<input type="text"/>	<input type="checkbox"/> Male
	<input type="text"/>	<input type="checkbox"/> Female
	<input type="text"/>	Age <input type="text"/>

IMPORTANT - PLEASE READ THIS FIRST

This form has 10 statements about how you have been OVER THE LAST WEEK.
Please read each statement and think how often you felt that way last week.
Then tick the box which is closest to this.

Please use a dark pen (not pencil) and tick clearly within the boxes.

Over the last week...

	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
1 I have felt tense, anxious or nervous	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2 I have felt I have someone to turn to for support when needed	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
3 I have felt able to cope when things go wrong	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
4 Talking to people has felt too much for me	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5 I have felt panic or terror	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6 I made plans to end my life	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
7 I have had difficulty getting to sleep or staying asleep	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
8 I have felt despairing or hopeless	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
9 I have felt unhappy	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
10 Unwanted images or memories have been distressing me	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

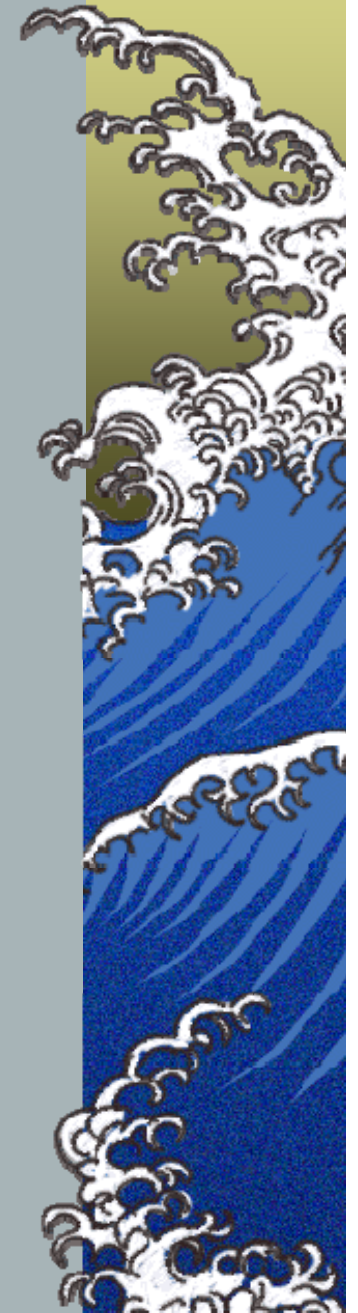
Total (Clinical Score*)

* **Procedure:** Add together the item scores, then divide by the number of questions completed to get the mean score, then multiply by 10 to get the Clinical Score.

Quick method for the CORE-10 (if all items completed): Add together the item scores to get the Clinical Score.

Thank you for your time in completing this questionnaire

CORE-10 Copyright CORE System Trust (February 2006)



CORE-5

CLINICAL OUTCOMES in ROUTINE EVALUATION

CORE-5 Ongoing Monitoring

Site ID	<input type="text"/>	Gender	<input type="checkbox"/> Male
Client ID	<input type="text"/>		<input type="checkbox"/> Female
	<small>letters only</small> / <small>numbers only</small>		
Sub codes	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<small>Therapist ID</small>	<small>numbers only (1)</small>	<small>numbers only (2)</small>
Date form given	<input type="text"/>	<input type="text"/>	<input type="text"/>
	<small>D D</small> / <small>M M</small> / <small>Y Y Y Y</small>	Age	<input type="text"/>
Session Number <input type="text"/> of <input type="text"/> Planned			

IMPORTANT - PLEASE READ THIS FIRST

This form has 5 statements about how you have been OVER THE LAST WEEK.
Please read each statement and think how often you felt that way last week.
Then tick the box which is closest to this.
Please use a dark pen (not pencil) and tick clearly within the boxes.

Over the last week...

	Not at all	Only occasionally	Sometimes	Often	Most or all of the time
1 I have felt terribly alone and isolated	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2 I have felt OK about myself	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
3 I have felt panic or terror	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4 I have been happy with the things I have done	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 0
5 I have felt despairing or hopeless	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

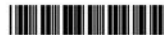
Total Score

Total Score multiplied by 2
(i.e. Clinical Score*)

* **Procedure:** Add together the item scores, then divide by the number of questions completed to get the mean score, then multiply by 10 to get the Clinical Score.
Quick method for CORE-5 (if all items completed): Add together the item scores to get the Total Score, then multiply the Total Score by 2 to get the Clinical Score.

