

Making Therapy Better: Using Measurement Based Care to Improve Outcomes

Bruce E. Wampold, Ph.D., ABPP
Emeritus Professor of Counseling Psychology
University of Wisconsin-- Madison



carePATHS EHR

Chief Clinical
Officer

Psychotherapy: How can this possibly work?



What we know about psychotherapy

The Good News

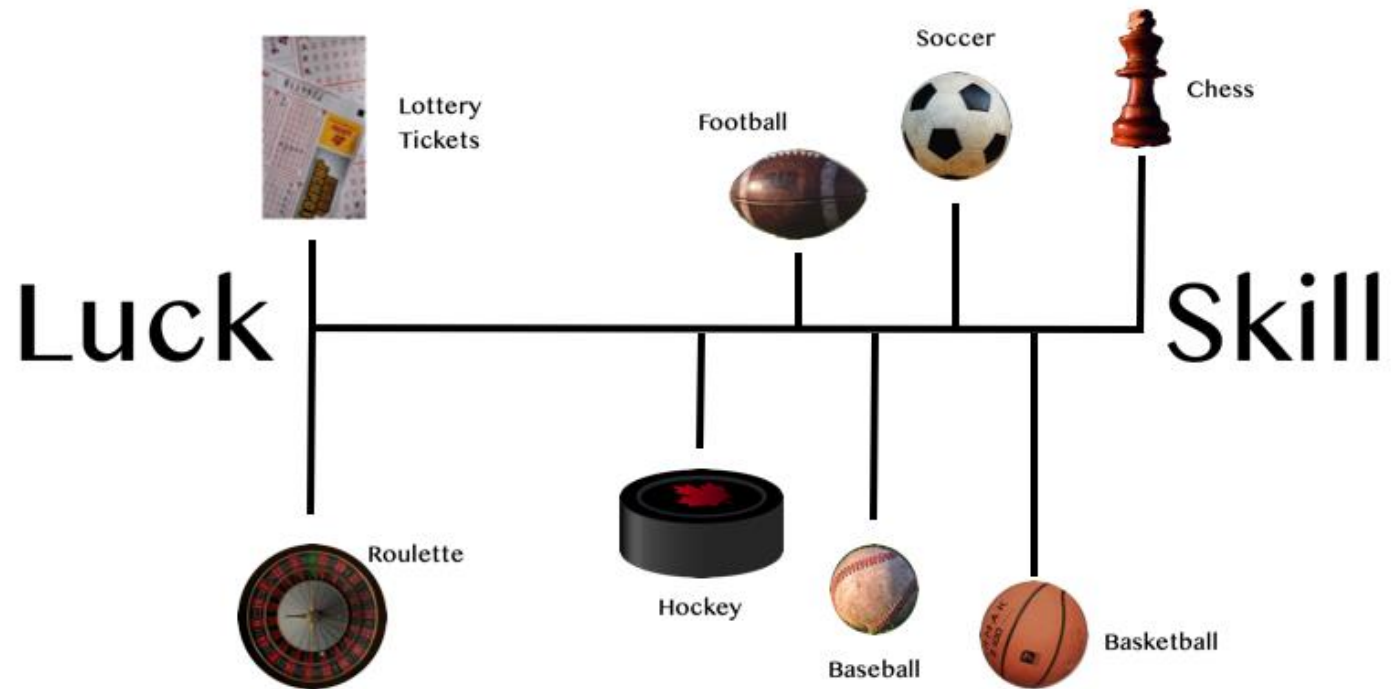
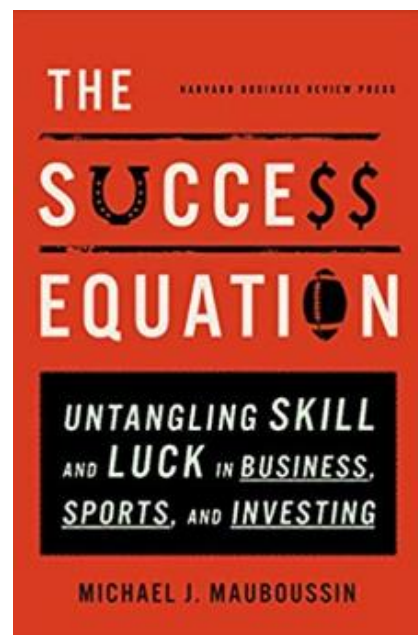
- Psychotherapy is effective
- Demonstrated in RCTs and in practice
- As effective as medications
- Longer lasting, fewer side effects, less resistant to additional courses

