Update of Clinical Practice Guidelines Project for CPG Working Group

Draft 1

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Date: 20 September 2016

Executive Summary

Evidence-Based Practice (EBP) is endorsed by the Canadian Psychological Association, and has long been championed by the clinical section, but most psychologists fall short of this ideal in their daily work. One of the practical limitations for clinicians wishing to practice in an evidence-based way is finding the best quality evidence available to inform clinical decision making. Clinical Practice Guidelines (CPGs) can help to address this; however, finding CPGs appropriate for clinical psychology can be challenging. In June, 2016, the clinical section executive proposed spending some its accumulated surplus to develop a CPG portal. We envisioned a searchable database designed with clinical psychologists as the primary audience, but were mindful that such a resource would likely have utility for other groups, including our colleagues and consumers of psychological services. As an initial step, we wanted to ensure that a comparable resource did not already exist. Accordingly, we conducted an environmental scan, encompassing a search of the academic literature and both naïve and targeted internet searches. We also included sites identified through expert consultation. Sites were then assessed to determine whether they were accessible, comprehensive, authoritative and easy to use.

Our scan revealed **29 unique sites** that compile CPGs relevant to clinical psychology. Of these, the three sites that met most or all of our criteria were the National Institute for Clinical Excellence (NICE) site, the Agency for Healthcare Research and Quality (AHRQ) Clearinghouse and the National Health and Medical Research Council (NHMRC) guideline portal. The majority of sites located through these searches were developed primarily for medical or mixed audiences. While 11 sites identified through our search were developed by psychologists or mental health professionals, none of these sites met our criteria. Of the three searches conducted, the search of the academic literature revealed the fewest guidelines, and did not identify any of the available CPG databases, suggesting this may be a particularly inefficient way to find CPGs. A naïve internet search revealed more specific guidelines than the academic search, and also revealed five sites that were either databases or lists of CPGs. A targeted internet search looking at psychological associations revealed more specific guidelines than the other searches, but only revealed three CPG databases or lists. The majority of sites identified through expert consultation were not discovered using any of the searches.

Site evaluation revealed that most of the sites identified lacked features that are potentially important to a busy clinician. For example, only 52% of publicly accessible sites were searchable by keyword, while 48% had an index. We could not clearly identify a process for how guidelines were selected for inclusion and how information was updated over time for approximately half the sites. In contrast to this, the vast majority of sites identified through this search were associated with a credible institution.

Psychologists have more knowledge available to them than at any point in history, but too often this is not being translated into improved services for the public. We suggest that a CPG portal designed with needs and input of practicing clinicians at every stage may help to address this gap.

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Background

Healthcare practitioners are mandated to provide the best possible service to the public, and the Canadian Psychological Association has taken a strong position over the years on the need for psychologists to utilize the best available scientific evidence to inform their practice. A recently released statement from CPA defined Evidence-Based Practice, or EBP, as "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" (Dozois et al., 2014, p. 155).

The clinical section of the Canadian Psychological Association has long supported the ideals of the scientist-practitioner model and has been a leader within the CPA in promoting EBP. When, in 2015, the clinical section executive was informed that we would no longer be able to retain a budget surplus, we began looking at options to spend this money in a way that would provide the greatest benefit to the greatest number of members, while being consistent with the history, mandate and aspirations of the clinical section. We reviewed past surveys of clinical section members conducted in 2004 and 2014 and sent out email surveys to members of the clinical section executive from the past 5 years. Themes that emerged from the previous executive members were advocacy and clinical practice guidelines. Surveys of section members indicated that members would like the section to provide more resources around clinical practice and would like the section website to be improved.

The executive spent a considerable amount of time investigating Clinical Practice Guidelines (CPGs). While many definitions of CPGs exist, common features of CPGs include the development of specific recommendations for practice using a transparent process that incorporates the best available evidence and the involvement of relevant stakeholders (Beauchamp, Drapeau & Dionne, 2015). CPGs fulfill a range of purposes which include, but are not limited to: synthesizing the research in a given area in a way that supports clinical decision-making; helping to accelerate the translation of research findings into clinical practice; and informing both practitioners and consumers about what can reasonably be expected from a given intervention and highlighting potential challenges and risks associated with these. To us, CPGs represented an opportunity to address a major limitation of EBP- for many individual clinicians working in busy practices, finding "the best available research evidence" to inform clinical decision-making is a significant challenge. We discovered that clinicians resort to a variety of methods to find available evidence, including primary literature searches (e.g., psychINfo), database searches (e.g., Cochrane library) and using google and other search engines. Those practicing outside of academic settings face additional challenges as existing resources are often not accessible.

It was encouraging for us to discover in this process that there are, in fact, many CPGs relevant to clinical psychology. However, we were immediately struck by how widely dispersed and difficult to find these guidelines were. It occurred to us that a searchable database focused on CPGs for psychology would potentially be an enormously valuable service to our members, and to the psychology community and
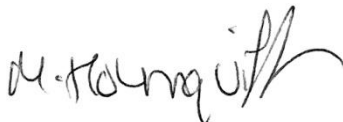
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the public more generally. We developed a proposal to look into developing a CPG-related resource and then consulted with the Centre for Healthcare Innovation, a not-for-profit organization associated with the University of Manitoba that is dedicated to knowledge translation and mobilization. They confirmed the feasibility of this idea, and outlined some challenges that might be associated with a project of this scope. We also consulted with CPA, and in June, 2016, the Board of Directors confirmed their support for this initiative and indicated that funds put aside for this purpose would not count as part of our operating budget.

