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Improving Access to Psychological Therapies

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Northern IAPT Practice Research Network

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Background

What is a PRN?

- A PRN is a co-ordinated group that "facilitates direct and active collaboration between psychotherapists and researchers in scientifically rigorous and clinically meaningful research" (Castonguay et al, 2010).
- A PRN can help to generate practice-based evidence (Margison et al, 2000) and to disseminate empirically supported treatments in naturalistic settings (Barkham & Mellor-Clark, 2000).
- Successful PRN models have been developed in several countries (e.g. see Green et al, 1993; Audin et al, 2001).

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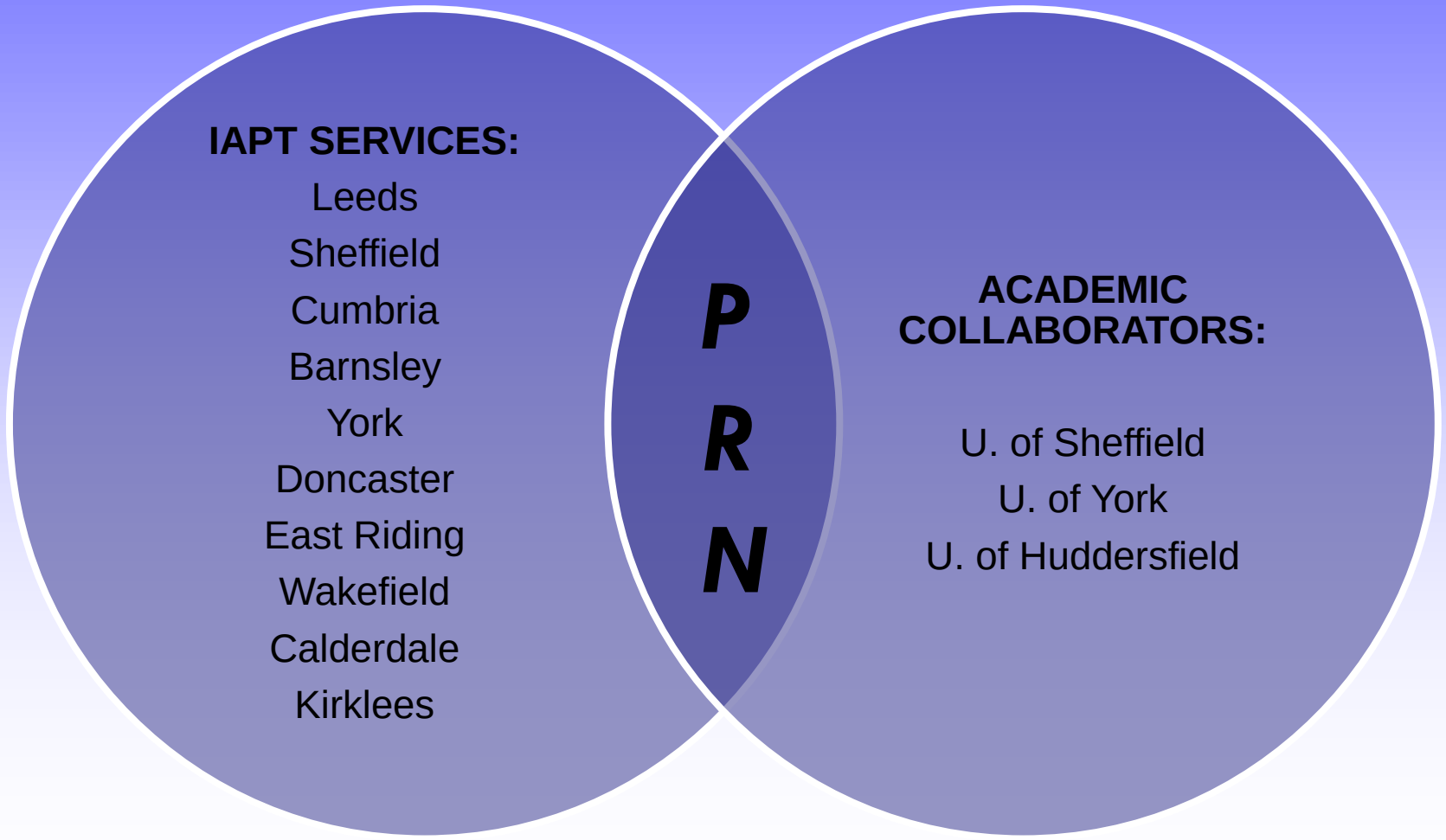
Membership