What we know about psychotherapy

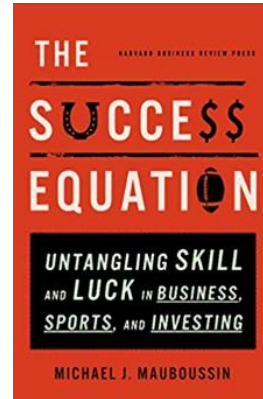
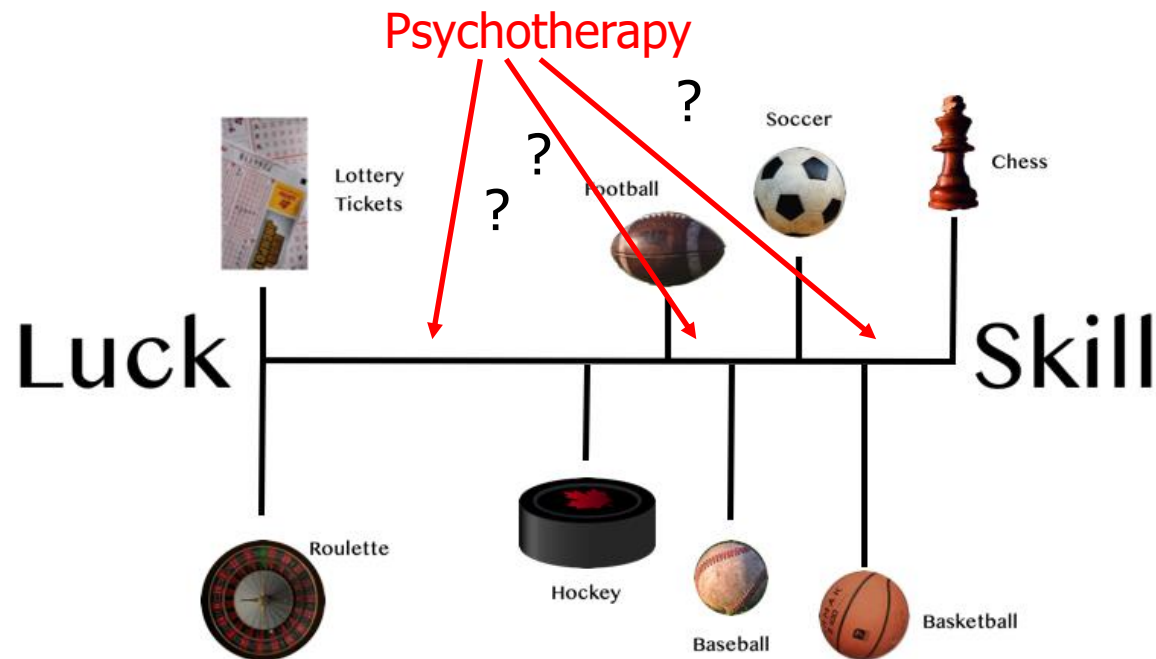
The Bad News