Thank you for your time in completing this questionnaire

CORE-5 Copyright CORE System Trust (February 2006)



Exercise

- ▲ This is a split attention task. While watching your neighbour, please rate how much, on a scale from 0 to 10, you are:
1. Intrigued so far?
 2. Interested in the topic of this talk?
 3. Longing to get to the discussion bit and have your say?
 4. Bored?
 5. Worried?
 6. Anxious?
 7. Seeing this as hitting your CPD targets agreed with your PDP group?
 8. Other ... (please fill in your own states of interest)

Please write those ratings down on a piece of paper.



Exercise

- ▶ Rate, on the same scale from 0 to 10 how much you guess your neighbour is intrigued by this talk so far?



Exercise

- ▶ Compare the score you gave your neighbour with the score they had given themselves.
- ▶ Write down in brackets the score they gave you for that first reaction “Intrigued so far” alongside the one you had written down.
- ▶ Hold onto the paper for now.



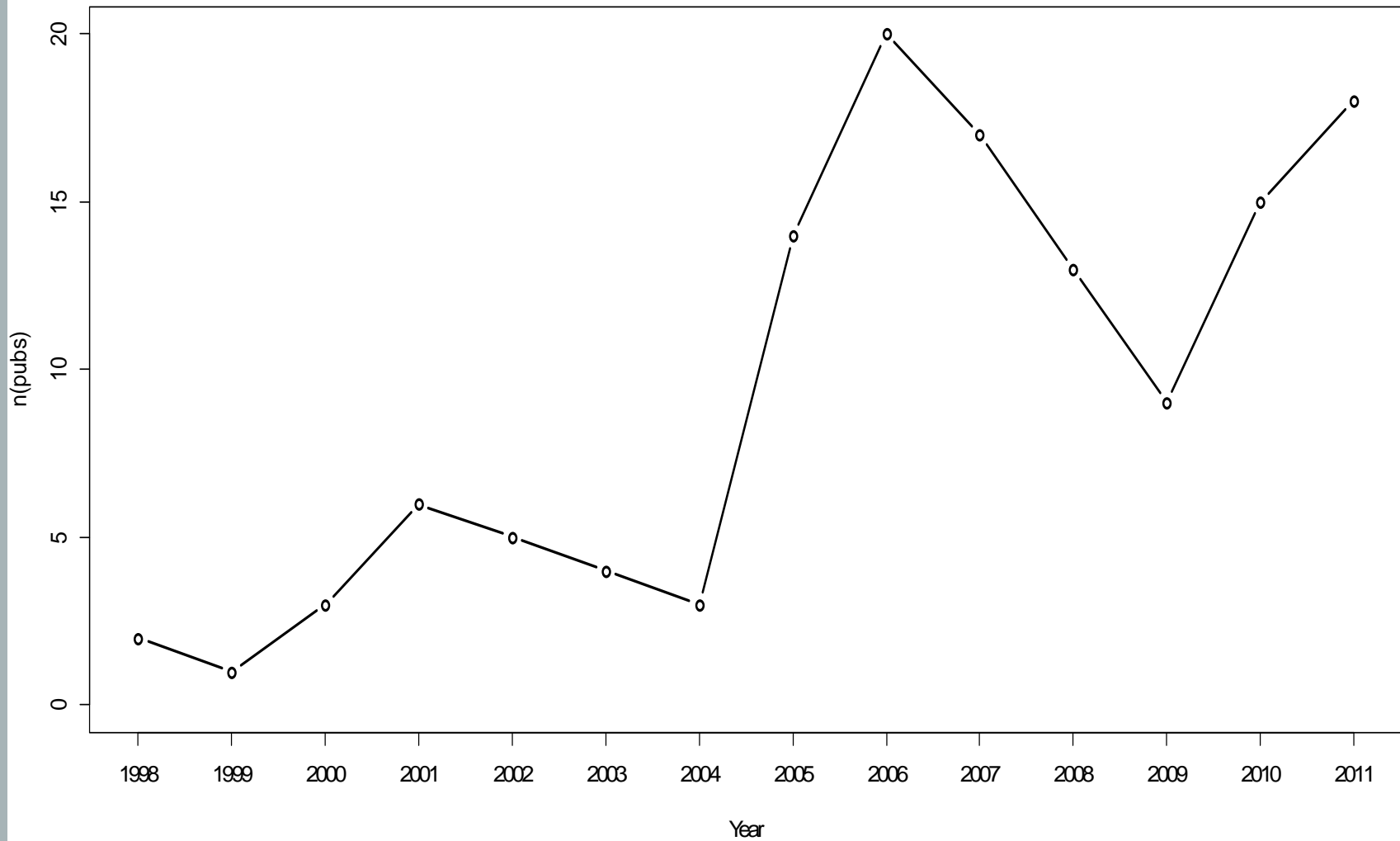


CORE system history (to 2003)

