

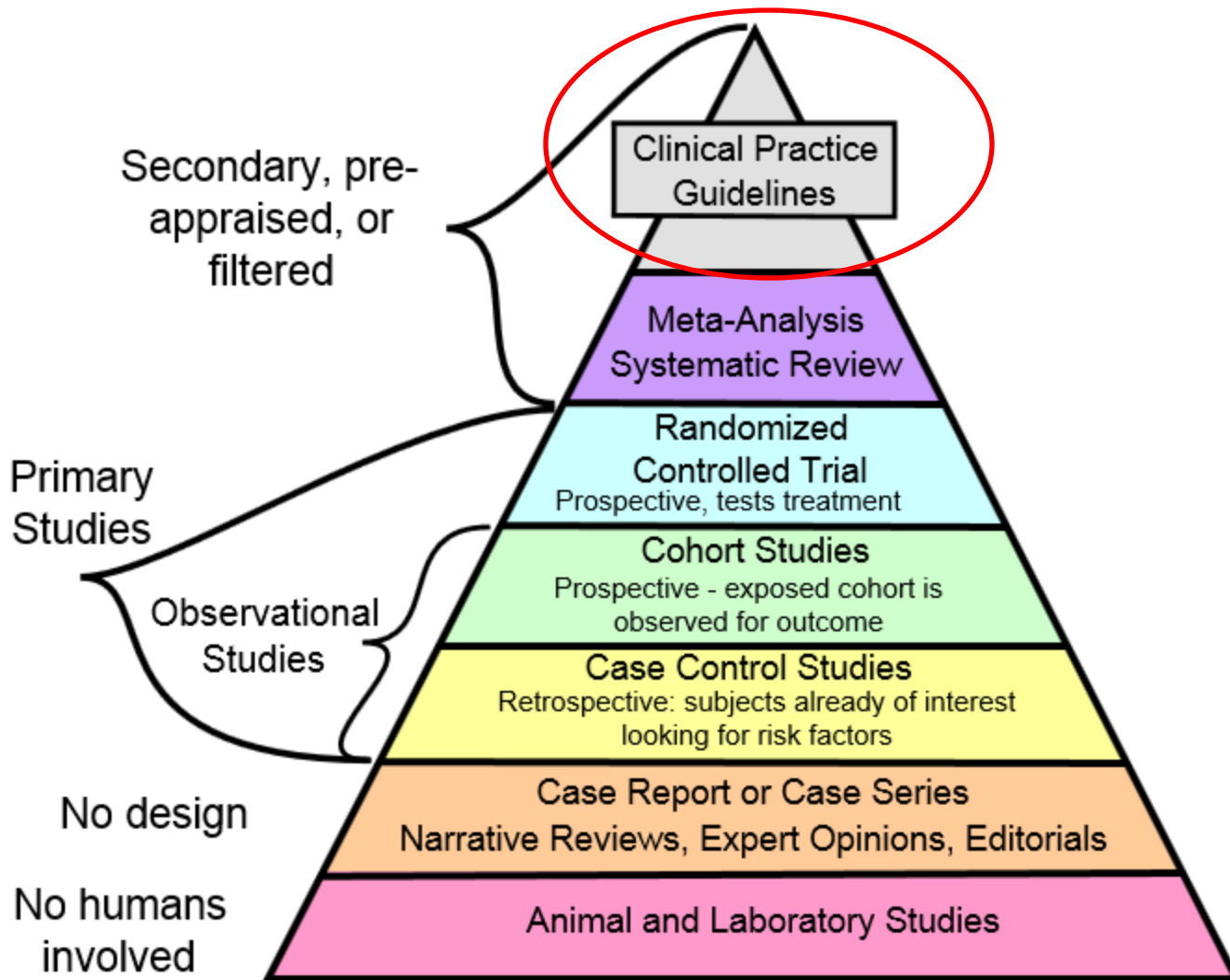
# Resources for Clinical Practice Guidelines in Clinical Psychology: An Environmental Scan

