Resources for Clinical Practice Guidelines in Clinical Psychology: An Environmental Scan

Clinical Health Psychology

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Evidence Based Practice (EBP)

The conscientious, explicit, and judicious use of the best available research evidence to inform each stage of clinical decision-making and service delivery, [which] requires that psychologists apply their knowledge of the best available research in the context of specific client characteristics, cultural backgrounds, and treatment preferences\(^1\)
CPGs for psychology

• VISION:
  – Create a “hub” for CPGs for clinical psychology

• First step: Does something like this already exist??
Environmental Scan

• **Primary Aim**: to determine whether an open-access, comprehensive, searchable database for psychological clinical practice guidelines already exists

• **Secondary Aims**:  
  1) To map key sites/resources providing access to CPGs for psychology  
  2) To describe (in broad terms) these resources
Strategy

1. Search the published, academic literature
   Pubmed, EMBASE, Scopus, PsychInfo & grey literature. Search terms included: "practice guidelines", “clinical guidelines”, “clinical psychology”, “clinical psychologist” and "clinical psychologists”

2. Naïve Internet Search
   Same search terms. Used google*. Computer’s cache cleared before each search; Canadian, British, American and Australian sites searched separately.

3. Targeted Internet Search
   National psychological associations for Canada, USA, UK and Australia were searched; also searched provincial associations within Canada.
Site evaluation

• **Accessibility**: Is a membership or user fee required? Is registration or a username/password required?

• **Comprehensiveness**: Is the site limited to a specific diagnosis, modality, population or setting?

• **Transparency/Authority**: Does the site identify a clear process for how guidelines are selected? Is the site associated with an academic or government institution?

• **Ease of Use**: Is it possible to search? Is there an index or menu? Is the content hosted on the site itself, or is it a list of links to external resources?
Results

Academic Literature Search identified 0 databases
Results

Naïve Internet Search identified 5 databases
Results

Targeted Internet Search identified 3 databases
Results

• Expert Consultation identified an additional 24 resources (!)

• In total, **29 unique sites** were evaluated

• Only 2 sites met all criteria (but were not psychology-specific)

  National Institutes of Clinical Excellence (NICE) in the UK
  Agency for Healthcare Research and Quality (AHRQ) Clearinghouse

  *The National Health and Medical Research Council (NHMRC) site met nearly all criteria

• Only 11 sites were specific to psychology

  None met all criteria (2 nearly met all)
## Site evaluation

<table>
<thead>
<tr>
<th>Site Name</th>
<th>Brief Description</th>
<th>Accessibility</th>
<th>Comprehensiveness</th>
<th>Authority</th>
<th>Ease of Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institute for Clinical Excellence (NICE) Guidelines</td>
<td>NICE provides evidence-based guidance and advice to improve health and social care in England. Includes clinical guidelines, public health guidelines, social care guidelines, medical practice guidelines and safe staffing guidelines.</td>
<td>✅ No fee &lt;br&gt; ✅ No registration required &lt;br&gt; ✅ Identifies mobile optimization</td>
<td>✅ No limitations on specific diagnoses, modalities, populations, or settings</td>
<td>✅ Clear process on information selection &lt;br&gt; ✅ Clear process on updating &lt;br&gt; ✅ Credible authority source</td>
<td>✅ Search by keyword &lt;br&gt; ✅ Search by topic &lt;br&gt; ✅ Index to browse &lt;br&gt; ✅ Multiple steps not required &lt;br&gt; ✅ Content hosted on site</td>
</tr>
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</table>

Find full report and all tables at: [http://www.cpa.ca/docs/File/IUPsyS/Environmental%20Scan%20for%20CPG%20project.pdf](http://www.cpa.ca/docs/File/IUPsyS/Environmental%20Scan%20for%20CPG%20project.pdf)
AHRQ's National Guideline Clearinghouse is a public resource for summaries of evidence-based clinical practice guidelines.

Learn More About the New Site   Sign In or Create a Free Account

Find Guideline Summaries and more...
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</thead>
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<tr>
<td>Agency for Healthcare Research and Quality (AHRQ) Clearinghouse</td>
<td>A public resource containing summaries of evidence-based clinical practice guidelines. This large, searchable database focuses mainly on medical specialties, but contains guidelines on mental health under “Psychiatry”</td>
<td>✓ No fee</td>
<td>✓ No limitations on specific diagnoses, modalities, populations, or settings</td>
<td>✓ Clear process on information selection</td>
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<td>✓ Identifies support for multiple operating systems/browsers</td>
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<td>✓ Content hosted on site</td>
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<tr>
<td><a href="https://www.guideline.gov">https://www.guideline.gov</a></td>
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Welcome to EQIP: A selection of professional practice resources to support APS members in psychological assessments and treatments.

