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### DEVELOPMENT OF AN INSTRUMENT TO MEASURE THE LEVEL OF EVIDENCE-BASED PRACTICE IN CLINICAL MENTAL HEALTH SERVICES

D. Cawthorpe<sup>1</sup>, P. Oliphant<sup>2</sup>, T.C.R. Wilkes<sup>3</sup>

<sup>1</sup>Psychiatry and Community Health Science, University of Calgary, <sup>2</sup>Psychiatry, Calgary Health Region, <sup>3</sup>Psychiatry, University of Calgary, Calgary, Canada

**Introduction:** While systems of care are identifying the need to employ evidence-based modes of treatment, there are to date few instruments designed to measure the degree to which clinicians apply evidence-based interventions. The interventions survey was designed to tap each clinicians' understanding of evidence-based interventions and the degree to which they identify theory in relation to evidence-based intervention and diagnosis.

**Method:** A literature review was conducted to identify evidence-based interventions. Search strategies included meta-analyses that focused on systematic review of a range of databases. Emphasis in the survey's design was placed on linking evidence-based interventions, diagnosis and theoretical orientations. Clinicians (n = 118) could select among a range of options including evidence-based interventions for specific diagnoses. In addition to mapping evidence to interventions by diagnosis, results include a report of index modal interventions used by staff by type (individual, group, family) and diagnosis. The higher the index reported (range 0-1) the greater the variation of interventions by diagnoses.

**Results:** Forty percent of clinical staff favored more than one type of family therapy for different diagnoses, and 35% of staff favored more than one type of group therapy for different diagnoses, whereas about 30% of staff varied their choice of individual intervention as a function of diagnosis.

**Conclusions:** The results indicate that the survey is able to tap a range of clinicians' theoretical orientations and knowledge of evidence-based practices related to child and adolescent mental health interventions.