- ▲ 1995
 - ▲ Grant from Mental Health Foundation
 - ▲ First paper
- ▲ 1998
 - ▲ National launch, handbook released
 - ▲ Extension grant
 - ▲ Rationale paper
- ▲ 1999
 - ▲ First PBE paper
- ▲ 2000
 - ▲ Major PBE paper
 - ▲ CORE-OM rationale paper
 - ▲ First paper by independent users published
- ▲ 2001
 - ▲ CORE-PC pilot
 - ▲ Benchmarking publications
- ▲ 2002
 - ▲ CORE-OM psychometrics paper
 - ▲ 1st CORE-PC users' conference



CORE history: publications

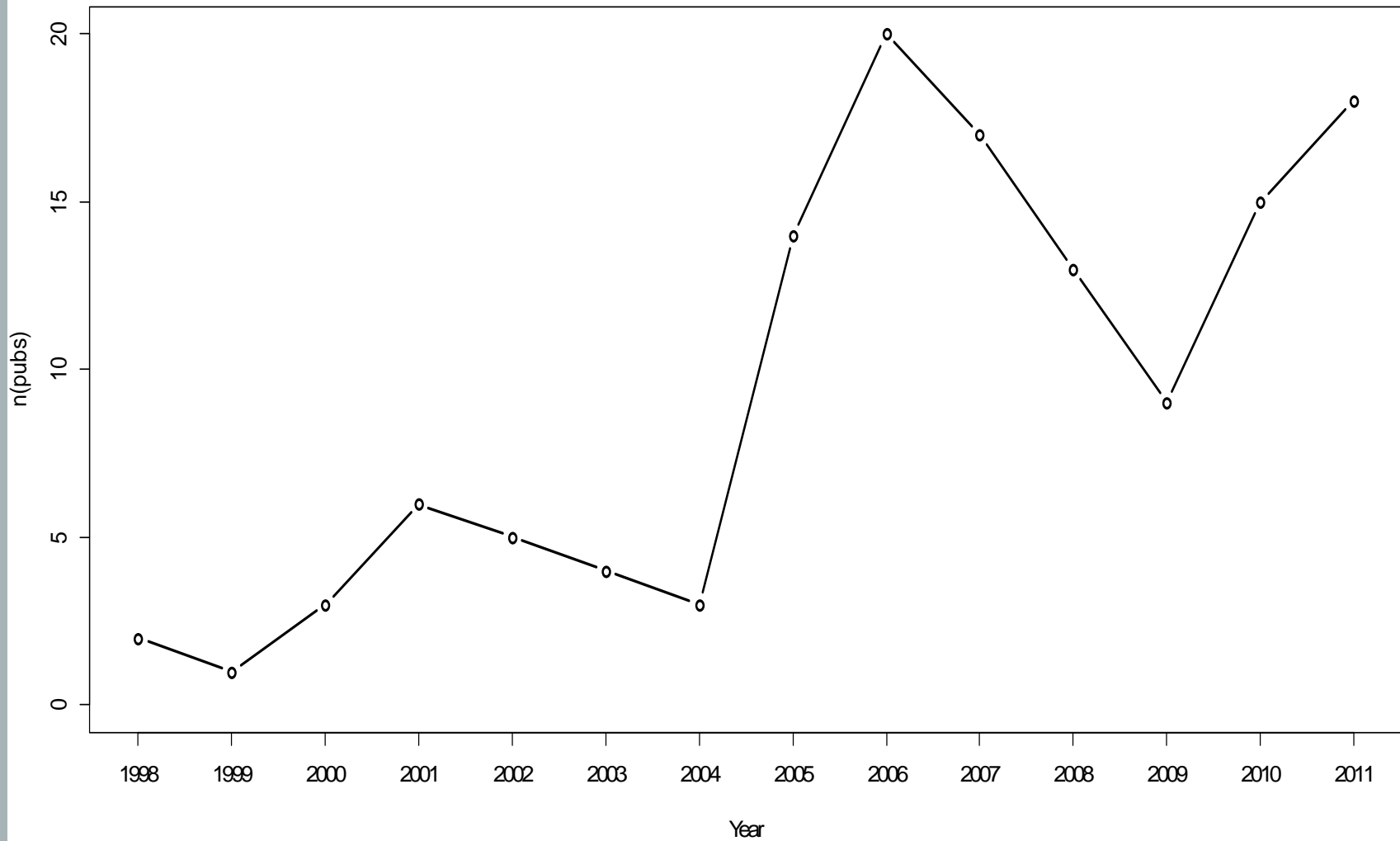


Quant issues with PROMs

- ▲ 3 time issues:
 - ▲ What time frame?
 - ▲ What timing?
 - ▲ What time needed to complete?
- ▲ 3 cost issues:
 - ▲ What cost?
 - ▲ What correlation with HE valuation?
 - ▲ What hidden costs & perverse incentives?
- ▲ 3 psychometric issues:
 - ▲ What dimensionality
 - ▲ What validity?
 - ▲ What reliability?
- ▲ 3 statistical issues:
 - ▲ What aggregation?
 - ▲ What precision
 - ▲ What generalisability?