<table>
<thead>
<tr>
<th>Conditions</th>
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<tr>
<td>Alcohol use disorders</td>
<td>Attention deficit hyperactivity disorder</td>
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<tr>
<td>Autism spectrum disorder</td>
<td>Bipolar disorder</td>
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<tr>
<td>Childhood obesity</td>
<td>Dementia</td>
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<tr>
<td>Depression</td>
<td>Generalised anxiety disorder</td>
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<tr>
<td>Insomnia disorder</td>
<td>Obsessive-compulsive disorder</td>
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<tr>
<td>Panic disorder</td>
<td>Perinatal depression</td>
</tr>
<tr>
<td>Posttraumatic stress disorder</td>
<td>Problem gambling</td>
</tr>
<tr>
<td>Site Name</td>
<td>Brief Description</td>
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<tr>
<td>-------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------</td>
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</tbody>
</table>
| Australian Psychological Society – Evidence-based and Quality Information for Psychologists (EQIP) | A search-driven website developed for APS members to support their professional practice. Some summaries available to non-members. | √/X Fee required for some resources  
√/X Registration required for some resources | √ No limitations on specific diagnoses, modalities, populations, or settings | √ Clear process on information selection  
√ Clear process on updating  
√ Credible authority source | √ Search by keyword  
√ Search by topic  
√ Index to browse  
√ Multiple steps not required  
√ Content hosted on site |
American Psychiatric Association Practice Guidelines

American Psychiatric Association (APA) practice guidelines provide evidence-based recommendations for the assessment and treatment of psychiatric disorders. Practice guidelines are intended to assist in clinical decision making by presenting systematically developed patient care strategies in a standardized format.

In 2011, APA adopted a new guideline development process to align with recommendations of the Institute of Medicine published in March 2011. Steps in the development process include establishing transparency, managing conflicts of interest, composing work groups, using systematic reviews of evidence, articulating and rating recommendations in guidelines, obtaining external review, and updating. For additional information regarding the new process and a list of the current membership of the APA Steering Committee on Practice Guidelines, please visit the American Psychiatric Association.
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<tr>
<td>American Psychiatric Association (APA) Practice Guidelines</td>
<td>A database of practice guidelines developed and published by APA. Fourteen “legacy” guidelines available (created 1992-2010). In 2011 they created a new development process to align with Institute of Medicine recommendation – these guidelines not yet available.</td>
<td>√ No fee</td>
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<td>√ No registration required</td>
<td>X Limited to adult populations</td>
<td>√ Clear process on updating</td>
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Find all the sites here:

Resources for Psychologists

Clinical Practice Guidelines Initiative

Click on question to expand the answer:

**What are Clinical Practice Guidelines (CPGs)?**

**Why should clinical psychologists care about CPGs?**

**What has the clinical section CPG initiative done so far?**

**Where can I find CPGs?**

CPGs for psychology are listed in many places; we suggest you start by looking at the table in our environmental scan (here) for an overview that includes additional details about features for each site we reviewed. Highly-rated accessible sites that met all or most of our criteria include:

- National Institutes of Clinical Excellence "met all criteria [https://www.nice.org.uk/guidance/urlid=1075616301461277831](https://www.nice.org.uk/guidance/urlid=1075616301461277831)
- Agency for Healthcare Research and Quality (AHRQ) Clearinghouse "met all criteria [https://www.guideline.gov](https://www.guideline.gov)
- Substance Abuse and Mental Health Services Administration (SAMHSA) - National Registry of Evidence-Based Programs and Practices (NREPP) [https://www.samhsa.gov/nrepp](https://www.samhsa.gov/nrepp)
- Veteran’s Health Administration [http://www.healthquality.va.gov](http://www.healthquality.va.gov)
- Cochrane Library [http://www.cochranelibrary.com](http://www.cochranelibrary.com)
Some thoughts

• Of the 3 searches conducted, the academic literature revealed the fewest guidelines and the majority of sites identified through expert consultation were not discovered using any of the searches

• Most of the sites discovered were for mixed audiences (not psychology specifically) and the majority lacked key features (e.g., only half were searchable)
• Few sites (9) provided any kind of information about the quality of guidelines presented

• Next Step: What would psychologists (especially members of CPA/clinical section) want in a CPG database?
Needs Assessment

• Survey circulated in November, 2016
• 198 respondents
  - 88.75% of respondents belonged to CPA
  - 81% clinical section
Sample Characteristics

- Provincial Psychological Associations
  - Ontario: 39%
  - Alberta: 6%
  - British Columbia: 7%
  - Manitoba: 11%
  - New Brunswick: 15%
  - Quebec: 17%
  - Other: 5%

- Highest Degree
  - Bachelors: 79%
  - Master's: 3%
  - Doctorate or higher: 3%
  - Other: 2%

- Primary Clinical Setting
  - Hospital or other healthcare centre: 39%
  - Community agency: 13%
  - Private practice: 11%
  - Academia: 5%
  - None/other: 32%
Approach to EBP

Resources for Finding Evidence

- Academic search engine: 80
- Empirically supported treatment list: 50
- Database of systematic reviews: 40
- Organization: 50
- Google or other search engines: 30
- Other: 20
Types of Evidence Used

- Peer-reviewed research
- CPGs
- Systematic reviews/meta-analyses
- Textbooks or treatment manuals
- Professional communications
- Colleagues
- Other
Is there anything that would make you more likely to use CPGs?

Relevance/utility
Ease of Use/convenience
Quality Assurance**
Moving Forward

• Clear that there is a lot of work to be done regarding the quality of CPGs\(^2\)
• Psychologists need to care about this issue and get involved
• Put out a call in February for proposals and we are now working on developing partnerships to carry this idea forward
• Interested in being involved? Send an email to mholmqvist@exchange.hsc.mb.ca