We also presented the proposal at the clinical section's Annual Business Meeting at the 2016 convention, and outlined our next steps. These included: 1) Conducting an environmental scan in order to confirm that a similar resource does not already exist (Summer, 2016), 2) Conducting a needs assessment survey to identify key needs/components to ensure site utility (Fall, 2016), and 3) Development of an initial pilot site (Spring, 2017, if indicated). This received support from those in attendance. We acknowledged that this plan might change significantly if we determined in Step 1 that a comparable resource exists; we had no interest in re-inventing the wheel. We also recognized that providing section members with more information about the CPG resources that are currently available as an interim step is potentially valuable; indeed, many section members we spoke to about this initiative informed us that they would welcome and use this information. Accordingly, we tried to structure our scan in such a way that it not only answers our primary question (does an accessible, searchable database for CPGs in psychology already exist?) but also provides some information about what *is* currently available and how this might be used.

I trust you will find this interesting and hope you will find it useful.

 I would welcome any comments or feedback.

Maxine Holmqvist, PhD., C.Psych.
Chair, Clinical Section
Canadian Psychological Association
September, 2016

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Methods

Aim

Primary: To determine whether an open-access, comprehensive, searchable database for clinical practice guidelines for clinical psychology already exists.

Secondary:

1) To map key sites/resources providing access to clinical practice guidelines for psychology

2) To describe (in broad terms) these resources

To answer these questions, a 3-pronged approach was developed in consultation with a research librarian (CC). First, we elected to search the published, academic literature, hypothesizing that if individuals or organizations had developed a resource like this, they would likely publish something about it. However, we also wished to approach this from the point of view of a front-line clinician. We reasoned that if a site cannot be located using a basic google search, then its utility is limited. Finally, we conducted targeted searches of psychology-specific sites and organizations.

Academic Literature Search

This search was conducted by our research librarian (CC) and included the following databases: Pubmed, EMBASE, Scopus, PsychInfo. Search terms included: "practice guidelines", "clinical guidelines", "clinical psychology", "clinical psychologist" and "clinical psychologists." An informal grey literature search was also conducted, but did not reveal additional information and therefore is not included here.

Abstracts identified in this search were assessed by 2 reviewers to determine whether they referenced a database or repository of clinical practice guidelines; if so, these resources were included in our review. Abstracts were then sorted into four categories based on the kind of information they provided.

Naïve Internet Search

For the naïve internet search, our goal was to replicate the experience of the average front-line clinician searching for a CPG resource. The focus of the naïve internet search was on Google, as this is by far the most commonly used search engine in Canada and the USA (McGee, 2013). Because Google customizes search results based on a computer's history, the computer's cache was cleared before each individual search. Because results are also location- and IP address-specific, the Canadian, American, British, and Australian versions of Google were all searched independently. In addition, Yahoo and Bing were also searched. As in the academic search, the search terms used for each of these searches were: "clinical guidelines": "practice guidelines" and "clinical psychology".

The first 30 website hits from each of these searches were evaluated to determine if they met exclusion criteria. We based this number on research investigating online consumer behavior that indicates that

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62% of search engine users click on a search result within the first 10 sites, and 90% of search engine users click on a result within the first 30 sites (iProspect, 2006). Sites were excluded if they were duplicate websites, excerpts from books or articles or websites advertising books or products (i.e., Amazon.ca).

The results of these searches were saved as PDF files and were categorized by theme (consisted with themes derived from the search of the published literature, above).

Targeted Internet Search

These sites were searched using the key terms above; we also visually searched the home page, frequently asked questions (FAQ) and resource pages of sites to see if clinical practice guidelines were mentioned. Once again, the first 30 pages from each of these searches were evaluated.

National psychological associations for Canada, USA, UK and Australia were searched. Organizations were excluded if they were specific to a particular diagnosis (e.g., Anxiety Disorders Association of America) or a particular therapeutic modality (e.g., Association of Cognitive and Behavioural Therapies) as our primary purpose was to identify sites applicable to the entire field of clinical psychology.

The national associations that were included in this search were: Australian Clinical Psychology Association, Australian Psychological Society, British Psychological Society, Canadian Council of Professional Psychology Programs, Canadian Register of Health Service Providers in Psychology, Canadian Psychological Association, European Federation of Professional Psychologists Association, European Health Psychology Society, Psychology Board of Australia, New Zealand College of Clinical Psychologists, American Academy of Clinical Psychology, American Psychological Association, American Psychological Association of Graduate Students, American Psychological Society, Association for University and College Counseling Centre Directors, Association of Black Psychologists, Association of Psychology Postdoctoral and Internship Centres, Association of State and Provincial Psychological Boards, Council of Chairs of Training Councils, National Association for Humanistic Psychology, National Association of School Psychologists, Eastern Psychological Association, Midwestern Psychological Association, Southeastern Psychological Association and Western Psychological Association.