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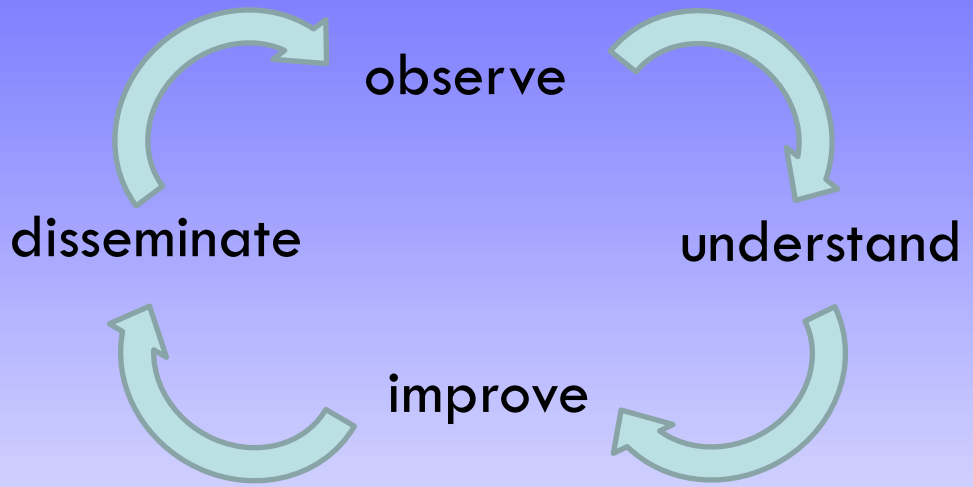
Aims



- Generate practice based evidence to assess the effectiveness and challenges of routine IAPT interventions
- Act as a vehicle to disseminate and implement research findings across multiple services
- Foster a culture of research within partner services

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Current work

1. Stress Control Study

Objectives: To scope current provision of SC interventions across South & West Yorkshire, to understand which patients benefit more of less from SC.
Method: Retrospective analysis of routinely collected IAPT data.

2. 'Making the most of CBT': Dissemination of the transdiagnostic seminars model

Objectives: To enable various IAPT sites to deliver the TDS model in routine practice, to understand barriers and facilitators to implementation.
Method: Prospective collection of access and outcomes data for TDS participants, analysis of acceptability and symptom reductions using a benchmarking method.

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Future developments

- Debate web-page to be launched in January 2015
- Scientist-practitioner seminars
- Grant applications for collaborative research using an aggregated multi-site dataset

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Why bother?

- Research-active clinical services provide better quality of care (Majumdar et al, 2008)
- Research-active services improve outcomes for patients, possibly through early adoption of ground-breaking care or through the effect of fidelity to evidence-based practice (Hanney, Jones & Soper, 2013)
- Together we can learn and innovate, making the most of diverse perspectives and strengths
- "Power comes with numbers"

SOURCES:

Hanney S, Boaz A, Jones T, Soper B. (2013). Engagement in research: an innovative three-stage review of the benefits for health-care performance. Health Services and Delivery Research,1(8).

Majumdar, S.R., Roe, M.T., Peterson, E.D., Chen, A.Y., Gibler, W.B., Armstrong, P.W. (2008). Better outcomes for patients treated at hospitals that participate in clinical trials. Archives of Internal Medicine, 168(6): 657-662.

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Further information

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