Clinical Health Psychology

J. Barnes, M. Holmqvist, P. Bieling,  
D. Dozois, M. Drapeau & G. Tasca

# 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<sup>1</sup>



# 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

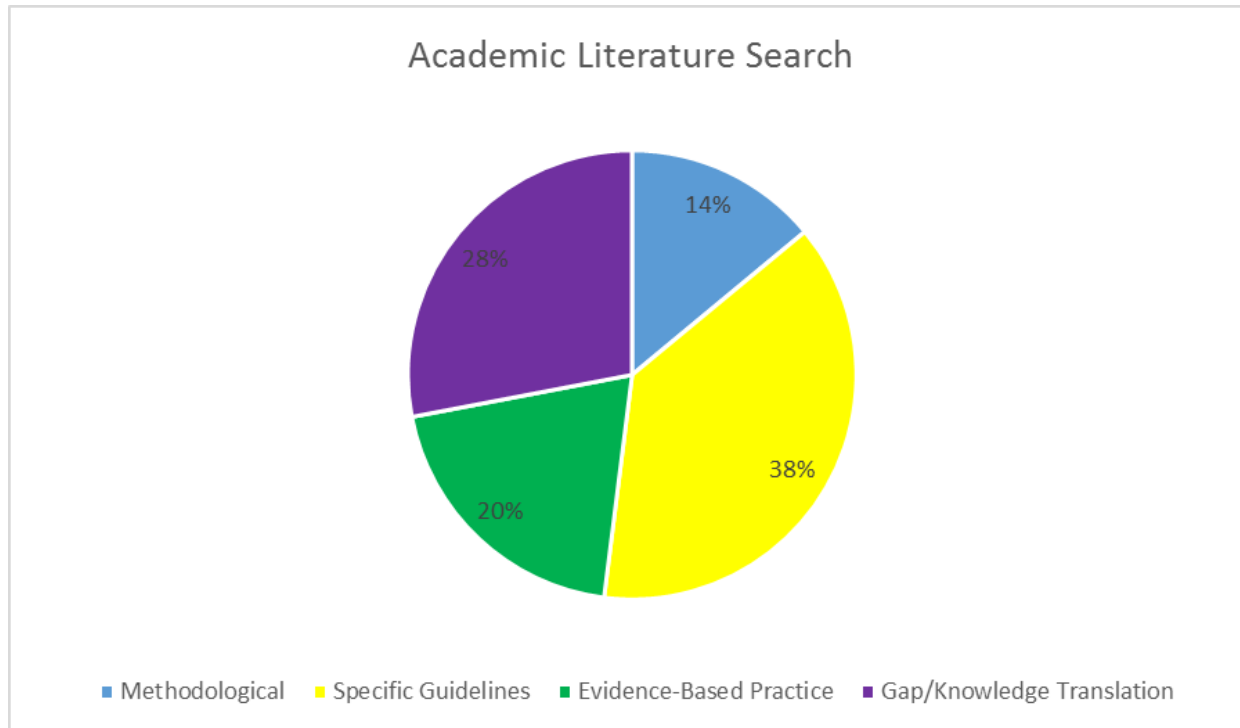
National psychological associations for Canada, USA, UK and Australia were searched; also searched provincial associations within Canada.

# 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

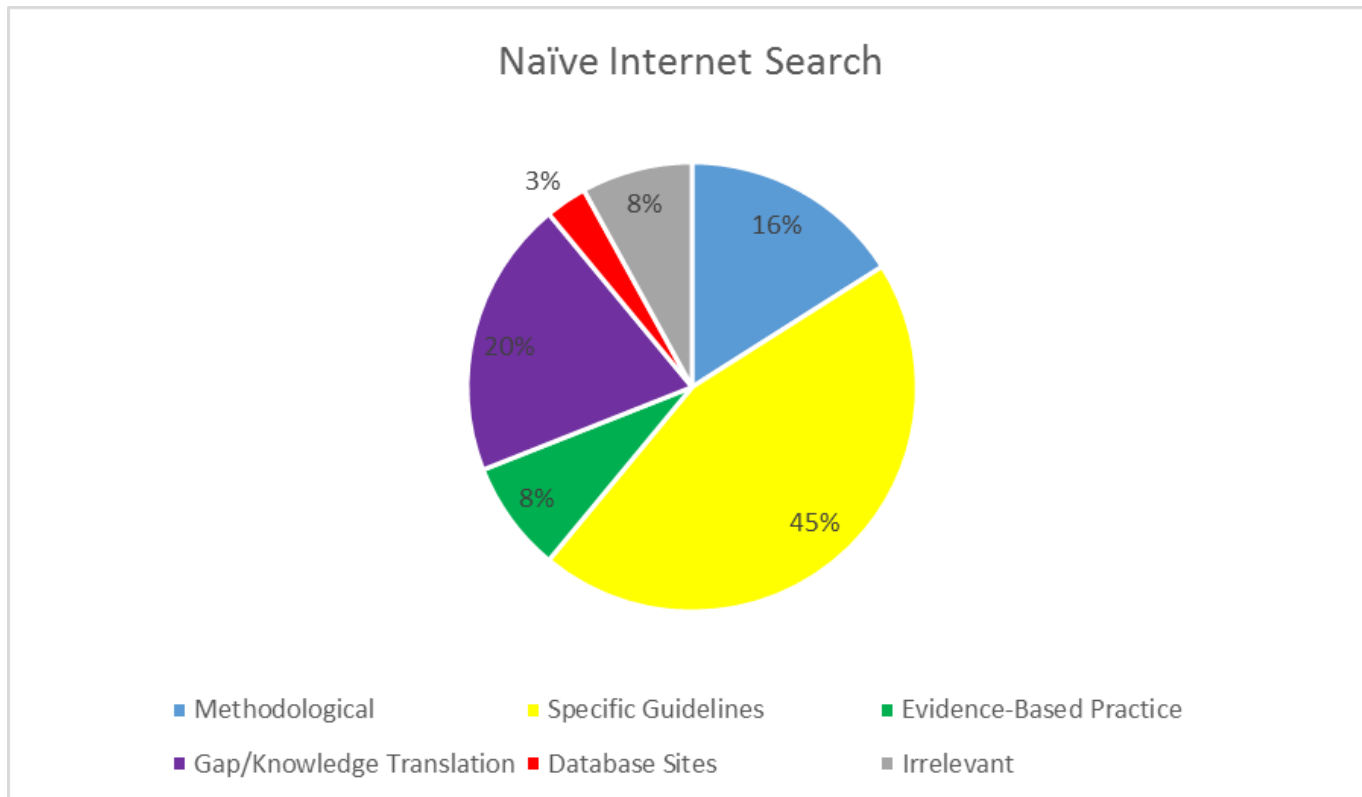
Academic Literature Search identified 0 databases