The provincial association websites within Canada that were included in this search were: Psychologists' Association of Alberta, British Columbia Psychological Association, Manitoba Psychological Society, Association of Psychologists of Nova Scotia, Ontario Psychological Association, Ordre des Psychologues du Quebec, Psychology Association of Saskatchewan, College of Psychologists of New Brunswick, Psychological Association of PEI, and Newfoundland and Labrador Psychology Board.

Expert Consultation

In the process of developing this proposal, the second author (MH) spoke to approximately 20 people with expertise or interest in clinical practice guidelines, evidence-based practice and/or disseminating

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best practices. In all cases, individuals were asked which sites they used to find practice guidelines or what they would recommend. Sites identified through these interviews were added to the list of sites evaluated.

Site Evaluation

In order to capture some additional data about the sites identified through the different searches, each site was evaluated according to pre-determined criteria. Our primary purpose was to identify whether there currently is a database or repository of clinical practice guidelines for psychology that is accessible to the front line clinician, comprehensive, authoritative and easy to use. In order to operationalize these constructs, we consulted with a research librarian (CC) and reviewed standardized tools to evaluate clinical practice guidelines (the AGREE II) and to evaluate website quality (the DISCERN scale). Key features identified as relevant to our search were:

 Accessibility: Is a membership or user fee required? Is registration or a username/password required? Is it optimized for mobile use? Does it support different operating system and browsers? Is the reading level of the site identified? Is it accessible for people with disabilities?

Comprehensive: Is the site limited to a specific diagnosis or diagnostic cluster? Does it only include guidelines that apply to a specific modality, population or setting?

Authority: Does the site identify a clear process for how guidelines are selected? Does it identify that there is a clear process for how information is updated? Is it associated with a credible source (such as a professional institution, academic institution or government agency)?

Ease of Use: Is it possible to search by keyword? Is it possible to search by topic? Is there an index or menu that is available to browse? Are multiple steps required to access the content? Is the content hosted on the site itself, or is it a list of links to external resources?
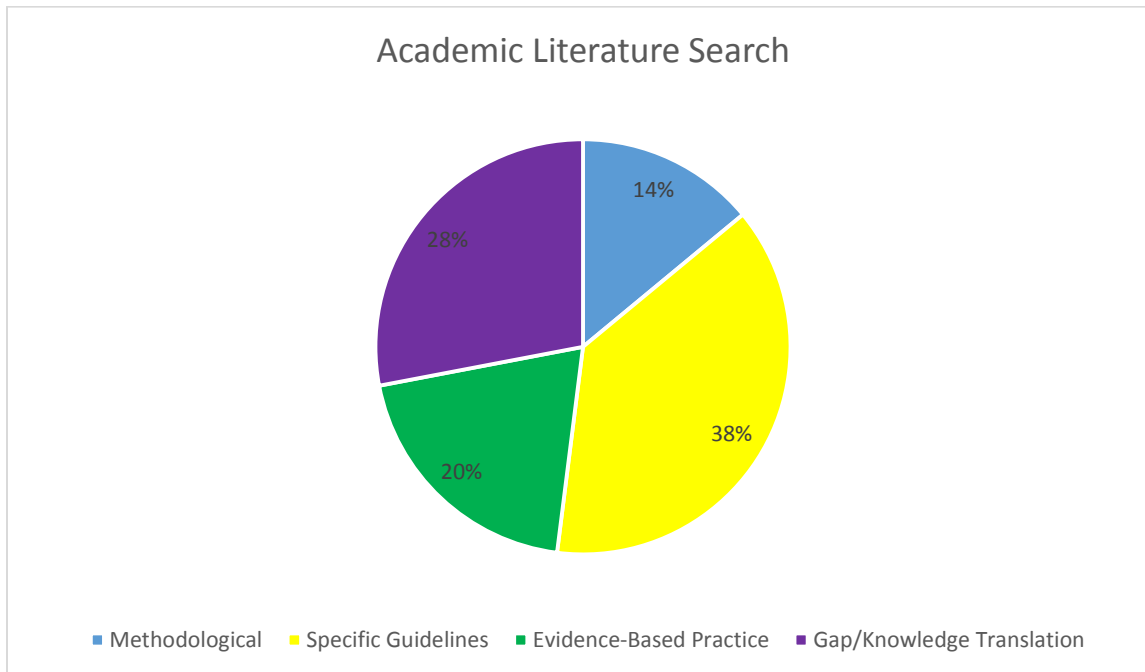
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Results

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Academic Literature Search

A review of the academic literature revealed 79 hits. **No published articles described the development or implementation of a repository, database or directory of clinical practice guidelines for psychologists.** Rather, articles tended to fall into one of four categories: 1) methodological papers commenting on the development of clinical practice guidelines broadly, 2) articles describing the development of specific guidelines for particular problem areas, theoretical orientations or populations (e.g., guidelines for patients with rheumathoid arthritis, stroke or cancer; guidelines related to humanistic psychotherapy; guidelines for treatment of depression in children, etc), 3) articles describing approaches to evidence-based practice (e.g., the development of recommendations/decision rules) that