CORE publication history



Time issues with PROMs

- ▲ What time frame?
 - ▲ Only complete “outcome” evaluation is post-mortem ...
 - ▲ ... and it still changes with time (Jimmy Savile)
 - ▲ So compromise
 - ▲ “Over the last week”
- ▲ What timing?
 - ▲ Beginning & end *versus* within intervention?
 - ▲ If within, make sure you know why:
 - ▲ To avoid missing outcomes
 - ▲ To describe
 - ▲ To adapt intervention
 - ▲ Whether to use “parallel” or varying forms or not
 - ▲ Follow-up (oncology and proxy outcome measures/indicators)
- ▲ What time needed to complete?



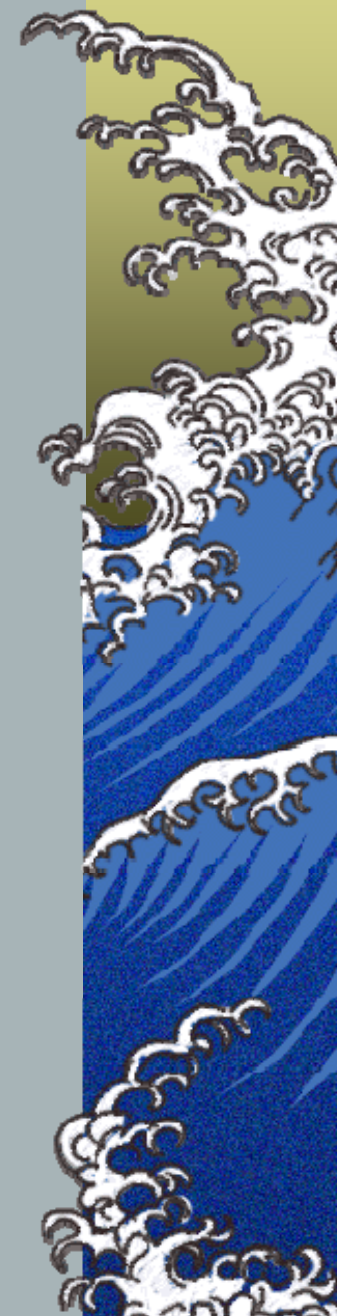
Range finding vs. power steering

- ▲ C – How are you?
- ▲ R – Fine ... Thanks for asking.
- ▲ C – Would you say if you weren't?
- ▲ R – [...] Probably not?
- ▲ C – Hm. .. So what should I ask?
- ▲ R – [...] Well, what I say to the internal postie is “What are you today?” “from 1 to 10”
- ▲ C – [...] Hm. So ... what are you today?
- ▲ R – [...] 7
- ▲ C – That sounds OK. ...some people aren't happy with anything less than a 10
- ▲ R – Ah but I think I was down about a 3 before I was off sick.



Cost issues with PROMs

- ▲ What cost?
 - ▲ Copyright and reproduction fees
 - ▲ Copyleft: the highs and lows!
 - ▲ Public domain: the dangers
- ▲ What correlation with HE valuation?
 - ▲ “CORE-6D”: converts CORE-OM scores (from six items) to QALY multipliers
 - ▲ Most MH and psychological therapy PROMs aren’t about functioning even when we base the politics on that (IAPT: McPherson, Evans & Richardson, 2009)
- ▲ What hidden costs & perverse incentives?
 - ▲ No free lunches:
 - ▲ Original CORE design survey
 - ▲ Data handling costs
 - ▲ Data analysis costs
 - ▲ Thinking costs
 - ▲ Many perverse traps





Psychometrics of PROMs

- ▲ What dimensionality?
 - ▲ Simple dimensionality:
 - ▲ Unidimensional?
 - ▲ Paucidimensional?
 - ▲ Multidimensional?
 - ▲ ... but can dimensionality be complex?
- ▲ What validity?
 - ▲ Aggregate validities:
 - ▲ Face & content
 - ▲ Divergent
 - ▲ Convergent
 - ▲ Predictive
 - ▲ Individual
- ▲ What reliability?
 - ▲ Internal
 - ▲ Test-retest
 - ▲ Simple & complex
 - ▲ “Inter-rater”
- ▲ And you need to decide your psychometric religion: factor analytic or IRT/Rasch