- 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

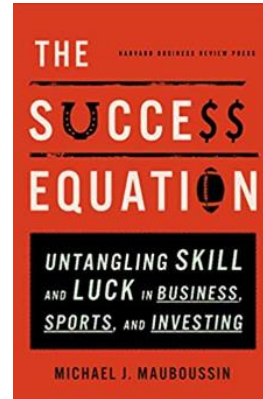
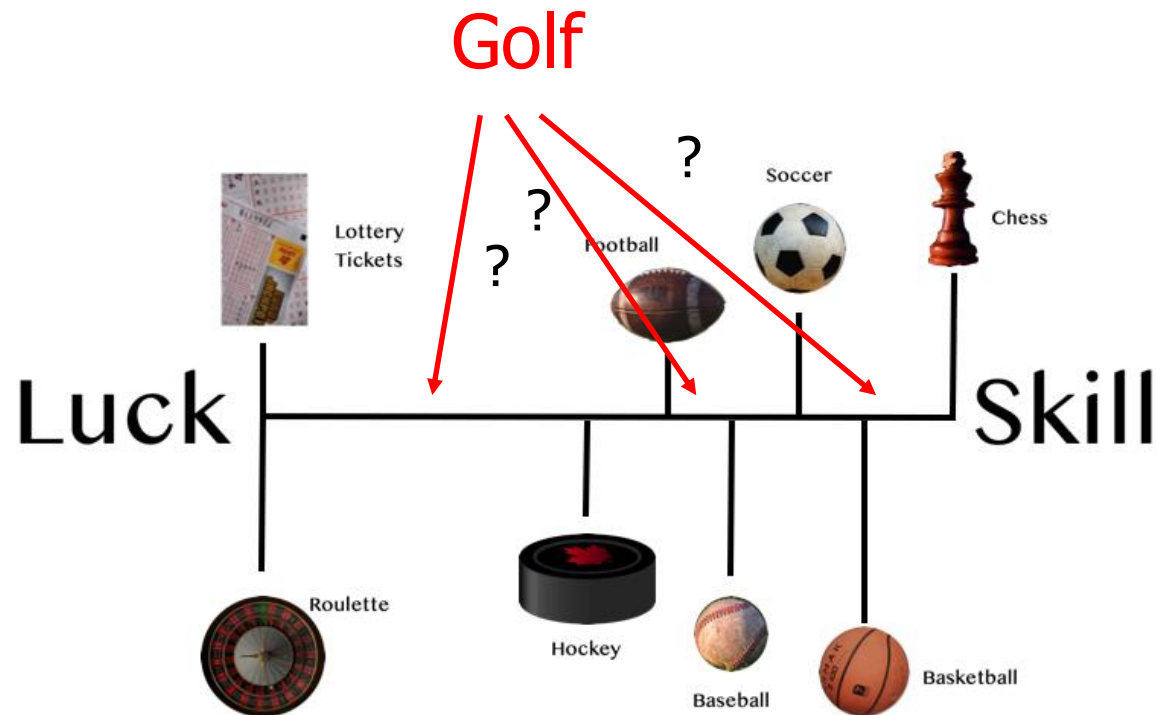
Luck v Skill



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

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 , & ESBEN HOU

Department of Psychology and Behavioural Sciences, Aarhus University, Aarhus C, Denmark

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Psychotherapy
2018, Vol. 55, No. 4, 520–537

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

Michael J. Lambert
Brigham Young University

Jason L. Whipple
Veterans Affairs Hospital, Fairbanks, Alaska

Maria Kleinstäuber
Auckland University and Philipps-University

Clinical Psychology Review 85 (2021) 102002



Contents lists available at [ScienceDirect](#)

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journal homepage: www.elsevier.com/locate/clinpsychrev



Review

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

Kim de Jong ^{a,*}, Judith M. Conijn ^b, Roisin A.V. Gallagher ^a, Alexandra S. Reshetnikova ^a, Marya Heij ^a, Miranda C. Lutz ^{a,c}

^a *Institute of Psychology, Leiden University, Leiden, the Netherlands*

^b *Faculty of Behavioral and Movement Sciences, Vrije Universiteit, Amsterdam, the Netherlands*

^c *Department of Developmental Education & Child Studies, Erasmus University Rotterdam, the Netherlands*



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Implementation



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Journal of Counseling Psychology

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
Norwegian University of Science and Technology and St. Olavs
University Hospital, Trondheim, Norway

Olav Burkeland
St. Olavs University Hospital, Trondheim, Norway

Rolf Wilhelm Gräwe, Christian Klöckner,
Olav Morten Linaker, and Truls Ryum
Norwegian University of Science and Technology

Bruce Wampold
Research Institute, Modum Bad Psychiatric Center, Vikersund,
Norway, and University of Wisconsin-Madison

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/pst0000439>

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)