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did not specifically involve clinical practice guidelines, and 4) articles making the case either for or against the use of practice guidelines and articles looking at the implementation of guidelines and knowledge translation strategies. Search results were reviewed and rated independently by two reviewers (JB and MH). Discrepancies were resolved through discussion and further refinement of the categories. 14% of hits (11) fell into the methodological category, 38% of hits (30) fell into the specific guidelines category, 20% of hits (16) fell into the evidence-based practice category, and 28% of hits (22) fell into the GAP/KT category.
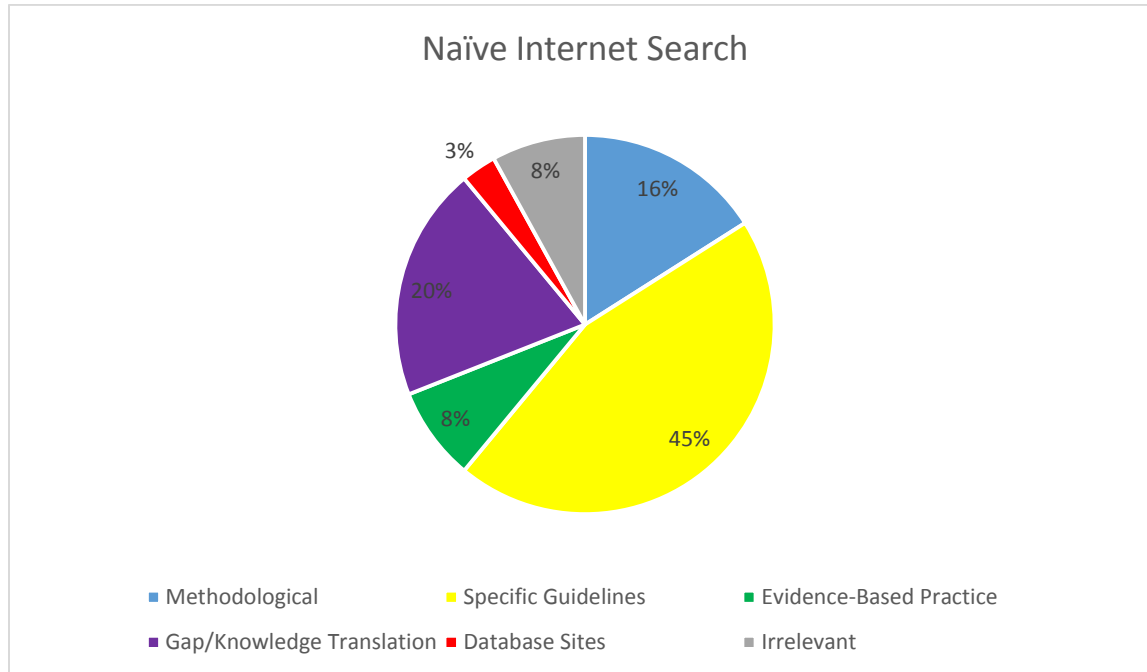
Academic Literature Search

■ Methodological   ■ Specific Guidelines   ■ Evidence-Based Practice   ■ Gap/Knowledge Translation