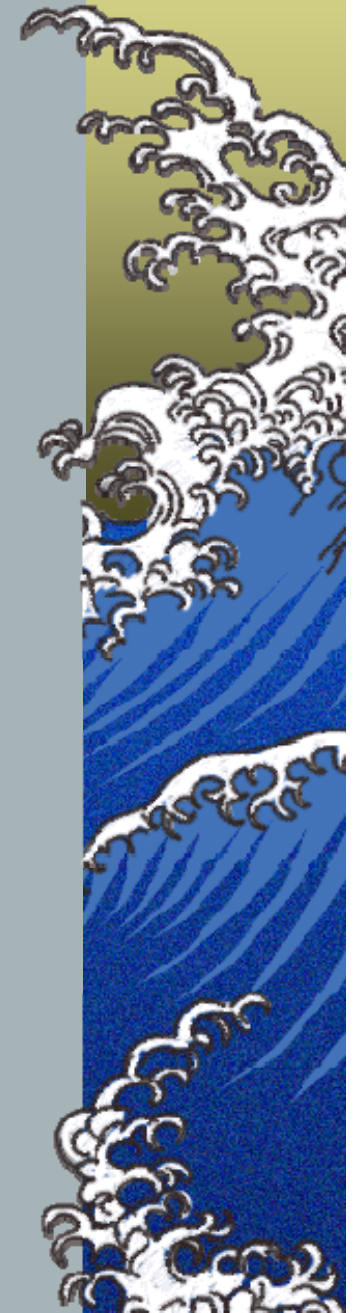




Statistical issues with PROMs

- ▲ What aggregation?
 - ▲ Within therapist?
 - ▲ Within service?
 - ▲ By year?
 - ▲ Within modality?
 - ▲ Within diagnosis? ...
- ▲ What precision
 - ▲ Statistical power and sample size issues
 - ▲ Longitudinal aggregation within ...
- ▲ What generalisability?
 - ▲ Gender?
 - ▲ Culture/language
 - ▲ Diagnosis?
 - ▲ From one patient to another





Qual issues with PROMs

- ▶ Umpteen psychological issues
 - ▶ What's going on in the mind of the respondent?
 - ▶ What do they construe is going on in the mind of the scorer/other? (Do they construe that person?)
 - ▶ Expectancy effects
 - ▶ Focusing effects
- ▶ Umpteen sociological, anthropological and political issues
 - ▶ Who wants PROMs and why?
 - ▶ Do they empower service users or immunise politicians?
 - ▶ How do they redefine relationships and cultures?
- ▶ What relationships are PROMs defining or shaping?



Psychological issues

▲ Translation protocols

- ▲ Translation/backtranslation

- ▲ Multiple forward translation and “focus” group

▲ “Had the feeling of butterflies in your stomach”

- ▲ El-Rufaie, O. E. F. A., & Absood, G. (1987). Validity study of the Hospital Anxiety and Depression Scale among a group of Saudi patients. *British Journal of Psychiatry*, 151, 687–688.



Mais on peut parler Français

- ▲ *I have felt O.K. about myself*
- ▲ Je me suis senti(e) bien avec moi-même
- ▲ Je me suis senti bien Je me suis senti(e) assez bien
- ▲ Je me suis senti OK me concernant
- ▲ Je me suis senti bien avec moi-même
- ▲ Je me suis senti(e) bien à propos de moi.
- ▲ Je me suis senti(e) bien vis-à-vis de moi-même
- ▲ Je me suis senti bien avec moi-même « Item 4 la traduction pose un énoncé peut être un peu vague « se sentir bien », l'interprétation peut être multiple selon les personnes, mais je n'arrive pas à trouver une alternative. »
- ▲ Je me suis senti(e) bien avec moi-même
- ▲ Je me suis senti(e) bien avec moi-même (je me suis sentie en harmonie avec moi-même) {marked as “slang”}
- ▲ Je me suis senti en accord avec moi-meme
- ▲ Je me suis senti OK avec moi- même
- ▲ *Je me suis senti(e) bien dans ma peau*