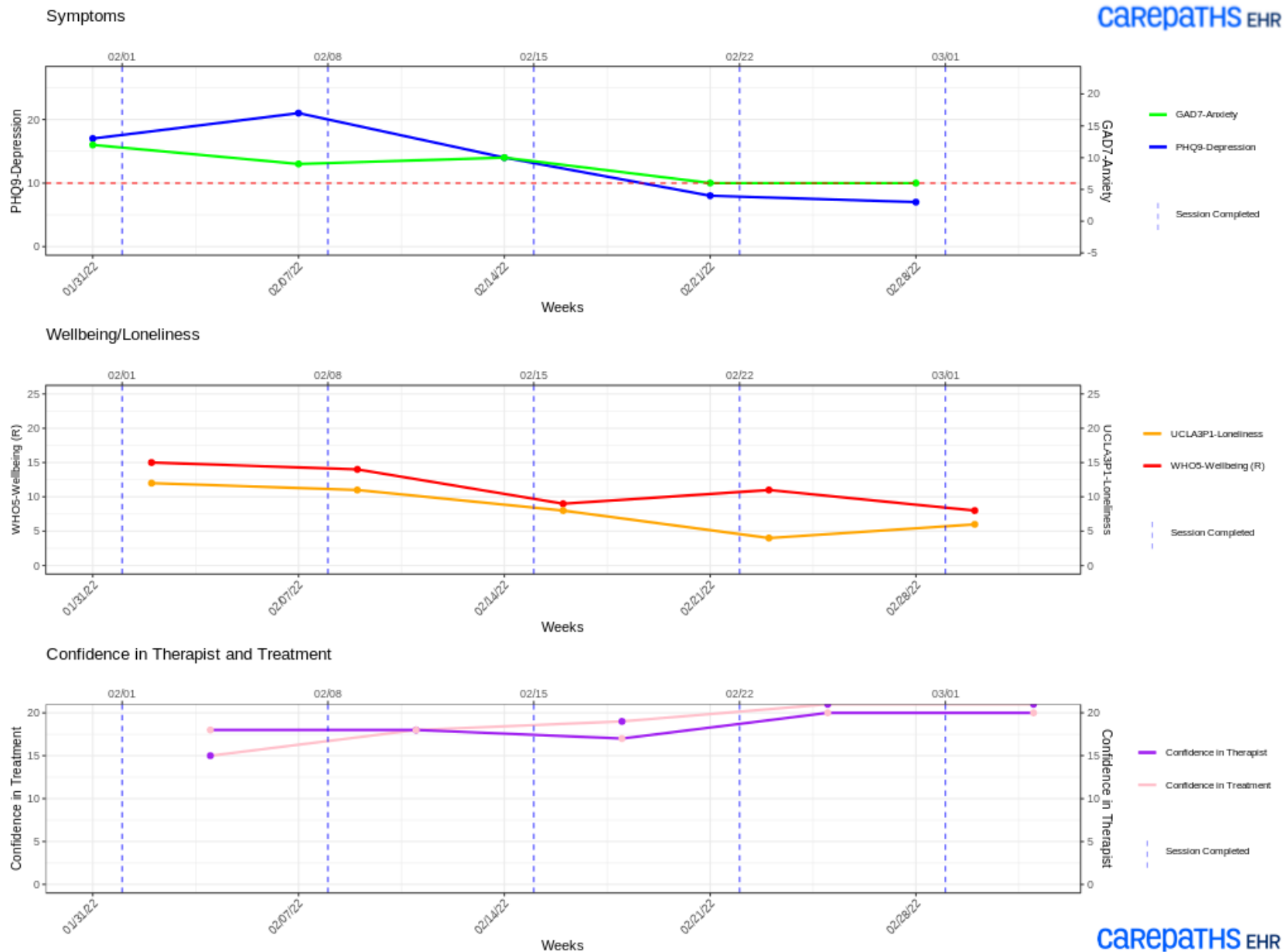
- Measurement is weekly (regardless of session) – and spaced over the week
- Automated
- Displayed on therapist dashboard and patient page

