

Making Therapy Better: Using Measurement Based Care to Improve Outcomes

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carePATHS EHR

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Officer

Psychotherapy: How can this possibly work?



What we know about psychotherapy

The Good News

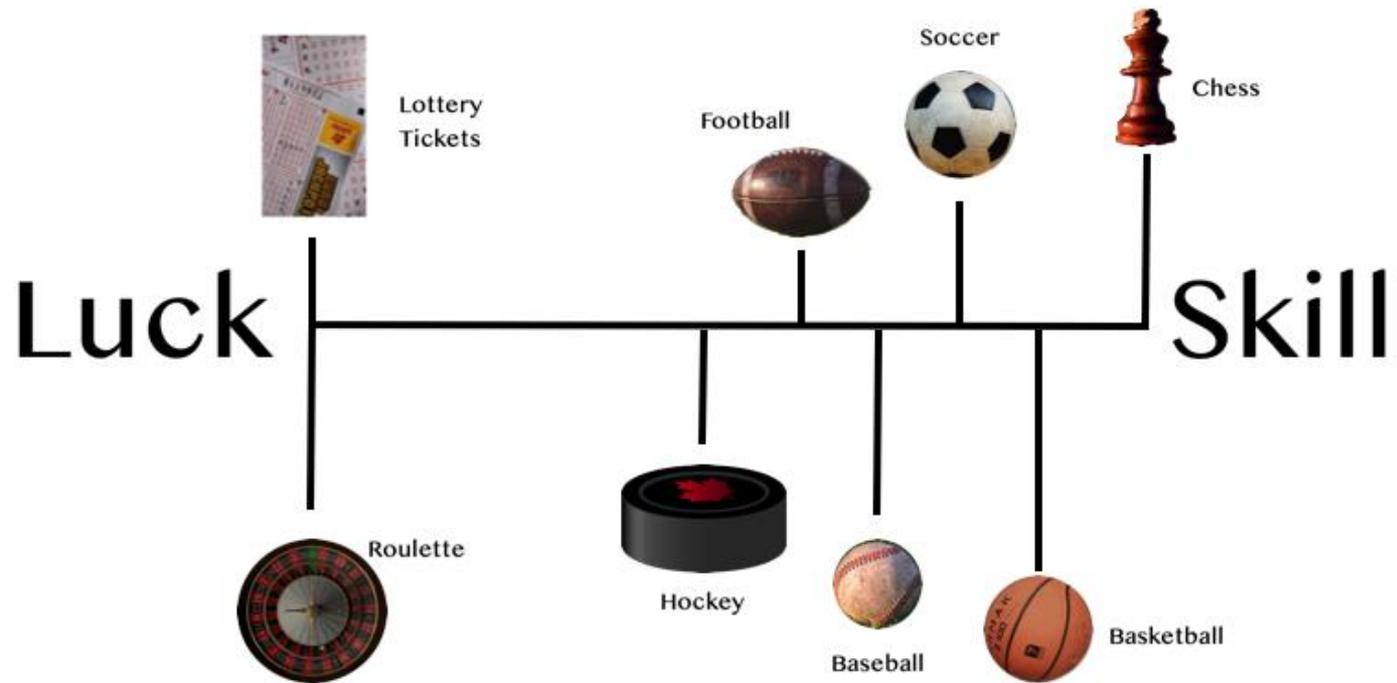
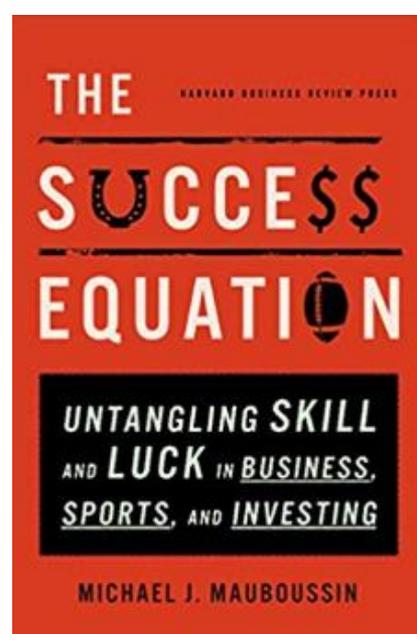
- Psychotherapy is effective
- Demonstrated in RCTs and in practice
- As effective as medications
- Longer lasting, fewer side effects, less resistant to additional courses

