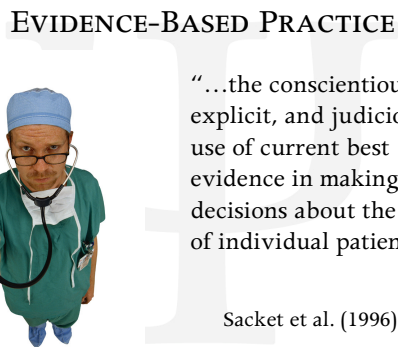


EVIDENCE-BASED PRACTICE IN PSYCHOLOGY

What it is and how
it benefits your patients

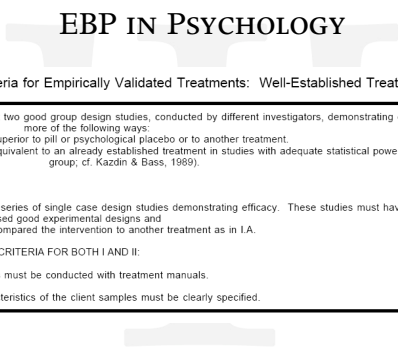
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EVIDENCE-BASED PRACTICE

"...the conscientious,
explicit, and judicious
use of current best
evidence in making
decisions about the care
of individual patients."

Sacket et al. (1996)



EBP IN PSYCHOLOGY

Criteria for Empirically Validated Treatments: Well-Established Treatments

- I. At least two good group design studies, conducted by different investigators, demonstrating efficacy in one or more of the following ways:
 - A. Superior to pill or psychological placebo or to another treatment.
 - B. Equivalent to an already established treatment in studies with adequate statistical power (about 30 per group, cf. Kazdin & Bass, 1989).
 - OR
 - II. A large series of single case design studies demonstrating efficacy. These studies must have:
 - A. Used good experimental designs and
 - B. Compared the intervention to another treatment as in I.A.
- FURTHER CRITERIA FOR BOTH I AND II:
- III. Studies must be conducted with treatment manuals.
 - IV. Characteristics of the client samples must be clearly specified.

Task Force on Promotion and Dissemination of Psychological Procedures (1993)

EBP IN PSYCHOLOGY

Criteria for Empirically Validated Treatments: Probably Efficacious Treatments

- I. Two studies showing the treatment is more effective than a waiting-list control group.
- OR
- II. Two studies otherwise meeting the well-established treatment criteria I, III, and IV, but both are conducted by the same investigator. Or one good study demonstrating effectiveness by these same criteria.
- OR
- III. At least two good studies demonstrating effectiveness but flawed by heterogeneity of the client samples.
- OR
- IV. A small series of single case design studies otherwise meeting the well-established treatment criteria II, III, and IV.

Task Force on Promotion and Dissemination of Psychological Procedures (1993)
psychology

EBP IN PSYCHOLOGY

The evidence base for any psychological intervention should be based on

1. Efficacy
Establishment of a causal relationship between interventions and disorders under treatment
2. Clinical utility / effectiveness
Consensus regarding generalizability, feasibility, and costs and benefits of an intervention

APA (1995)
psychology

EBP IN PSYCHOLOGY

Starting in 1996, updates regarding *empirically supported treatments* (ESTs) were published

Outlined treatments that had empirical support based on RCTs that used a treatment manual with a specific population

Goal was to identify treatments with support comparable to medications

Chambless et al. (1996, 1998)
psychology

EST EXAMPLES

- CBT for panic disorder
- CBT for generalized anxiety
- ERP for obsessive-compulsive disorder
- Cognitive therapy for depression
- IPT for depression
- PMT for child oppositional behavior
- CBT for bulimia
- CBT for chronic pain

Chambless et al. (1996)
psychology

EBP IN PSYCHOLOGY

Response to the Chambless report was varied

While it raised awareness of efficacy of psychological treatments...