USING MBC



FOUR CASES

Case 1

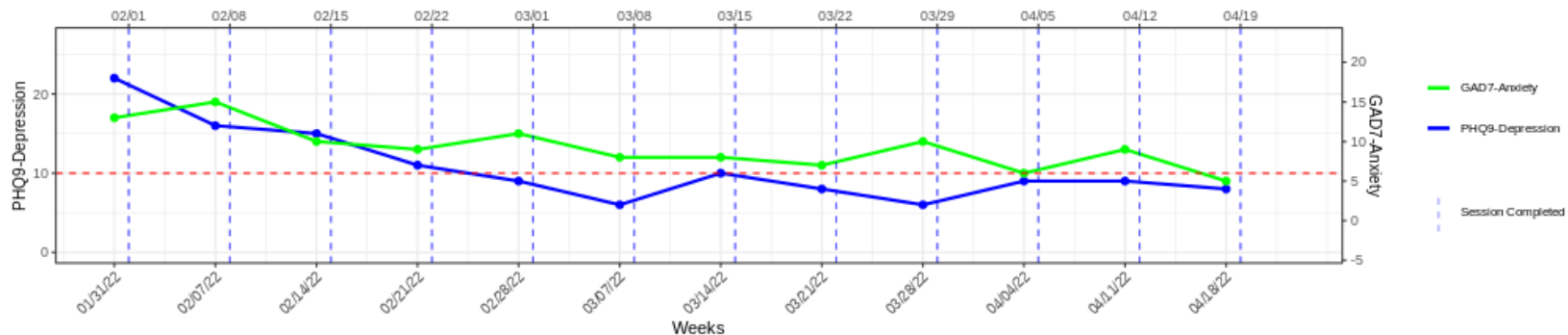


Case I

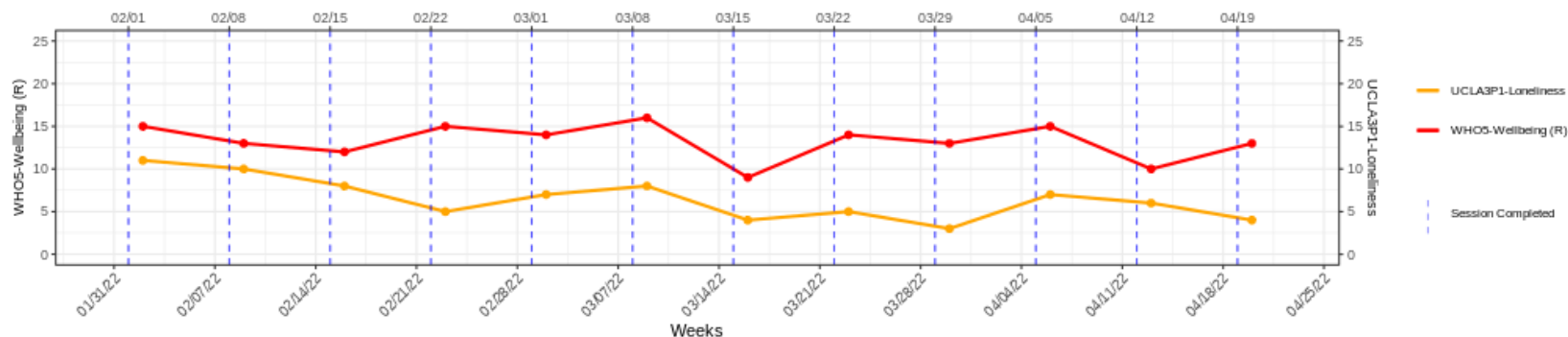
- Information
 - Symptoms decreasing and in normal range
 - Well being and loneliness decreasing
 - Confident in therapist and treatment
- Conjecture
 - Responding well to treatment (in 5 sessions!)
- Decision
 - Discuss progress (attribute to hard work)
 - Plan termination