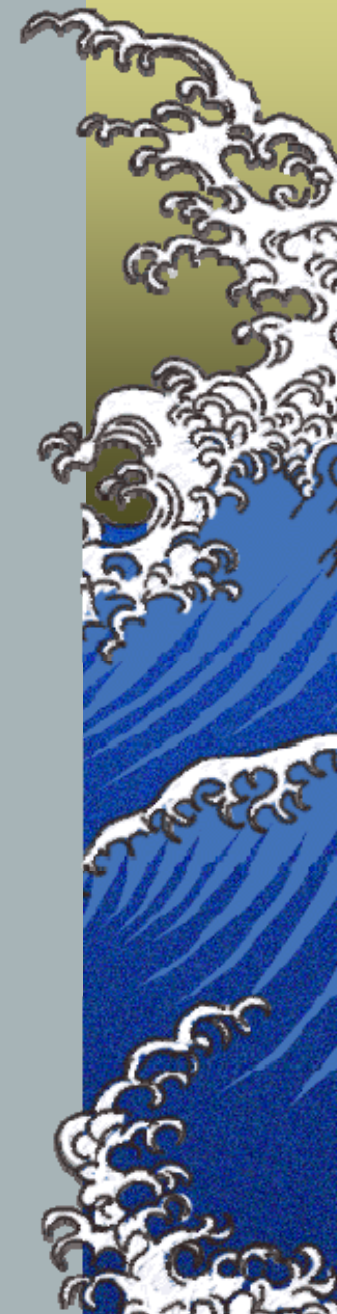
CORE-OM translations

Completed

- 1) Gujarati
- 2) Norwegian (Bokmal)
- 3) Italian
- 4) Slovak
- 5) Swedish
- 6) Icelandic
- 7) Albanian
- 8) Greek
- 9) Dutch
- 10) Danish
- 11) Portuguese
- 12) Croatian
- 14) Welsh
- 15) Serbian
- 16) German
- 17) Lithuanian
- 18) Polish
- 19) Turkish
- 20) Finnish
- 21) Spanish
- 22) Argentine Spanish
- 23) Xhosa
- 24) Romanian
- 25) **British Sign Language (BSL)**

Ongoing (from nearly finished to just starting)

- 1) French
- 3) Bulgarian
- 4) Hungarian
- 5) Russian
- 6) Brazilian (slightly different from the Portuguese)
- 7) Bosnian
- 8) Farsi
- 9) Catalan
- 10) Urdu
- 11) Punjabi
- 12) Kannada
- 13) Sami
- 14) Tamil
- 15) Czech
- 16) Japanese
- 17) Latvian
- 18) Somali
- 19) Arabic
- 20) Afrikaans
- 21) Korean
- 22) Hebrew
- 23) Maltese
- 24) Kurdish
- 25) Bahasa Malayu
- 26) Hindi



YP-CORE translations

Done

1. Danish
2. Welsh
3. Croatian
4. Portuguese
5. Romanian

Started

1. Turkish
2. Spanish
3. Catalan
4. Finnish
5. Lithuanian



Sociological issues

I get the CORE filled in because we're expected to, and if I don't buy into it then I think there's something slightly unethical about doing it, 'cause if you're not using the information afterwards then why are you getting someone to fill it in?, and ultimately the CORE is about the service, it's about the Trust that I work in. . . for me it feels sometimes like the motive behind it is at a broader organisational level and it's not about that individual's life. (Beth, therapist)



What's containing for whom?

It's much easier to do the PSYCHLOPS than the CORE. I feel much more tentative about giving the CORE, partly because you just don't know how people are going to respond to it and it feels quite invasive in many ways, whereas the PSYCHLOPS feels much less invasive.
(John, therapist)



So PSYCHLOPS for therapists but ...

Sometimes coming up with words when you're on medication, your focus is not there, and when you've got multiple choice one of them brightens up, it clicks, you know you go, yeah that's the one, but when you've got an open option you really have to think. (Harry, client)

... different things are containing for people in different rôles

Kelly, Holtum, Evans & Shepherd (2012).





Exercise

- ▶ Still got that piece of paper with your score on top and the score your neighbour gave you?
- ▶ Compare the scores.
- ▶ We have to infer internal states: I like the analogy with watching the face not the abdomen when examining the abdomen.
- ▶ Discuss what cues you were using when each tried to rate how much the other was “Intrigued so far”.



Sessional tracking/power steering

- ▶ Great if:
 - ▶ It's clearly tracking from outside to secure an ending score and a trajectory
 - ▶ It's used for steering and it's not **the** outcome measure and using it this way is congruent with theory:
 - ▶ CBT, BT, some or much systemic therapy
 - ▶ Some humanistic therapy
 - ▶ Some or much eclectic/integrative therapy
- ▶ Keeps an open stance to additional information



Problems with power steering

- ▶ Reduced channel of communication
- ▶ Nomothetic: i.e. same for all (not necessarily but little literature on use of idiographic or PQ steering)
- ▶ If a nomothetic measure like CORE-OM or OQ-45 the channel was defined by professionals (ultimately)
- ▶ Assumes that what's important is conscious (or reflected in the conscious completion of the measure)
- ▶ Offers anxiety containment when that may not be ideal
- ▶ All the research to date has used the communication measure as the outcome measure



PQs, PGOMs, PSYCHLOPS

- ▲ PQ = Personal Questionnaires
- ▲ PGOMs = Patient Generated Outcome Measures
- ▲ PSYCHLOPS is a hybrid: very short PGOM with a nomothetic rating attached



A questionnaire about you and how you are feeling – now that you are starting therapy



Question 1

a Choose the problem that troubles you most. (Please write it in the box below.)

b How much has it affected you over the last week? (Please tick one box below.)