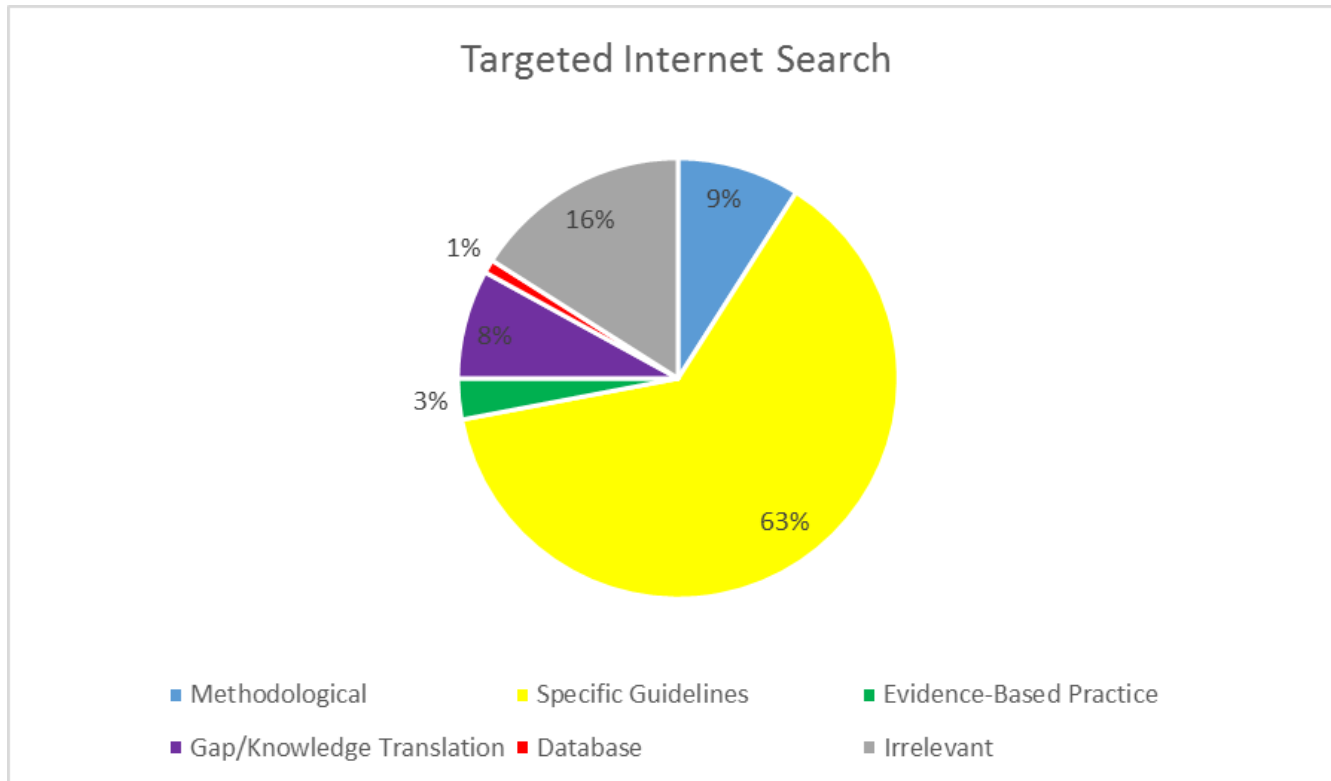
# Results

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)

# NICE

**NICE** National Institute for  
Health and Care Excellence

NICE  
Pathways

NICE  
Guidance

Standards  
and indicators

Evidence  
services

Sign in

Search NICE...



## Find guidance

Choose a category to find guidance in your area:

› Conditions and diseases

› Health protection

› Lifestyle and wellbeing

› Population groups

› Service delivery, organisation and staffing

› Settings

## NICE guidance

[By month](#)

[In development](#)

[Consultations](#)

[About NICE guidance](#)

Lists of NICE guidance, including published guidance, in development and consultations

› [All NICE guidelines](#)

› [Quality standards](#)

› [Clinical guidelines](#)

› [Technology appraisal guidance](#)

› [Public health guidelines](#)

› [Interventional procedures guidance](#)

› [Social care guidelines](#)

› [Medical technologies guidance](#)

› [Safe staffing guidelines](#)

› [Diagnostics guidance](#)