Case 2

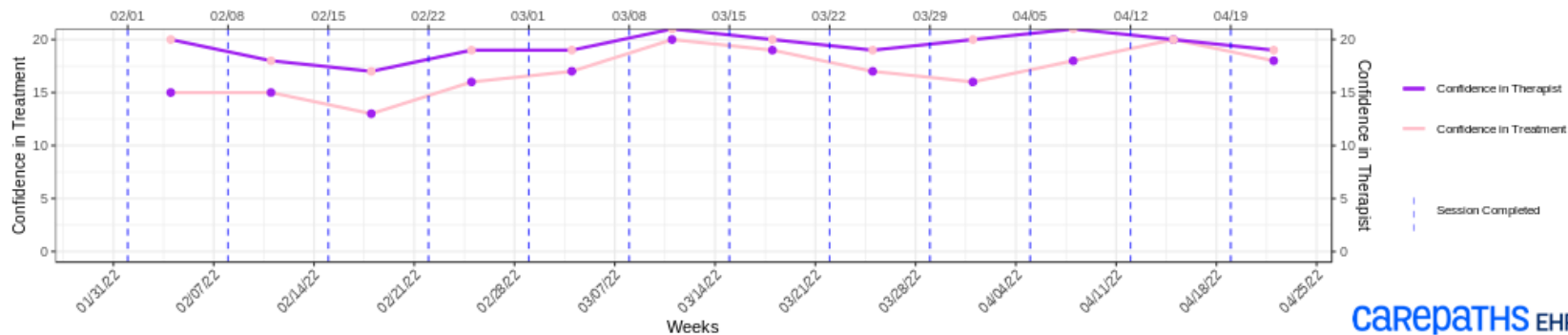
Symptoms



Wellbeing/Loneliness



Confidence in Therapist and Treatment

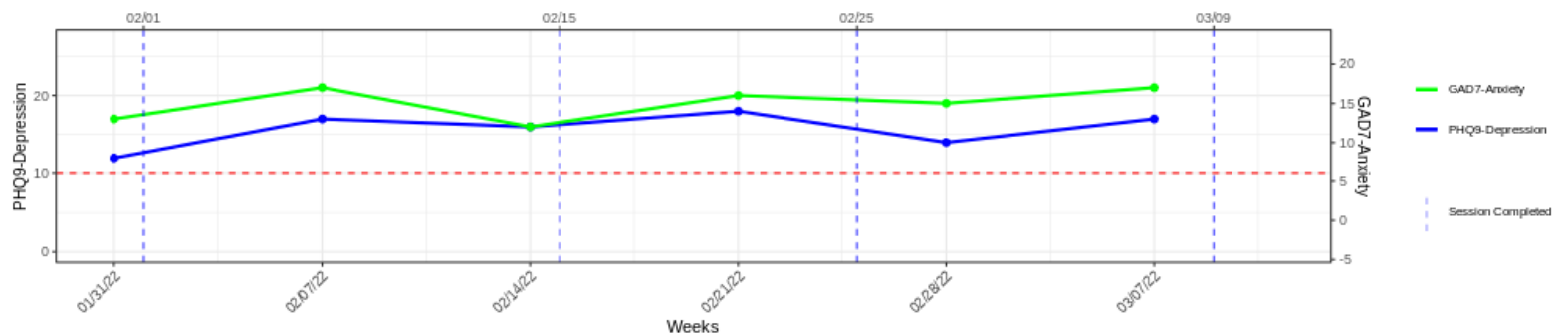


Case 2

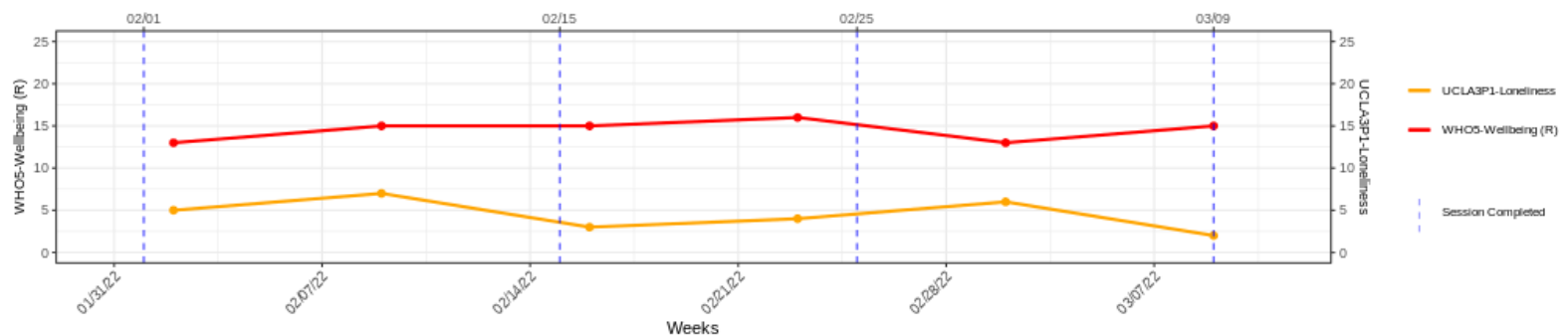
- Information
 - Symptoms decreasing and near normal range
 - Loneliness decreasing but well-being no so much
 - Confident in therapist and treatment
- Conjecture
 - Lack of symptoms \neq well being
- Decision
 - Discuss progress (attribute to hard work)
 - Discuss well-being, values, meaning of life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