...some decried emphasis on manualized, brief treatments and lack of emphasis on common therapeutic factors

Many divisions of APA and others (e.g., SBM) undertook internal studies of EBPP

psychology

EBPP EXAMINED

In 2006, APA Presidential Task Force on Evidence-Based Practice issued guidelines that

1. Described commitment to EBP in the field of psychology via integration of applied and basic research
2. Tries to take into account the myriad of ways that treatments and therapies can provide evidence of their efficacy

APA (2006)
psychology

OPERATIONAL DEFINITIONS

EBPP is “the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences.”

Purpose of EBPP is “to promote effective psychological practice and enhance public by applying empirically supported principles of psychological assessment, case formulation, therapeutic relationship, and intervention.”

APA (2006)
psychology

EBPP vs. ESTs

ESTs start with a treatment and ask if it works for a population

EBPP starts with patient and asks what is the best evidence for what will help to achieve a particular outcome

ESTs are specific psychological treatments, EBPP is a method of decision making

APA (2006)
psychology

THE BIG PICTURE

Large body of research on children, adults, and seniors finding that therapy

Is safe and effective for these groups

Can impact a wide range of problems

Is more enduring in impact than medications

Pays for itself in terms of medical cost offset, increased productivity, and QoL

Lambert & Ogles (2003)
psychology

THE BIG PICTURE

Meta-analyses have shown that
Most practices in widespread use are efficacious
Effect sizes equal or surpass those of medical
treatments that are widely accepted

Not all types of therapies have been subjected
to RCTs, but this does not rule out their
possible effectiveness

Lambert & Ogles (2003)
psychology

THE BIG PICTURE

There are effective therapies for

- Depression (ES of .56-2.15)
- Anxiety (ES of .51-3.32)
- Obesity (ES of .26)
- Anger (ES of .64-.82)
- Hypertension (ES of .65)
- Bulimia (ES of 1.28)

And many, many others...

Lambert & Ogles (2003)
psychology

WHAT IS AN EFFECT SIZE?

Average percentile
standing of the average
treated (or experimental)
participant relative to the
average untreated (or
control) participant

Cohen's Standard	Effect Size	Percentile Standing	Percent of Nonoverlap
	2.0	97.7	81.1%
	1.9	97.1	79.4%
	1.8	96.4	77.4%
	1.7	95.5	75.4%
	1.6	94.5	73.1%
	1.5	93.3	70.7%
	1.4	91.9	68.1%
	1.3	90	65.3%
	1.2	88	62.2%
	1.1	86	58.9%
	1.0	84	55.4%
	0.9	82	51.6%
LARGE	0.8	79	47.4%
	0.7	76	43.0%
	0.6	73	38.2%
MEDIUM	0.5	69	33.0%
	0.4	66	27.4%
	0.3	62	21.3%
SMALL	0.2	58	14.7%
	0.1	54	7.7%
	0.0	50	0%

psychology

NOW KNOW THIS

The EBPP practitioner should be aware of

1. The strengths and limitations of each type of research
2. Factors found to impact therapy
 - Treatment method
 - Individual psychologist
 - Treatment relationship
 - The patient

APA (2006)
psychology

NOW KNOW THIS

“Local clinical scientist” should be the model for psychologist practicing EBPP

1. Integrates scientific findings and clinical expertise to form and test hypotheses about client problems and best treatment options
2. Is also aware of limitations, both in expertise and possible biases

Stricker & Trierweiler (1995)
psychology

HOW DO I FIND EBPP PRACTITIONERS?

The majority of evidence-based practitioners are trained as cognitive-behavioral therapists

Groups such as the Association of Cognitive & Behavioral Therapies (ABCT) run websites with lists of members

Ask them!

Never feel uncomfortable asking a therapist, counselor, or psychologist what his or her theoretical orientation is

psychology

CONCLUSIONS

EBPP should not be seen as a threat to those who do not currently practice it

Instead, it is a way to enhance delivery of services in atmosphere of respect, communication, and collaboration between

- Practitioners
- Researchers
- Patients

QUESTIONS?

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