What we know about psychotherapy

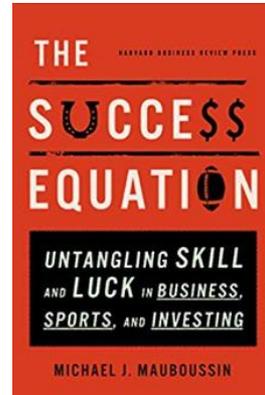
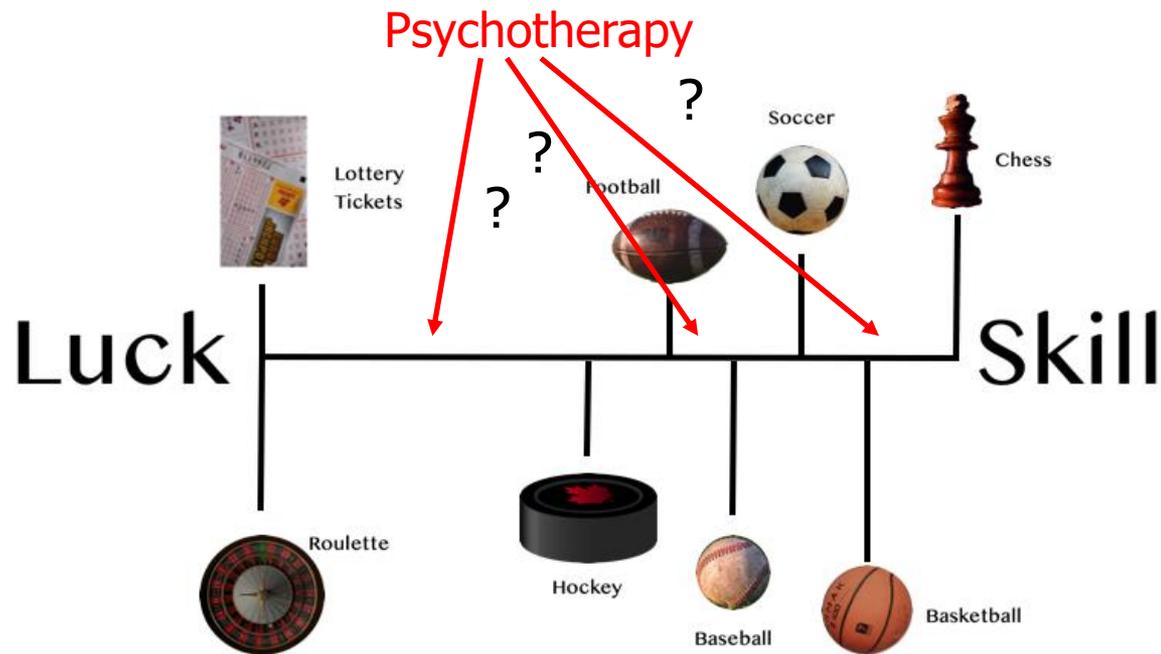
The Bad News

- NNT = 3 (compared to natural hx)
- Ask therapists: “compare your clinical skills and performance to others”
 - 25% said “In the top 10%”
 - None said below average!
 - None identified failing cases
 - Dunning-Kruger effect
 - Math skills, wine tasting, medical knowledge, firearm safety among hunters, etc.
- Consequence: de-motivating