Naïve Internet Search

The naïve internet search revealed 180 sites in total to be evaluated. There were a number of duplicate sites identified across the different searches. The sites were categorized by the first author, in correspondence with the refined categories decided on by both authors. **The naïve Internet search revealed 5 hits that described a repository, database, or directory of clinical practice guidelines relevant to, if not specifically designed for, psychologists.** These were: Registered Nurses' Association of Ontario (RNAO), UpToDate, National Centre for Complementary and Integrative Health (NCCIH), the New York State Department of Health, and (NHMCR) practice guidelines. Two of these guideline databases were also identified through other methods including expert consultation (UpToDate, NHMCR- see below). Three of the databases were not identified by other searched (RNAO, NCCIH, New York). The remainder of the sites did not describe a directory of practice guidelines. Instead, the sites tended to fall in one of the four categories identified above in the academic literature search, as well as a number of other categories specific to naïve internet searches, such as application for job positions, general policy descriptions or recommendations, or sites that were irrelevant. 16% of hits (29) fell into
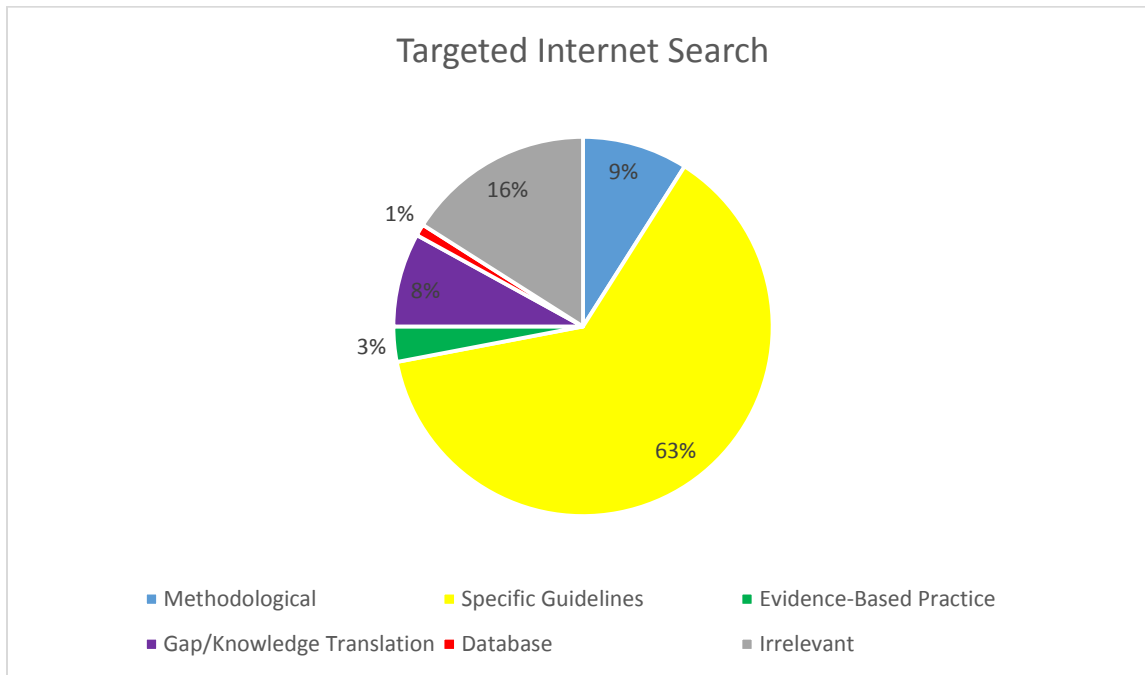
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the methodological category, 45% of hits (82) fell into the specific guidelines category, 8% of hits (14) fell into the evidence-based practice category, and 20% of hits (26) fell into the GAP/KT category. 3% of the hits (5) were database sites, and 8% (14) of the hits were irrelevant.

Targeted Internet Search

The targeted internet searches of National and Provincial Associations revealed 283 hits that were evaluated. The hits were again categorized by the first author, in correspondence with the refined categories as well as the internet-specific categories. **The targeted internet search revealed 3 hits that described a repository, database, or directory of clinical practice guidelines for psychologists.** These were the American Psychological Association (APA), the British Psychology Society (BPS), and the Australian's (EQIP). APA had been previously identified by our other searches; BPS and EQIP had not been. The remainder of the sites again fell under the previously determined categories, applications for positions, policy or recommendations, or irrelevant sites. 9% of hits (25) fell into the methodological category, 63% of hits (179) fell into the specific guidelines category, 3% of hits (9) fell into the evidence-based practice category, and 8% of hits (23) fell into the GAP/KT category. 1% of the hits (3) were database sites, and 16% (45) of the hits were irrelevant.

Targeted Internet Search

- Methodological
- Specific Guidelines
- Evidence-Based Practice
- Gap/Knowledge Translation
- Database
- Irrelevant

Expert Consultation

Expert consultation identified **24 resources that described a repository, database, or directory of clinical practice guidelines relevant to, if not specifically designed for, psychologists**. These were: National Institute for Clinical Excellence (NICE), American Psychological Association (APA) guidelines for practitioners, Agency for Healthcare Research and Quality (AHRQ) Clearinghouse, Society of Clinical Child and Adolescent Psychology, Society of Behavioural Medicine – Evidence-Based Behavioural Practice (EBBP), American Psychiatric Association (APA) practice guidelines, Society of Clinical Psychology, National Registry of Evidence-Based Programs and Practices (NREPP) by Substance Abuse and Mental Health Services Administration (SAMHSA), Veterans' Heath Administration, Cochrane Library, Ken Pope's site, Psychotherapy and Practice Research Network Resource Page, American Group Psychotherapy Association Practice Guidelines, UpToDate, MacPlus Federated Search, DynaMed Plus, Social Care Institute for Excellence – Social Care Online, Centre for Reviews and Dissemination (CRD), Guidelines International Network – International Guidelines Library, Institut national de la sante et de la recherché medicale (INSERM), Centre of Effective Practice – Guidelines Advisory Committee (GAC), Scottish Intercollegiate Guidelines Network (SIGN), National Heath and Medical Research Council, and British Medical Journal Clinical Evidence.

Summary

This search strategy led to a total of 29 unique sites that were evaluated. Data about each site's accessibility, comprehensiveness, transparency, and ease of use was recorded. This information can be found in the table in Appendix A, along with a short description of each site. Out of the 29 sites, only 2 sites met all identified criteria: NICE and the AHRQ Clearinghouse, with the National Health and Medical

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Research Council (NHMRC) site meeting nearly all criteria. It is important to note that while mental health CPGs are available on these sites, these sites are not focused on mental health nor are they geared specifically to psychologists. Only 11 of the sites located are focused on mental health CPGs and/or were created for psychologists. Therefore, while many of these sites can be considered helpful resources for accessing CPGs relevant to the practice of clinical psychology, no comprehensive, searchable database of clinical psychology CPGs currently exists.