# Site evaluation

Site Name	Brief Description	Accessibility	Comprehensiveness	Authority	Ease of Use
<p>National Institute for Clinical Excellence (NICE) Guidelines</p> <p><a href="https://www.nice.org.uk/guidance?unlid=310756116201461222831">https://www.nice.org.uk/guidance?unlid=310756116201461222831</a></p>	<p>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.</p>	<ul style="list-style-type: none"> <li>√ No fee</li> <li>√ No registration required</li> <li>√ Identifies mobile optimization</li> </ul>	<ul style="list-style-type: none"> <li>√ No limitations on specific diagnoses, modalities, populations, or settings</li> </ul>	<ul style="list-style-type: none"> <li>√ Clear process on information selection</li> <li>√ Clear process on updating</li> <li>√ Credible authority source</li> </ul>	<ul style="list-style-type: none"> <li>√ Search by keyword</li> <li>√ Search by topic</li> <li>√ Index to browse</li> <li>√ Multiple steps not required</li> <li>√ Content hosted on site</li> </ul>

Find full report and all tables at: <http://www.cpa.ca/docs/File/IUPsyS/Environmental%20Scan%20for%20CPG%20project.pdf>

# AHRQ Clearinghouse

 U.S. Department of Health and Human Services

[HHS.gov](https://www.hhs.gov)



Agency for Healthcare Research and Quality  
Advancing Excellence in Health Care

[AHRQ.gov](https://www.ahrq.gov)



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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](#)



 [Guideline Summaries](#)

 [Guideline Syntheses](#)

Site Name	Brief Description	Accessibility	Comprehensiveness	Authority	Ease of Use
<p data-bbox="92 601 620 658">Agency for Healthcare Research and Quality (AHRQ) Clearinghouse</p> <p data-bbox="92 751 369 776"><a href="https://www.guideline.gov">https://www.guideline.gov</a></p>	<p data-bbox="722 601 960 953">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"</p>	<ul style="list-style-type: none"> <li data-bbox="985 601 1070 625">√ No fee</li> <li data-bbox="985 658 1155 715">√ No registration required</li> <li data-bbox="985 751 1170 875">√ Identifies support for multiple operating systems/browsers</li> <li data-bbox="985 911 1103 968">√ Identifies accessibility</li> </ul>	<ul style="list-style-type: none"> <li data-bbox="1195 601 1470 691">√ No limitations on specific diagnoses, modalities, populations, or settings</li> </ul>	<ul style="list-style-type: none"> <li data-bbox="1520 601 1675 691">√ Clear process on information selection</li> <li data-bbox="1520 722 1675 779">√ Clear process on updating</li> <li data-bbox="1520 815 1624 905">√ Credible authority source</li> </ul>	<ul style="list-style-type: none"> <li data-bbox="1704 601 1823 658">√ Search by keyword</li> <li data-bbox="1704 691 1823 748">√ Search by topic</li> <li data-bbox="1704 779 1808 836">√ Index to browse</li> <li data-bbox="1704 869 1808 959">√ Multiple steps not required</li> <li data-bbox="1704 992 1808 1082">√ Content hosted on site</li> </ul>

# APS: EQIP



**EQIP** Evidence-based and Quality Information for Psychologists



Welcome to EQIP: A selection of professional practice resources to support APS members in psychological assessments and treatments. [Find out more](#)

Search



## Conditions

Alcohol use disorders

Attention deficit hyperactivity disorder

Autism spectrum disorder

Bipolar disorder

Childhood obesity

Dementia

Depression

Generalised anxiety disorder

Insomnia disorder

Obsessive-compulsive disorder

Panic disorder

Perinatal depression

Posttraumatic stress disorder

Problem gambling



Site Name	Brief Description	Accessibility	Comprehensiveness	Authority	
<p>Australian Psychological Society – Evidence-based and Quality Information for Psychologists (EQIP)</p> <p><a href="http://eqip.psychology.org.au">http://eqip.psychology.org.au</a></p>	<p>A search-driven website developed for APS members to support their professional practice. Some summaries available to non-members</p>	<p>✓/✗ Fee required for some resources</p> <p>✓/✗ Registration required for some resources</p>	<p>✓ No limitations on specific diagnoses, modalities, populations, or settings</p>	<p>✓ Clear process on information selection</p> <p>✓ Clear process on updating</p> <p>✓ Credible authority source</p>	<p>✓ Search by keyword</p> <p>✓ Search by topic</p> <p>✓ Index to browse</p> <p>✓ Multiple steps not required</p> <p>✓ Content hosted on site</p>

# APA Practice Guidelines

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## 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](#).