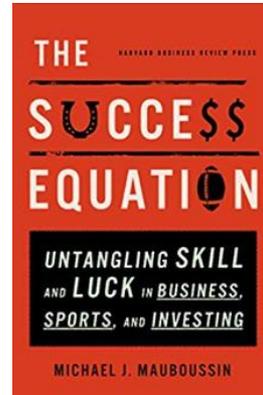
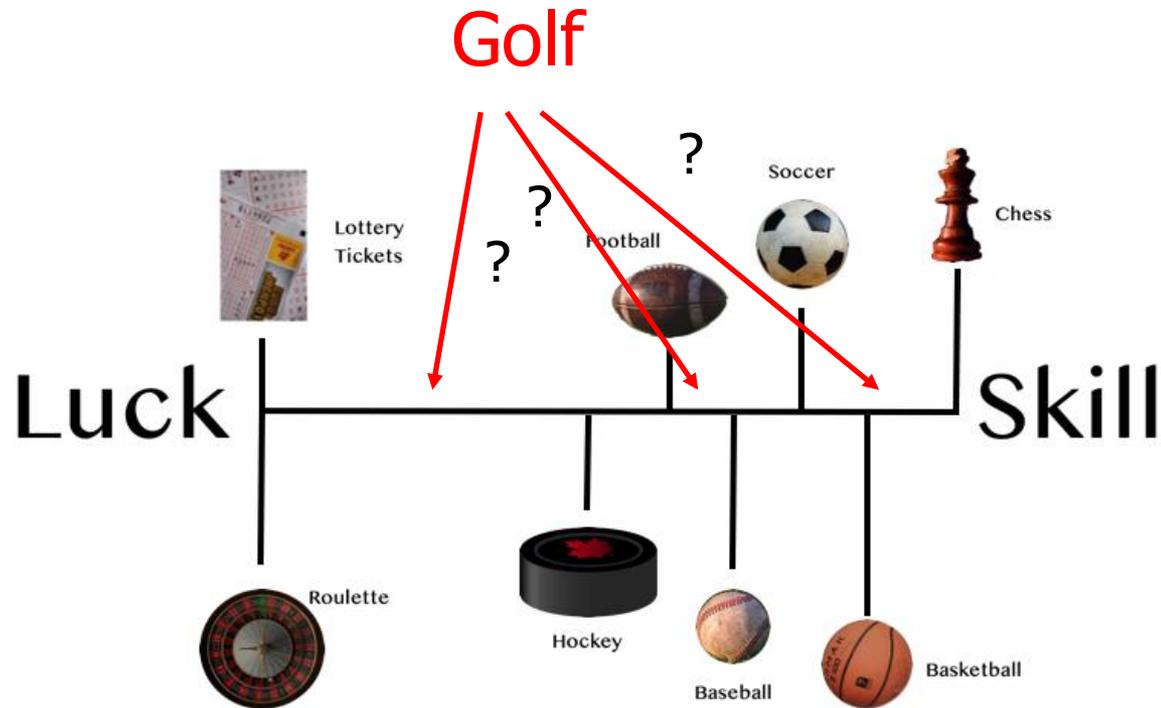
Luck v Skill



Luck v Skill. Where is psychotherapy?



Luck v Skill. Where is golf?



Needed: Golf information....



Golf– no information



Measurement-Based Care

- We need **information** to improve!
- Definition:
 - Measured-based care (MBC) involves assessing patient progress and therapy processes through the course of therapy to improve the quality of the service being delivered.
- AKA
 - Routine outcome monitoring
 - Practice-based evidence
 - Feedback informed treatment
 - Patient feedback

MBC Evidence

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Review

Using progress feedback to improve outcomes and reduce drop-out, treatment duration, and deterioration: A multilevel meta-analysis

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Psychotherapy Research, 2018
<https://doi.org/10.1080/10503307.2018.1517949>

EMPIRICAL PAPER

The effect of using the Partners for Change Outcome Management System as feedback tool in psychotherapy—A systematic review and meta-analysis

OLE KARKOV ØSTERGÅRD , HILDE RANDA , & ESSEN HOU 

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Collecting and Delivering Progress Feedback: A Meta-Analysis of Routine Outcome Monitoring

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Implementation



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2018, Vol. 65, No. 5, 641–652
<http://dx.doi.org/10.1037/cou0000286>

The Effects of Routine Outcome Monitoring (ROM) on Therapy Outcomes in the Course of an Implementation Process: A Randomized Clinical Trial

Heidi Brattland and John Morten Koksvik
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Psychotherapy Research, 2015

Vol. 25, No. 6, 661–668, <http://dx.doi.org/10.1080/10503307.2015.1076198>



**Why do some therapists not deal with outcome monitoring feedback?
A feasibility study on the effect of regulatory focus and person-
organization fit on attitude and outcome**

KIM DE JONG^{1,2} & MARIJE DE GOEDE³

An evidence-based practice



Psychotherapy

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<https://doi.org/10.1037/psr0000439>

The Need for a Measurement-Based Care Professional Practice Guideline

James F. Boswell¹, Kimberly A. Hepner², Kathleen Lysell³, Nan E. Rothrock⁴, Nick Bott⁵, Amber W. Childs⁶,
Susan Douglas⁷, Nicole Owings-Fonner⁸, C. Vaile Wright⁸, Kari A. Stephens⁹, David E. Bard¹⁰,
Syed Aajmain¹, and Bruce L. Bobbitt¹¹

What to measure?