Site evaluation revealed that most of the sites identified lacked features that are potentially important to a busy clinician. For example, only 52% of sites were searchable by keyword; 48% contained an index and the remainder require the reader to visually search through all of the listed guidelines. Approximately half of the sites did not clearly identify a process for how guidelines were selected for inclusion or for how information was updated over time. In contrast to this, the majority of sites identified through this search were associated with a credible institution.

Limitations

One of the limitations identified about the search strategy was the choice to use "clinical psychology", rather than "psychology". It was determined that the use of "clinical psychology" would provide the most clinically relevant resources, and that broadening the term to "psychology" at this stage of the environmental scan was not necessary. However, it is important to note that if the term "psychology" had been used instead, this may have yielded different results in the searches.

An additional limitation was that we had originally planned to include educational institutions in North America with a CPA or APA accredited program in the targeted internet search, as these sites will sometimes curate CPGs for their trainees. However, after identifying more than 230 potential institutions in the United States alone, we determined that this was not feasible within our time constraints and was unlikely to yield additional resources. Therefore, this part of the targeted internet search was eliminated.

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Conclusions

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Evidence-based clinical decision-making depends on three components: the best available research evidence, clinical expertise, and the patient's values and preferences (Spring & Hitchcock, 2009). Grounding clinical practice in scientific evidence allows clinicians to offer better quality services (Hollon et al., 2014), and high quality clinical practice guidelines (CPGs) aim to bridge this gap between research and practice. Using CPGs has been shown to improve quality of care (Grimshaw et al. 2012), improve mental health outcomes (van Dijk et al. 2012), inform healthcare policies (Woolf et al. 1999), provide credible and consistent treatment options to patients (Hollon et al., 2014), and can highlight areas of need for further research in specific clinical areas (Hollon et al., 2014). However, despite these potential benefits, many clinicians tend not to use CPGs. For example, when it came to implementation of mental health CPGs for the treatment of depression, schizophrenia and addiction, clinicians followed the guidelines only 27% of the time in non-controlled trials, and 67% of the time in

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controlled trials (Bauer, 2002). There are many possible barriers to explain this lack of adherence to CPGs; one of these barriers is that these CPGs are difficult to find and are not widely disseminated (Forman, Gaudiano, & Herbert, 2016). This was confirmed by our scan, which demonstrated that even clinicians motivated to find clinical practice guidelines are unlikely to find these using basic internet searches. Indeed, we know that many clinicians turn to resources such as PsycInfo to find clinical practice guidelines (Berke, Rozell, Hogan, Norcross, & Karpiak, 2011); this is an inefficient strategy at best. Furthermore, many front-line clinicians outside of academic and other research settings do not have access to existing CPG resources.

Practicing psychologists may reasonably look to the primary academic literature or to professional associations to locate CPGs. Our results suggest that these strategies are unlikely to identify available CPG databases and are much more likely to bring up information *about* practice guidelines than to reveal the guidelines themselves. Our strategy did not locate any resources focused on mental health CPGs that fit our criteria for accessibility, comprehensiveness, authority and ease of use. This suggests that there may indeed be a need for a resource that help address this gap.

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Appendix A

Site Name	Brief Description	Accessibility	Comprehensiveness	Authority	Ease of Use
National Institute for Clinical Excellence (NICE) Guidelines https://www.nice.org.uk/guidance?unlid=310756116201461222831	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.	√ No fee √ No registration required √ Identifies mobile optimization	√ 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

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American Psychological Association (APA) Guidelines for Practitioners http://www.apa.org/practice/guidelines/index.aspx	A variety of guidelines approved by APA to inform areas of clinical practice, including multicultural practice and working with clients of different ages and genders.	√ No fee √ No registration required	√ No limitations on specific diagnoses, modalities, or settings X Some limitations on populations	X No clear process on information selection X No clear process on updating √ Credible authority source	X Search by keyword X Search by topic X Index to browse √ Multiple steps not required √ Content hosted on site
Agency for Healthcare Research and Quality (AHRQ) Clearinghouse https://www.guideline.gov	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"	√ No fee √ No registration required √ Identifies support for multiple operating systems/browsers √ Identifies accessibility	√ 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

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Society of Clinical Child & Adolescent Psychology www.effectivechildtherapy.com	A site developed to educate both the public and professionals on evidence-based mental health treatment for children and adolescents.	√ No fee √ No registration required	√ No limitations on specific diagnoses, modalities, or settings X Limited to child + adolescent populations	X No clear process on information selection X No clear process on updating √ Credible authority source	√ Search by keyword X Search by topic √ Index to browse X Multiple steps required X Content not hosted on site
Society of Behavioural Medicine – Evidence-Based Behavioral Practice http://www.ebbp.org/	A project to create training resources to help bridge the gap between research and practice in behavioral health. Includes skills, evidence and tools for depression, anxiety, and obesity, as well as cross-cutting skills.	√ No fee √ No registration required	√ No limitations on specific populations or settings X Some limitations on diagnoses and modalities	√ Clear process on information selection X No clear process on updating √ Credible authority source	√ Search by keyword X Search by topic √ Index to browse X Multiple steps required √/X Some content hosted on site