AMERICAN  
PSYCHIATRIC  
ASSOCIATION

### Recently Published

**New!**

**The American Psychiatric Association Practice  
Guideline on the Use of Antipsychotics to Treat  
Agitation or Psychosis in Patients With Dementia**

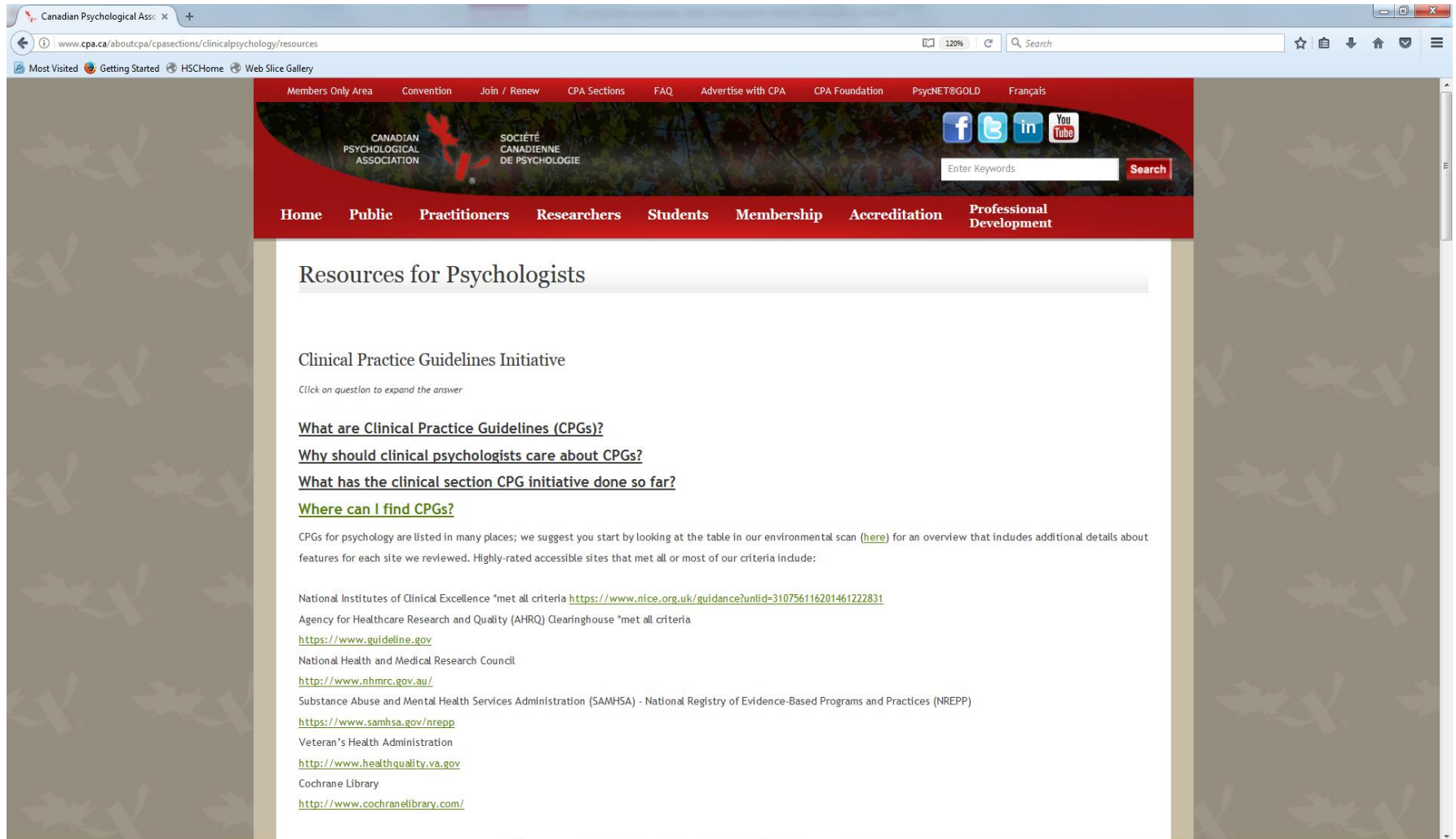
CME

**Guidelines: Evidence in Practice**

CME courses on the APA Education  
Online Website: [apa.org/education](#)

Site Name	Brief Description	Accessibility	Comprehensiveness	Authority	
<p>American Psychiatric Association (APA) Practice Guidelines</p> <p><a href="http://psychiatryonline.org/guidelines">http://psychiatryonline.org/guidelines</a>,  <a href="https://www.psychiatry.org/psychiatrists/practice/clinical-practice-guidelines/guideline-development-process">https://www.psychiatry.org/psychiatrists/practice/clinical-practice-guidelines/guideline-development-process</a></p>	<p>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.</p>	<ul style="list-style-type: none"> <li>✓ No fee</li> <li>✓ No registration required</li> <li>✓ Identifies mobile optimization</li> <li>✓ Identifies support for multiple operating systems/browsers</li> </ul>	<ul style="list-style-type: none"> <li>✓ No limitations on specific diagnoses, modalities, or settings</li> <li>✗ Limited to adult populations</li> </ul>	<ul style="list-style-type: none"> <li>✓ Clear process on information selection</li> <li>✓ Clear process on updating</li> <li>✓ Credible authority source</li> </ul>	<ul style="list-style-type: none"> <li>✗ Search by keyword</li> <li>✓ Search by topic</li> <li>✗ Index to browse</li> <li>✓ Multiple steps not required</li> <li>✓ Content hosted on site</li> </ul>