Case 3

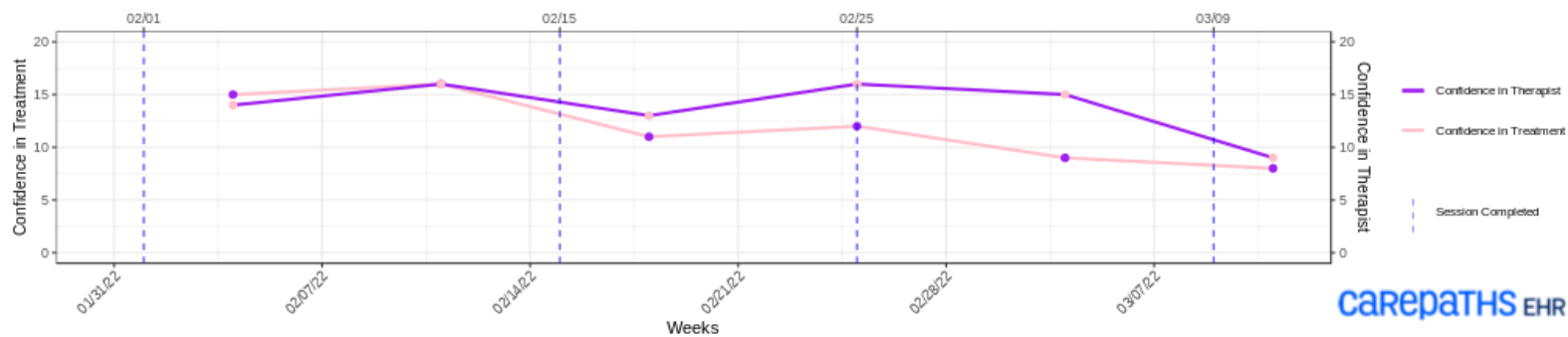
Symptoms



Wellbeing/Loneliness



Confidence in Therapist and Treatment

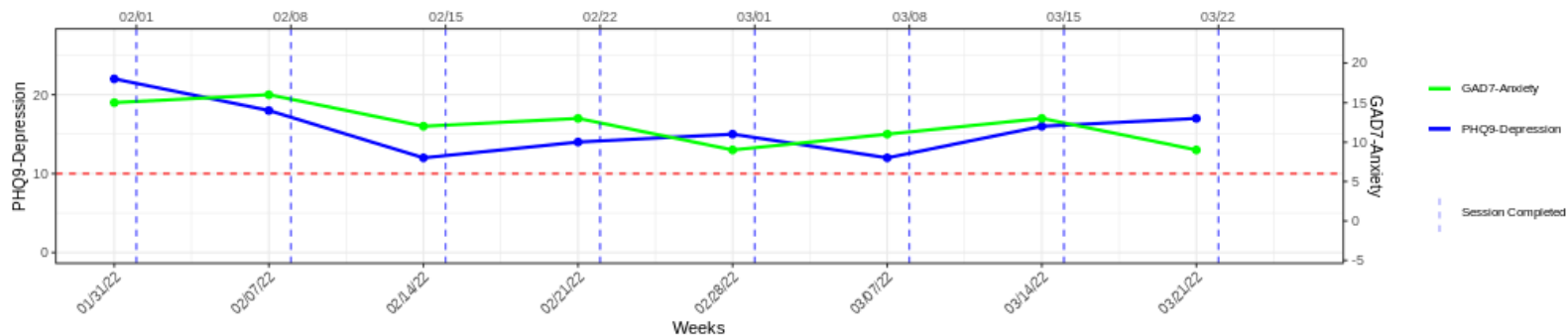


Case 3

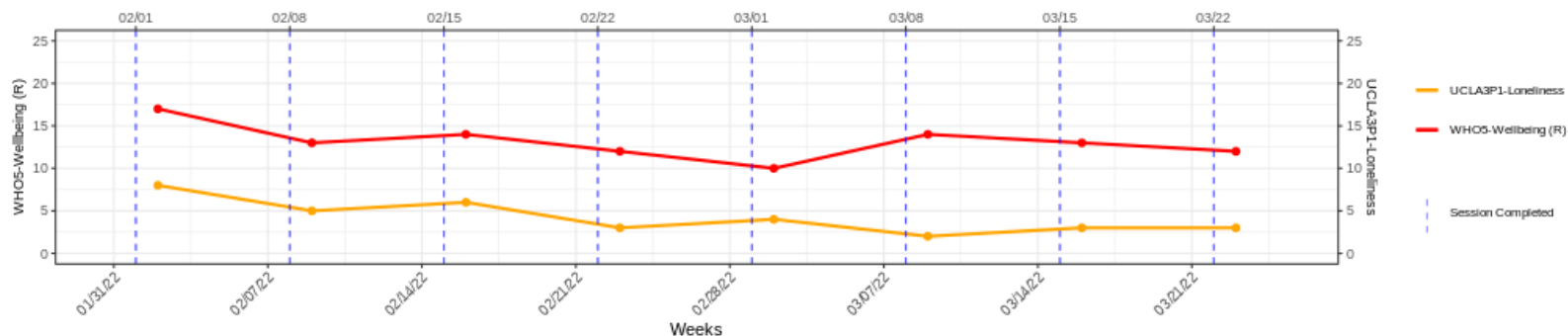
- Information
 - Symptoms not improving
 - Some change in well-being
 - **NOT** Confident in therapist nor treatment
 - Irregular attendance
- Conjecture
 - Not engaged with therapist or treatment
- Decision
 - Discuss progress, treatment, and therapist