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American Psychiatric Association (APA) Practice Guidelines http://psychiatryonline.org/guidelines, https://www.psychiatry.org/psychiatrists/practice/clinical-practice-guidelines/guideline-development-process	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.	√ No fee √ No registration required √ Identifies mobile optimization √ Identifies support for multiple operating systems/browsers	√ No limitations on specific diagnoses, modalities, or settings X Limited to adult populations	√ Clear process on information selection √ Clear process on updating √ Credible authority source	X Search by keyword √ Search by topic X Index to browse √ Multiple steps not required √ Content hosted on site
Society of Clinical Psychology http://www.div12.org/psychological-treatments	Designed to provide information about effective treatment of psychological disorders. Basic descriptions of disorders and treatments are provided, along with references, clinical resources, and the level of evidence in support	√ No fee √ No registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	√ Clear process on information selection √ Clear process on updating √ Credible authority source	√ Search by keyword X Search by topic √ Index to browse X Multiple steps required X Content not hosted on site

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Substance Abuse and Mental Health Services Administration (SAMHSA) - National Registry of Evidence-Based Programs and Practices (NREPP) https://www.samhsa.gov/nrepp	A searchable online database of mental health and substance abuse interventions.	√ No fee √ No registration required √ Identifies accessibility + use of plain language	√ No limitations on specific diagnoses, modalities, populations, or settings	√ Clear process on information selection √ Clear process on updating √ Credible authority source	X Search by keyword √ Search by topic X Index to browse X Multiple steps required X Content not hosted on site
Veteran's Health Administration http://www.healthquality.va.gov	VHA & DOD have been developing practice guidelines since the early 1990s. The focus is medical, but CPGs on suicide risk, bipolar, depression, PTSD and substance abuse are available	√ No fee √ No registration required	√ No limitations on specific modalities or settings X Some limitations on specific diagnoses X Limited to veteran/DOD populations	√ Clear process on information selection √ Clear process on updating √ Credible authority source	X Search by keyword X Search by topic √ Index to browse X Multiple steps required √ Content hosted on site

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Cochrane Library http://www.cochranelibrary.com/	A collection of 6 databases, including the Cochrane Database of Systematic Reviews, the leading repository of systematic reviews in healthcare.	X Fee required to access some resources √ No registration required	√ 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 X Content not hosted on site
Ken Pope – Articles, Research and Resources in Psychology http://www.kspope.com	A clinical psychologist's website providing free access to journal articles and many other free resources on a variety of topics	√ No fee √ No registration required √ Identifies support for multiple operating systems/browsers √ Identifies accessibility	√ No limitations on specific diagnoses, modalities, populations, or settings	X No clear process on information selection X No clear process on updating X Credible authority source	X Search by keyword X Search by topic √ Index to browse X Multiple steps required X Content not hosted on site

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University of Ottawa's Psychotherapy and Practice Research Network http://www.med.uottawa.ca/pprnet/eng/resources.html	A list of resources, including practice guideline and review sites, compiled by a Canada-wide multidisciplinary collaboration of psychotherapy experts	√ No fee √ No registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	X No clear process on information selection X No clear process on updating √ Credible authority source	X Search by keyword X Search by topic X Index to browse X Multiple steps required X Content not hosted on site
American Group Psychotherapy Association - Practice Guidelines for Group Psychotherapy http://www.agpa.org/home/practice-resources/practice-guidelines-for-group-psychotherapy	A compilation of practice guidelines developed by the AGPA on developing and leading psychotherapy groups	√ No fee √ No registration required	√ No limitations on specific diagnoses, populations, or settings X Limited to group modalities	√ Clear process on information selection X No clear process on updating √ Credible authority source	X Search by keyword X Search by topic X Index to browse √ Multiple steps not required √ Content hosted on site

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UpToDate http://www.uptodate.com	An evidence-based, physician-focused clinical decision support resource that is widely used. The most recent medical information is synthesized into recommendations for clinicians	X Fee required X Registration required √ Identifies mobile optimization	√ No limitations on specific diagnoses, modalities, populations, or settings	√ Clear process on information selection X No clear process on updating √ Credible authority source	√ Search by keyword √ Search by topic X Index to browse ~ Steps unknown due to fees ~ Content hosting unknown due to fees
MacPlus Federated Search http://plus.mcmaster.ca/MacPLUSFS/Default.aspx?Page=1	A search tool designed to find evidence-based answers to clinical questions; restricted to McMaster affiliates or professionals who work in the area	X Only available to those associated with McMaster X Registration required	~ Unknown due to registration restrictions	~ Unknown due to registration restrictions √ Credible authority source	~ Unknown due to registration restrictions