(The CarePaths solution)

- **Psychological distress (symptoms)**
 - Patient Health Questionnaire-9 (PHQ-9) --Depression
 - GAD-7 --anxiety
- **Well being and loneliness**
 - World Health Organization Well Being Index (WHO-5)
 - UCLA-3 Loneliness Scale
- **Therapeutic Relationship**
 - Feeling understood and cared for by the therapist (Confidence in Therapist)
 - Belief that the treatment provided will be helpful (Confidence in Treatment)

MBC Steps and Considerations

- MBC is **information**
- Information to be **integrated** into treatment
- **Curiosity** about course of treatment
- **Conjecture**, conjecture, conjecture... what is going on?
- MBC as **conversation** (collaboration)
- MBC as **decision input**
- **Problem: Something else for therapist to do**

Measurement (CarePaths solution)

- Measurement is weekly (regardless of session) – and spaced over the week
- Automated
- Displayed on therapist dashboard and patient page

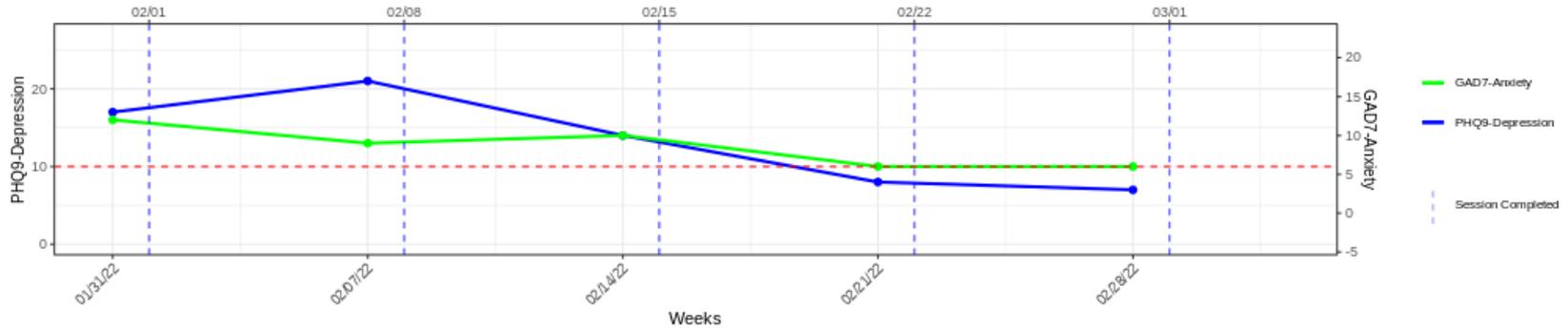
USING MBC



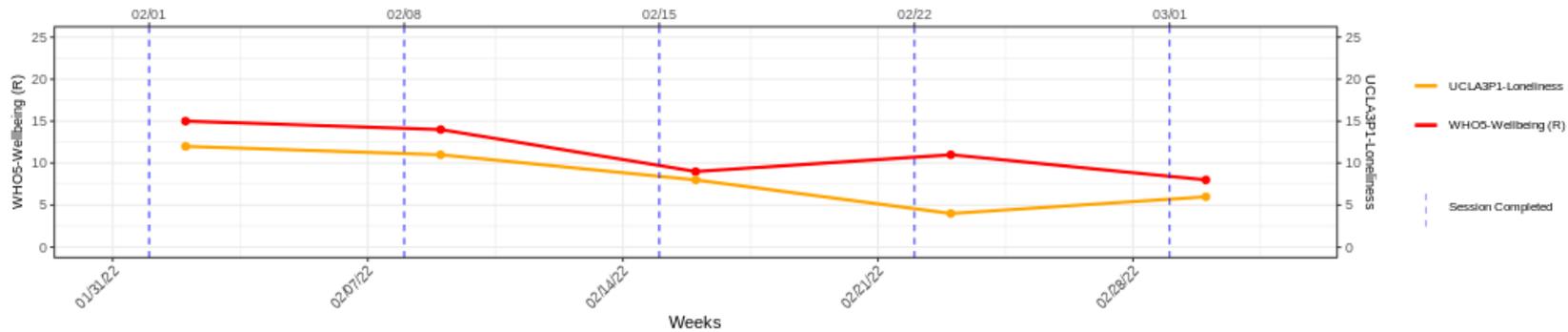
FOUR CASES

Case 1

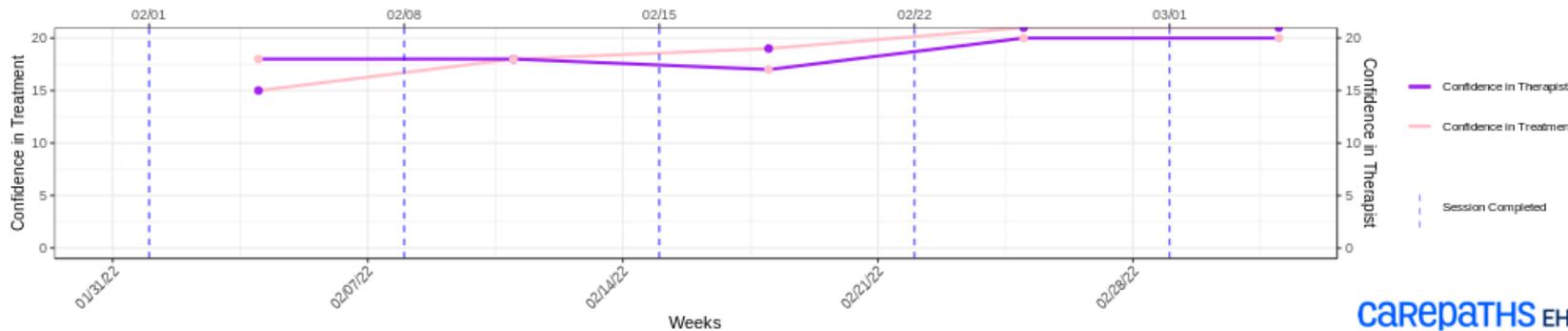
Symptoms



Wellbeing/Loneliness



Confidence in Therapist and Treatment

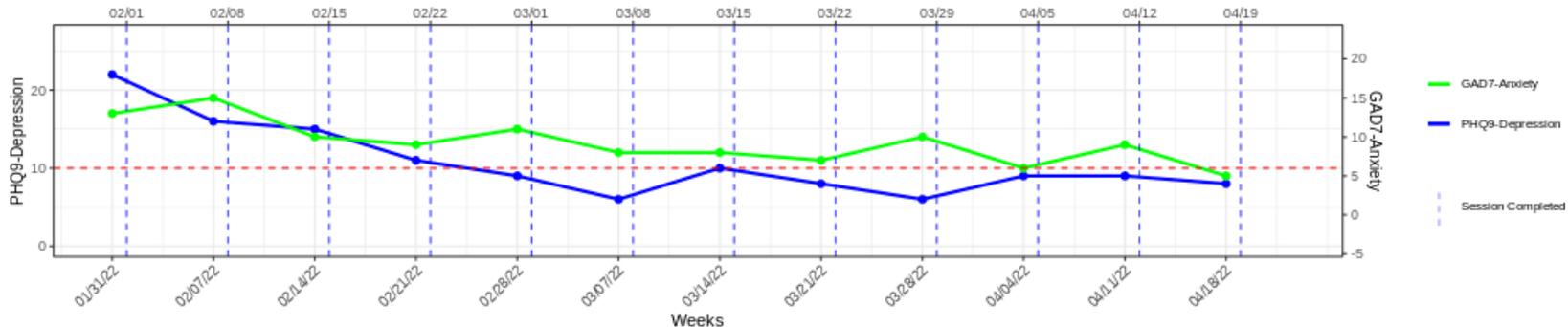


Case I

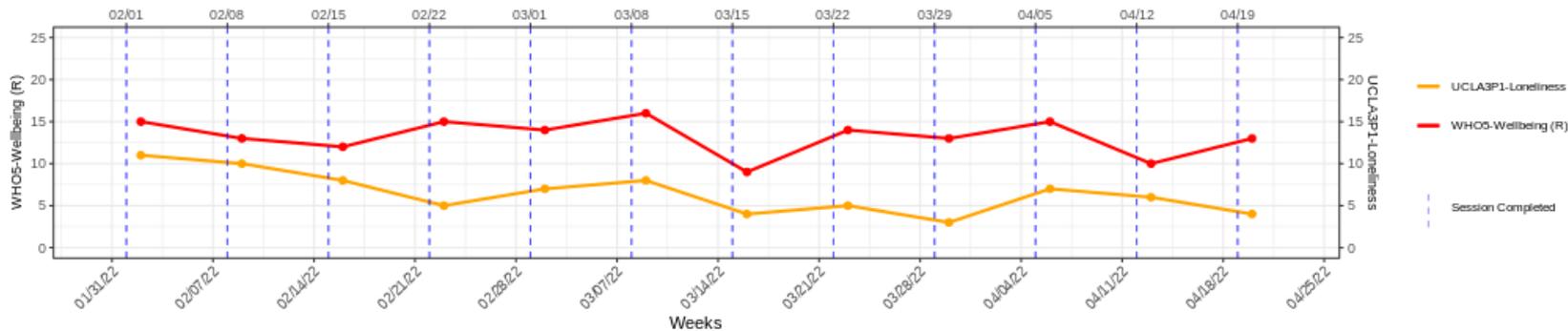
- Information
 - Symptoms decreasing and in normal range
 - Well being and loneliness decreasing
 - Confident in therapist and treatment
- Conjecture
 - Responding well to treatment (in 5 sessions!)
- Decision
 - Discuss progress (attribute to hard work)
 - Plan termination