Not at all affected 0 1 2 3 4 5 Severely affected

c How long ago were you first concerned about this problem? (Please tick one box below.)

Under one month Between one and three months Over three months but under one year One to five years Over five years

Question 2

a Choose another problem that troubles you. (Please write it in the box below.)

b How much has it affected you over the last week? (Please tick one box below.)

Not at all affected 0 1 2 3 4 5 Severely affected

c How long ago were you first concerned about this problem? (Please tick one box below.)

Under one month Between one and three months Over three months but under one year One to five years Over five years

Question 3

a Choose one thing that is hard to do because of your problem (or problems). (Please write it in the box below.)

b How hard has it been to do this thing over the last week? (Please tick one box below.)

Not at all hard 0 1 2 3 4 5 Very hard

Question 4

How have you felt in yourself this last week? (Please tick one box below.)

Very good 0 1 2 3 4 5 Very bad



Client ID



A questionnaire about you and how you are feeling – now that you are having therapy



Question 1

a This is the problem you said troubled you the most when we first asked. (Therapist - please write it in the box below.)

b How much has it affected you over the last week? (Please tick one box below.)

Not at all affected 0 1 2 3 4 5 Severely affected

Question 2

a This is the other problem you said troubled you when we first asked. (Therapist - please write it in the box below.)

b How much has it affected you over the last week? (Please tick one box below.)

Not at all affected 0 1 2 3 4 5 Severely affected

Question 3

a This is the thing you said was hard to do when we first asked. (Therapist - please write it in the box below.)

b How hard has it been to do this thing over the last week? (Please tick one box below.)

Not at all hard 0 1 2 3 4 5 Very hard

Question 4

How have you felt in yourself this last week? (Please tick one box below.)

Very good 0 1 2 3 4 5 Very bad

Question 5

a Now that you are having therapy, you may have found that other problems have become important. If so, please write the one that troubles you most in the box below, or leave blank if no other problems have become important.

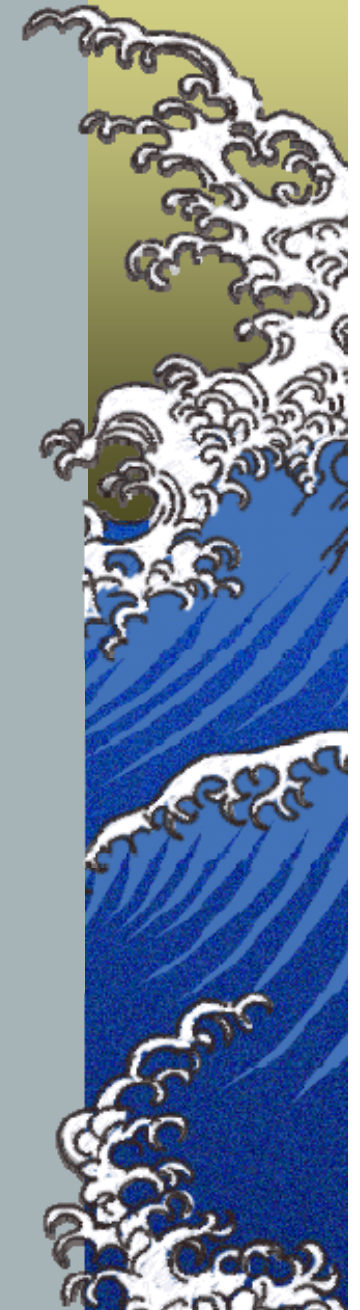
b How much have these other problems affected you over the last week? (Please tick one box below, or leave blank if no other problems have become important.)

Not at all affected 0 1 2 3 4 5 Severely affected



This questionnaire is called the Psychological Outcome Profiles questionnaire (PSYCHLOPS), During-Therapy, Version 5. See www.psychlops.org All rights reserved © 2010, Department of Primary Care and Public Health Sciences, King's College London.

Client ID



A questionnaire about you and how you are feeling – now that you are finishing therapy



Question 1

a This is the problem you said troubled you the most when we first asked. (Therapist - please write it in the box below.)

b How much has it affected you over the last week? (Please tick one box below.)

Not at all affected 0 1 2 3 4 5 Severely affected

Question 2

a This is the other problem you said troubled you when we first asked. (Therapist - please write it in the box below.)

b How much has it affected you over the last week? (Please tick one box below.)