# Find all the sites here:



The screenshot shows a web browser window displaying the Canadian Psychological Association website. The address bar shows the URL: [www.cpa.ca/aboutcpa/cpassections/clinicalpsychology/resources](http://www.cpa.ca/aboutcpa/cpassections/clinicalpsychology/resources). The page features a red navigation bar with the following menu items: Home, Public, Practitioners, Researchers, Students, Membership, Accreditation, and Professional Development. Below the navigation bar, the main content area is titled "Resources for Psychologists" and contains the following text:

**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/unlid=310756116201461222831>

Agency for Healthcare Research and Quality (AHRQ) Clearinghouse \*met all criteria  
<https://www.guideline.gov>

National Health and Medical Research Council  
<http://www.nhmrc.gov.au/>

Substance Abuse and Mental Health Services Administration (SAMHSA) - National Registry of Evidence-Based Programs and Practices (NREPP)  
<https://www.samhsa.gov/nrepp>

Veteran's Health Administration  
<http://www.healthquality.va.gov>

Cochrane Library  
<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?*

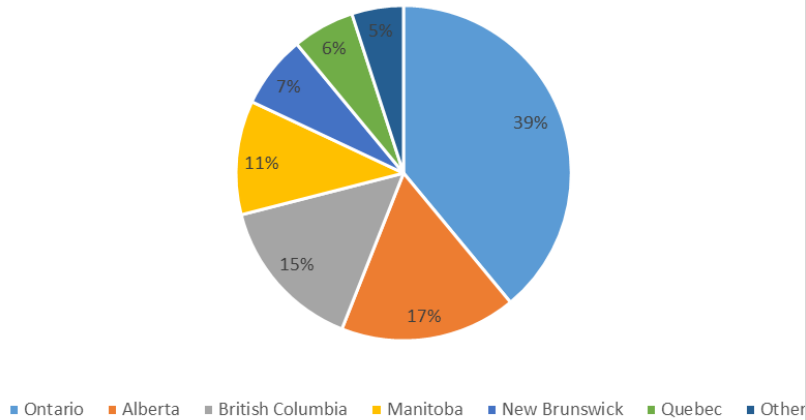
# Needs Assessment

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

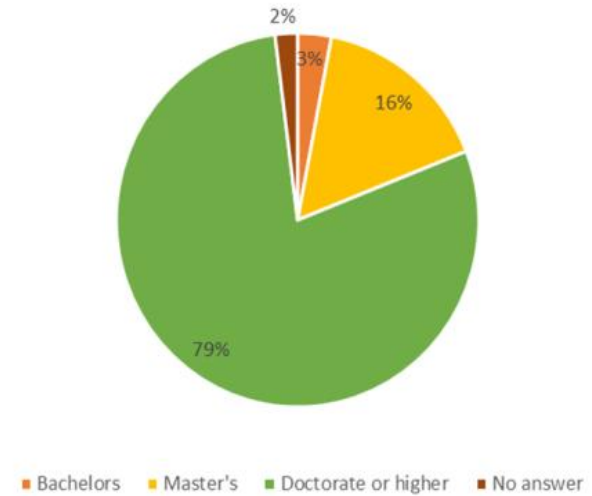


# Sample Characteristics

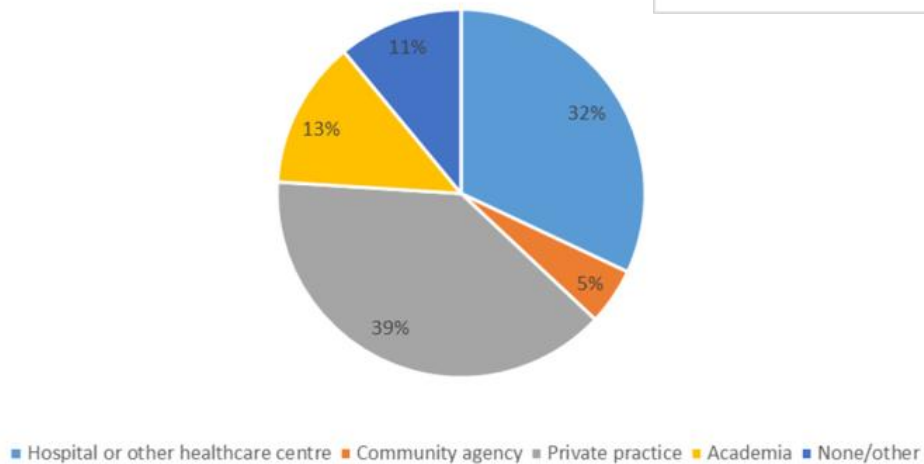
Provincial Psychological Associations



Highest Degree

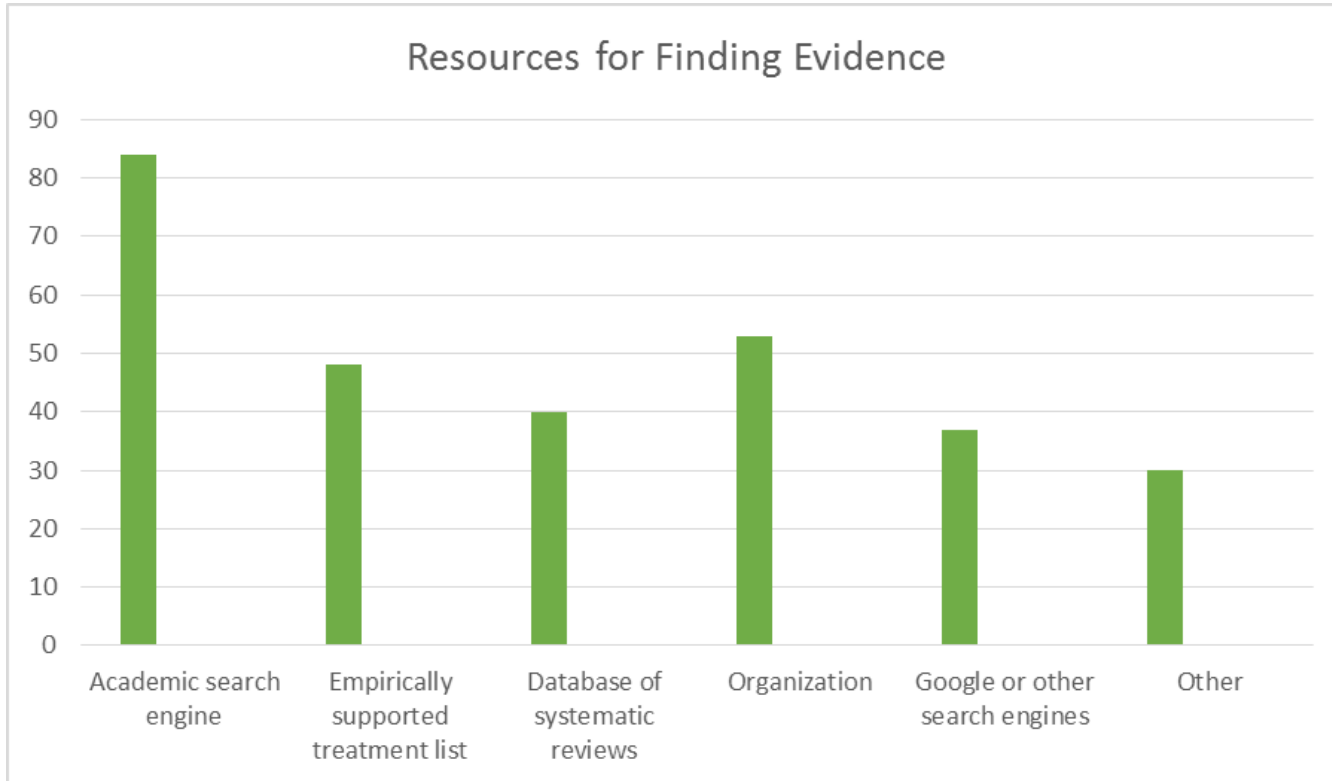


Primary Clinical Setting

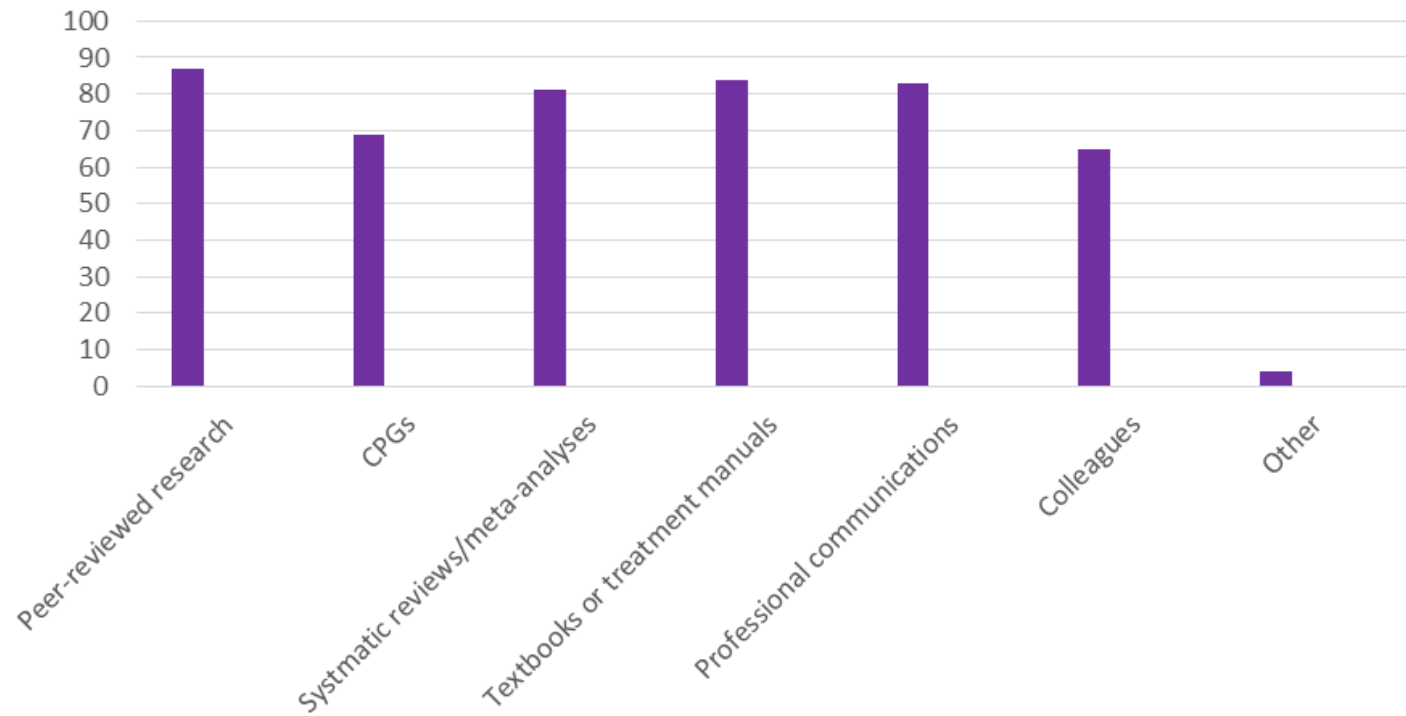




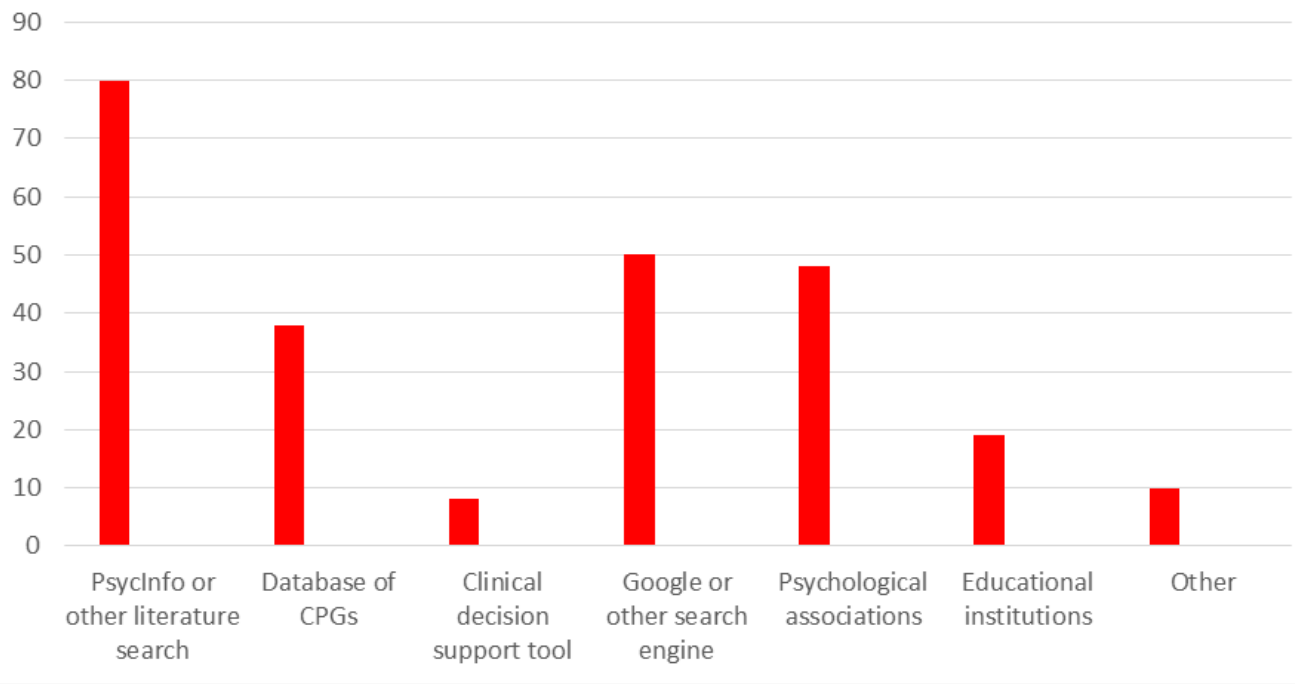
# Approach to EBP



## Types of Evidence Used



Resources used to find CPGs



### Reasons for not using CPGs



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<sup>2</sup>
- 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](mailto:mholmqvist@exchange.hsc.mb.ca)

# References

1. Dozois, D.J., Mikail, S.F., Alden, L.E., Bieling, P.J., Bourgon, G., Clark, D.A., Drapeau, M., Gallson, D., Greenberg, L., Hunsley, J., & Johnston, C. (2014). The CPA presidential task force on evidence-based practice of psychological treatments. *Canadian Psychology*, 55(3), 153-160
2. Bennett, K., Gorman, D. A., Duda, S., Brouwers, M., & Szatmari, P. (2016). Practitioner Review: On the trustworthiness of clinical practice guidelines—a systematic review of the quality of methods used to develop guidelines in child and youth mental health. *Journal of Child Psychology and Psychiatry*.