Case 2

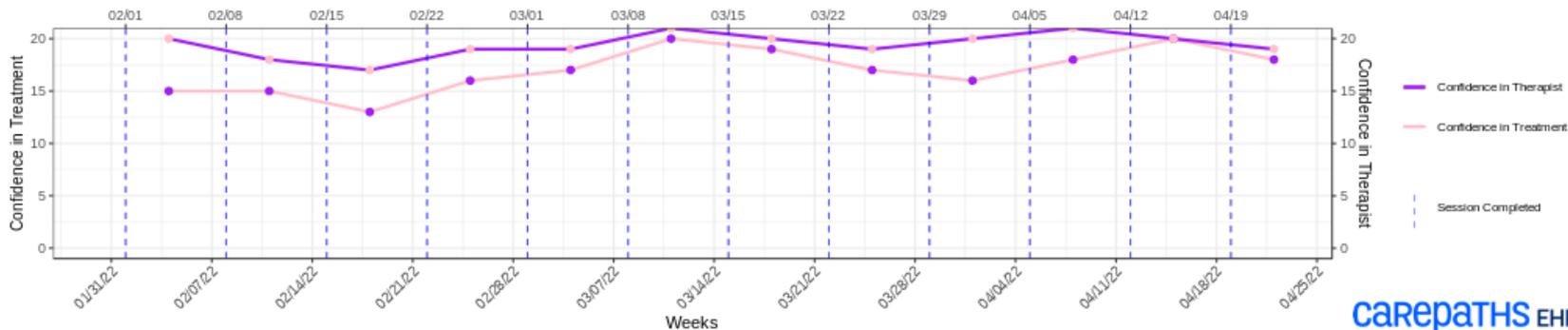
Symptoms



Wellbeing/Loneliness



Confidence in Therapist and Treatment

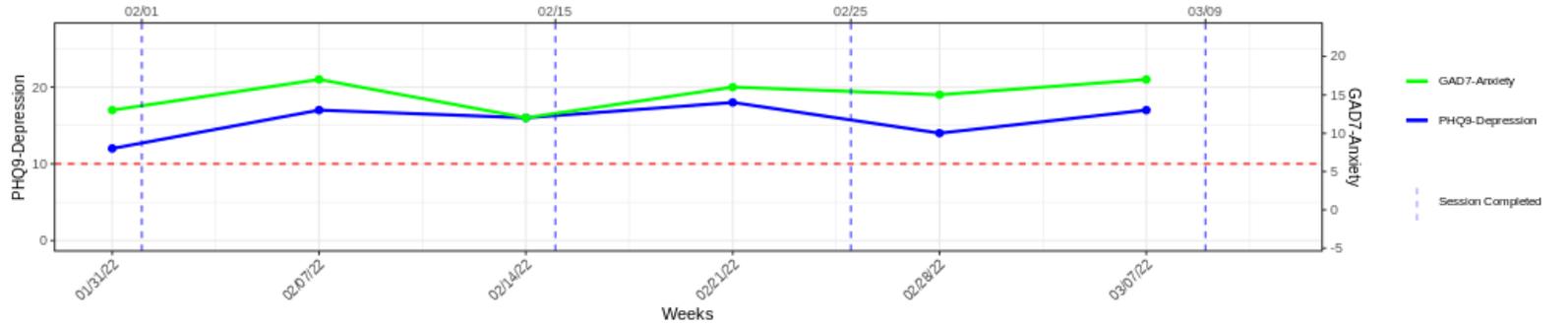


Case 2

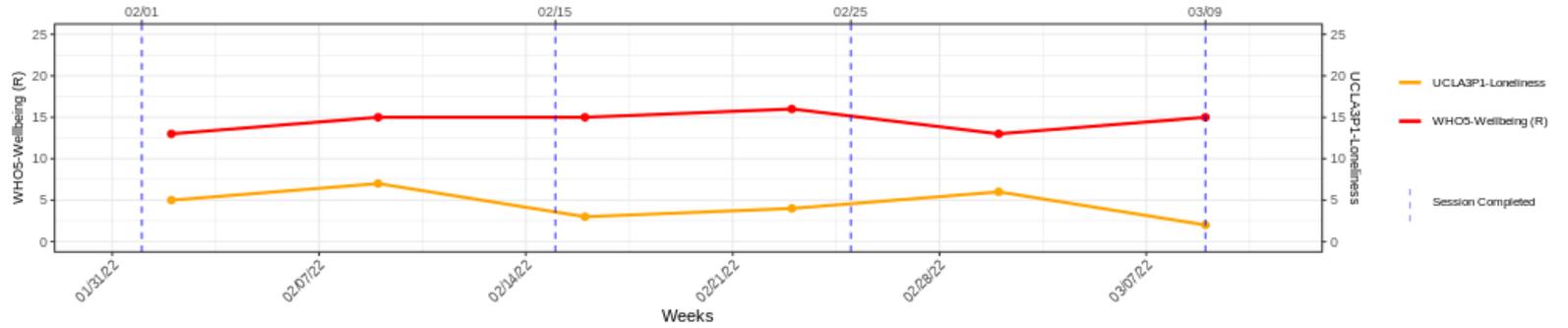
- Information
 - Symptoms decreasing and near normal range
 - Loneliness decreasing but well-being no so much
 - Confident in therapist and treatment
- Conjecture
 - Lack of symptoms \neq well being
- Decision
 - Discuss progress (attribute to hard work)
 - Discuss well-being, values, meaning of life
 - Consider termination, other services