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DynaMed Plus http://www.dynamed.com/home/	A reference tool developed for physicians and hosted by EBSCOHealth. Offers access to peer-reviewed, clinically organized summaries and full-text articles	X Fee required X Registration required √ Identifies support for multiple operating systems/browsers √ Identifies mobile optimization	~ Unknown due to fee required	√ Clear process on information selection √ Clear process on updating X Credible authority source	~ Unknown due to fee required
Social Care Institute for Excellence - Social Care Online http://www.scie-socialcareonline.org.uk/	UK-based online database of information on social work and social care including legislation, government documents, practice and guidance, systematic reviews, research briefings, UK grey literature, books and journal articles.	X Fee required X Registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	X No clear process on information selection X No clear process on updating √ Credible authority source	~ Unknown due to fee required

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Center for Reviews and Dissemination (CRD) http://www.crd.york.ac.uk/CRDWeb/	CRD institute is hosted at York University; between 1994 and March 2015 CRD produced and maintained DARE, a database providing access to abstracts of "quality assessed and critically appraised systematic reviews"	√ No fee X Registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	√ Clear process on information selection X No longer being updated √ Credible authority source	X Search by keyword √ Search by topic X Index to browse X Multiple steps required ~ Content hosting unknown due to fees
Guidelines International Network – International Guidelines Library http://www.g-i-n.net/library/international-guidelines-library	Site aims to build collaboration around guideline development, adaptation and implementation- has a library of resources focused on this	X Fee required X Registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	√ Clear process on information selection √ Clear process on updating √ Credible authority source	X Search by keyword √ Search by topic X Index to browse ~ Steps unknown due to fees ~ Content hosting unknown due to fees

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Institut national de la sante et de la recherché medicale (INSERM) http://www.inserm.fr/	Lists "collective expert reports" on a variety of topics. 2008-2011 in English, 2011 onward in French only	√ No fee √ No registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	X No clear process on information selection X No clear process on updating √ Credible authority source	X Search by keyword √Search by topic X Index to browse X Multiple steps required X Content not hosted on site
Centre of Effective Practice – Guidelines Advisory Committee (GAC) http://www.gacguidelines.ca/	The GAC reviewed and endorsed guidelines on a range of medical topics- it is no longer being funded. An archived list is available on their site	√ No fee √ No registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	√ Clear process on information selection X No longer being updated √ Credible authority source	√ Search by keyword X Search by topic √ Index to browse √ Multiple steps not required X Content not hosted on site

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Scottish Intercollegiate Guidelines Network (SIGN) Guidelines http://www.sign.ac.uk/guidelines/index.html	SIGN develops evidence based clinical practice guidelines for the National Health Service (NHS) in Scotland. Guidelines on mental health available.	√ No fee √ No registration required √ Identifies mobile optimization	√ No limitations on specific diagnoses, modalities, populations, or settings	√ Clear process on information selection √ Clear process on updating √ Credible authority source	√ Search by keyword X Search by topic X Index to browse √ Multiple steps not required √ Content hosted on site
National Health and Medical Research Council http://www.nhmrc.gov.au/	The NHMRC develops practice guidelines on a range of topics, including mental health, and makes these available through its clinical practice guidelines portal.	√ No fee √ No registration required	√ 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 X Index to browse √ Multiple steps not required √ Content hosted on site

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British Medical Journal Clinical Evidence http://clinicalevidence.bmj.com/x/index.html	A "decision-support" resource- allows users to search for evidence by type (systematic review, guideline, etc)	X Fee required X Registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	~ Unknown due to fees √ Credible authority source	~ Unknown due to fees
Registered Nurses' Association of Ontario (RNAO) Best Practice Guidelines http://rnao.ca/bpg	Library of 50 published guidelines and toolkit intended to support Ontario nurses in practice	√ No fee √ No registration required	√ 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 X Index to browse √ Multiple steps not required √ Content hosted on site

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National Center for Complementary and Integrative Health (NCCIH) https://nccih.nih.gov/health/providers/clinicalpractice.htm	A collection of guidelines that incorporate healthcare treatments that are not generally considered conventional. The focus is primarily medical, but a psychiatry and mental health section is included	√ No fee √ No registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	√ Clear process on information selection X No clear process on updating √ Credible authority source	√ Search by keyword √ Search by topic √ Index to browse √ Multiple steps not required √ Content hosted on site
New York State Department of Health Clinical Guidelines https://www.health.ny.gov/professionals/protocols_and_guidelines/	Alphabetical list of guidelines and protocols- primarily medical in nature	√ No fee √ No registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	X No clear process on information selection X No clear process on updating √ Credible authority source	X Search by keyword X Search by topic √ Index to browse X Multiple steps required √ Content hosted on site

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British Psychological Society http://www.bps.org.uk/publications/policy-and-guidelines/practice-guidelines-policy-documents/practice-guidelines-poli	List of practice guidelines and policy documents endorsed by the BPS	√ No fee √ No registration required	√ No limitations on specific diagnoses, modalities, populations, or settings	X No clear process on information selection X No clear process on updating √ Credible authority source	X Search by keyword X Search by topic X Index to browse X Multiple steps required √ Content hosted on site
Australian Psychological Society – Evidence-based and Quality Information for Psychologists (EQIP) https://eqip.psychology.org.au/	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

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