 - Stage of change
 - Consider alternatives services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

Case 4

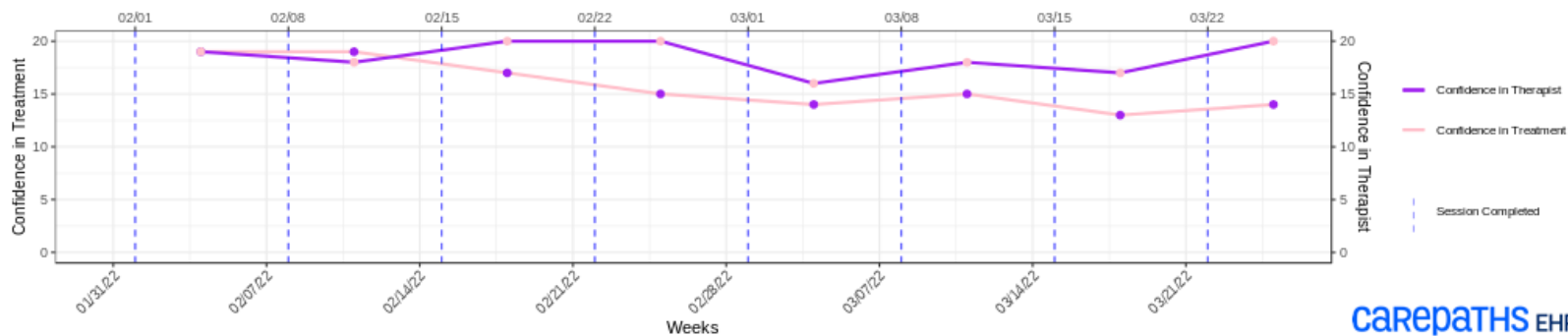
Symptoms



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

Bruce E. Wampold, Ph.D., ABPP
Patricia L. Wolleat Professor of Counseling Psychology
Clinical Professor, Psychiatry
University of Wisconsin--Madison



carePATHS EHR

bwampold@wisc.edu

Chief Clinical Officer