Not at all affected 0 1 2 3 4 5 Severely affected

Question 3

a This is the thing you said was hard to do when we first asked. (Therapist - please write it in the box below.)

b How hard has it been to do this thing over the last week? (Please tick one box below.)

Not at all hard 0 1 2 3 4 5 Very hard

Question 4

How have you felt in yourself this last week? (Please tick one box below.)

Very good 0 1 2 3 4 5 Very bad

Question 5

During therapy, you may have found that other problems became important. If so, how much have these problems affected you over the last week?

(Please tick one box below, or leave blank if no other problems have become important.)

Not at all affected 0 1 2 3 4 5 Severely affected

Question 6

Compared to when you started therapy, how do you feel now? (Please tick one box below.)

0 1 2 3 4 5
 Much better Quite a lot better A little better About the same A little worse Much worse



Client ID



Useful step forward: CORE-6D

- ▶ Uses the multidimensionality and breadth of the CORE-OM items to select six, five MH and one more physical to provide a set of 33 states that people can trade
- ▶ Items are:
 - ▶ 1 **I have felt terribly alone and isolated**
 - ▶ 15 **I have felt panic or terror**
 - ▶ 16 **I made plans to end my life**
 - ▶ 21 **I have been able to do most things I needed to**
 - ▶ 33 **I have felt humiliated or shamed by other people**
 - ▶ 8 **I have been troubled by aches, pains or other physical problems**
- ▶ Trades against longevity proved reliable
- ▶ Allows QALY valuation of CORE-OM scores (provided you have the item scores, not just the totals)
- ▶ Worst of the 33 states rated at .10 of full health: so each year lived only .1 QALY.



Concluding pleas(e) – technological

- ▶ Our current outcome measures are little better than asking oncology patients at the end of chemotherapy how long they think they'll live
- ▶ ... or assuming that the temperature at the end of treatment of a severe meningitis will predict neurological outcome
- ▶ But that's better than nothing!
- ▶ There are a plethora of them (CORE, OQ, PHQ, GAD ...)
- ▶ But CORE is the best (oops) ...
- ▶ ... partly because of the CORE-6D scoring



Concluding pleas(e) – technological contd.

- ▶ Now we need to separate tracking measures from “outcome” measures
- ▶ We need longer term outcomes and follow-up ... predictive validity
- ▶ That won't come from RCT controlled separation of intervention arms
- ▶ We need to chip away at the “deathly hallows” of strong (DBRCT) causal attribution ...
- ▶ ... while recognising that NICE and the government will need the DBRCT throttle for medication costs (physical and MH)



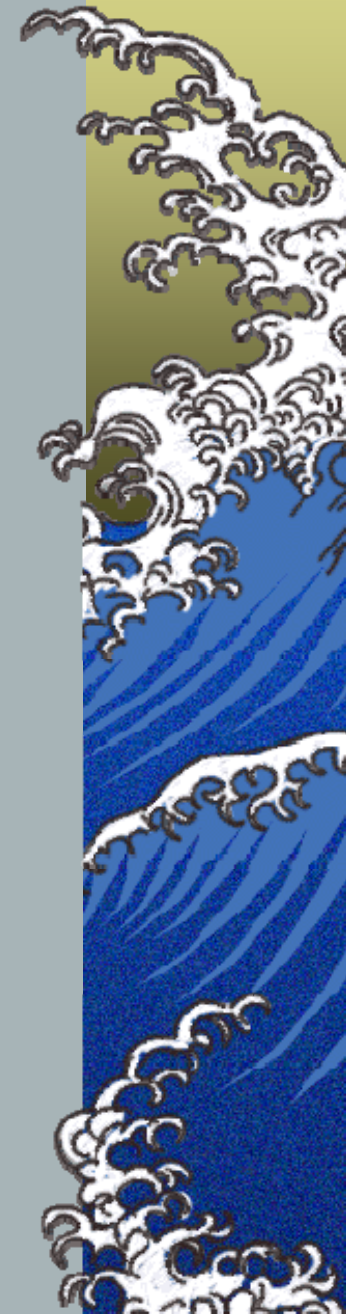
Concluding pleas(e) – relational

- ▶ That's all well and good on the technological side but ..
- ▶ We also need to stop being embarrassed that our domain is about relationships with people in distress and about the arts of using the relationship, that it's not a technology
- ▶ We can usefully lead offering that understanding back into psychiatry (Bracken et al. 2012) and also into “general” medicine



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Thanks for listening ...

...but now let's play: let's have a bit of free floating discussion in the best traditions of Chris Mace, Group Analysis and SPR ... and of all secure therapies!

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