Case 3

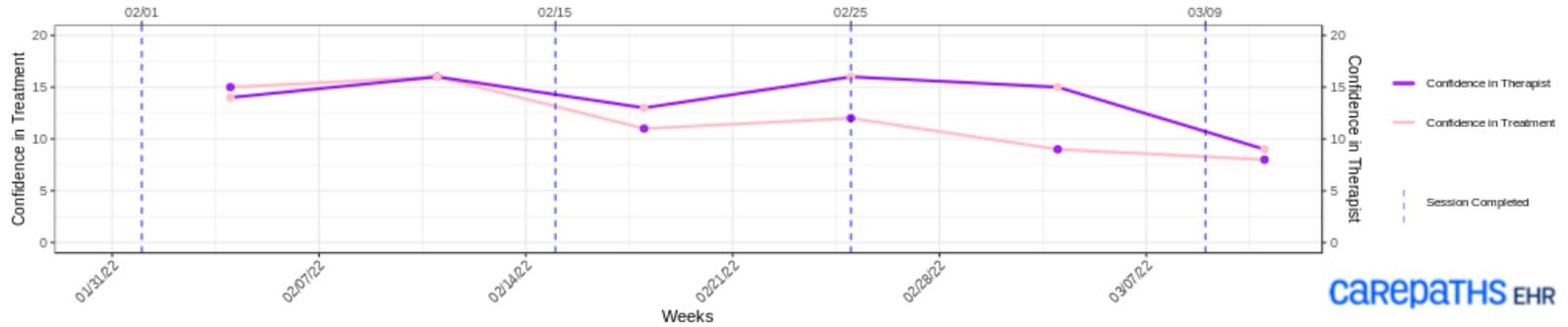
Symptoms



Wellbeing/Loneliness



Confidence in Therapist and Treatment

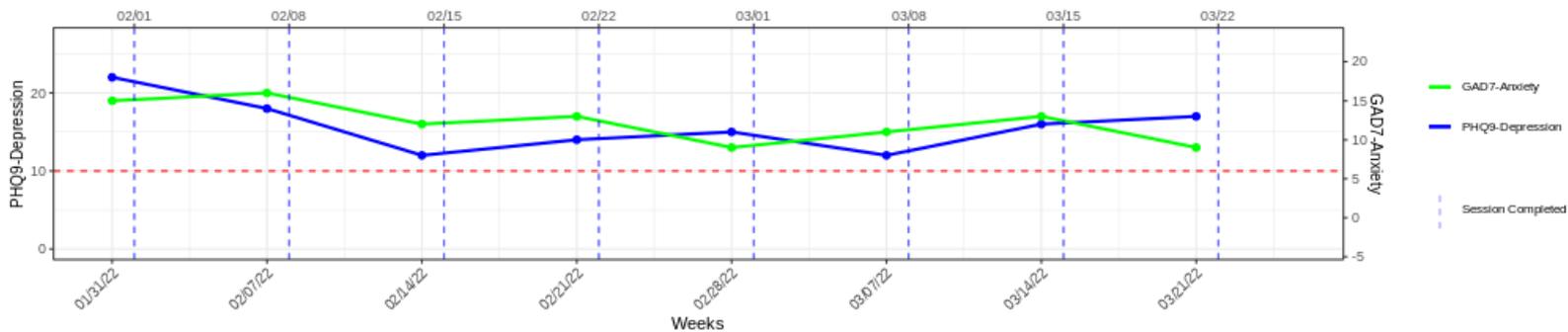


Case 3

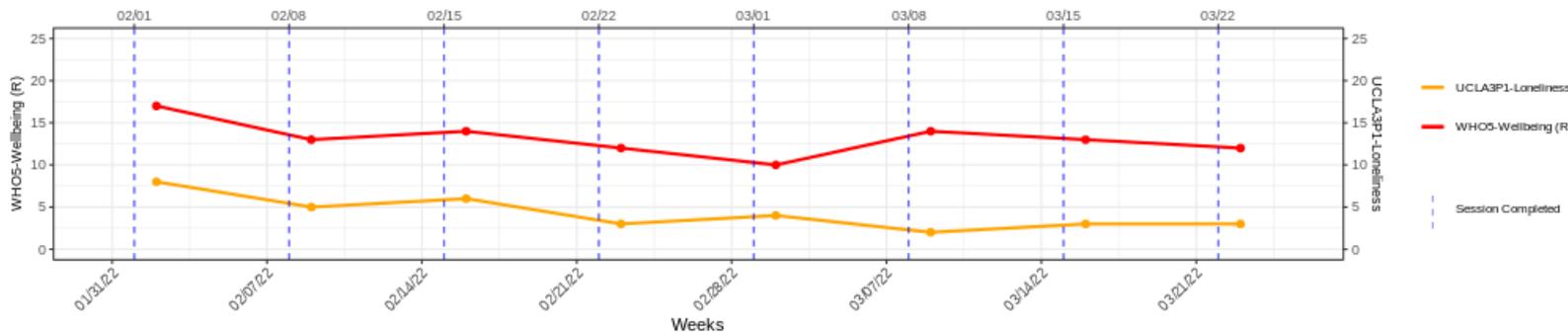
- Information
 - Symptoms not improving
 - Some change in well-being
 - **NOT** Confident in therapist nor treatment
 - Irregular attendance
- Conjecture
 - Not engaged with therapist or treatment
- Decision
 - Discuss progress, treatment, and therapist
 - Stage of change
 - Consider alternatives services
 - Examine one's own skill with this patient

Case 4

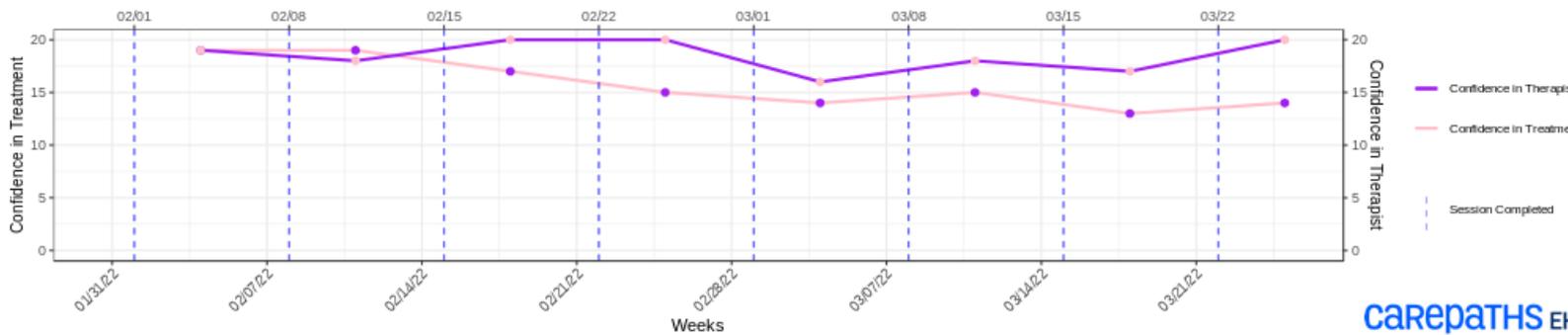
Symptoms



Wellbeing/Loneliness



Confidence in Therapist and Treatment



Case 4

- Information
 - Symptoms **NOT** improving
 - Loneliness decreasing and very low
 - Confident in therapist but **NOT** treatment
 - Regular attendance
- Conjecture
 - Patient is not working toward goal
 - Therapist is a source of comfort
 - Rent-a-friend
- Decision
 - Discuss progress and purpose of therapy
 - Stage of change? Match of Tx?

Conclusions

- MBC is an evidence-based procedure
- Information is needed to improve outcomes
- Integrate into treatment
- Clinical expertise and judgment are critical— use wisely
- Reflect on patient and yourself
- Improve outcomes!

Forum page @ Carepaths

- CarePaths **Making Therapy Better**
 - Makingtherapybetter.com
- Discussion and Q&A regarding MBC
- Ask questions and discuss issues
- I will participate

Remember for CE credits...

- Evaluation
(<https://makingtherapybetter.com/webinar>)
- Post-test (for recorded webinar)

Thank You

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