Hierarchy of Evidence-Based Practice Research

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Hierarchy of Research Methods

- Meta-Analyses
- Systematic Reviews
- Clinical Guidelines
- Randomized Control Trial (RCT)
- Quasi-experimental Studies
- Case Control Studies
- Cohort Studies
- Pre-experimental Group Studies
- Surveys
- Qualitative Studies

Modified from: Kristy Padron, Faculty Outreach & Student Learning Outcomes Librarian at Florida Atlantic University
Meta-Analyses

- Use statistical methods to summarize the results of multiple studies
- “Quantitative systematic review”
## PICO

<table>
<thead>
<tr>
<th></th>
<th>Tips for Building</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PROBLEM/POPULATION</strong></td>
<td>Describe the population and/or problem with as many details as possible</td>
<td>PTSD</td>
</tr>
<tr>
<td><strong>INTERVENTION</strong></td>
<td>What is the main intervention to consider?</td>
<td>Eye Movement Desensitization and Reprocessing (EMDR) Therapy</td>
</tr>
<tr>
<td><strong>COMPARISON</strong></td>
<td>Is there an alternative? Compare the two.</td>
<td>Cognitive Behavioral Therapy (CBT)</td>
</tr>
<tr>
<td><strong>OUTCOME</strong></td>
<td>What is the desired outcome?</td>
<td>Reduction of night terrors</td>
</tr>
</tbody>
</table>

Modified from Norris Medical Library EBP Guide
Using PICO, analyze the following vignette

Tommy is a 6 year old adoptee. Recently he’s engaging in violent outburst in his class and was removed from the classroom. The Johnsons have taken Tommy to the family doctor and advised intensive therapy. The family doctor referred Tommy for further mental health assessment. The Randolph Attachment Disorder Questionnaire (RADQ) confirmed that Tommy did have reactive attachment disorder (RAD). The Johnsons fear that if Tommy’s behavior does not improve they will no longer be able to care for him. The family’s hope for therapy is that Tommy’s violent outburst will subside, he will begin to follow the rules, and that he will be respectful to all members of the household and those he meets within the community. They are also hoping for positive enhancement in the parent/child relationship.
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<td>Describe the population and/or problem with as many details as possible</td>
<td>violent outbursts/reactive attachment disorder/child/adoptee</td>
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Turning your research question into search terms

- Brainstorm synonyms.
- Expand out acronyms.
- Look at subjects.

Example:

Does CBT reduce symptoms of anxiety and depression in adolescents?

“cognitive behavioral therapy”

adolescents, youth, teenager

anxiety, worry, nervousness
Meta-Analyses and Systematic Reviews

Cochrane Library:

- for healthcare related topics

Campbell Collection:

- for interventions related to social issues, behavioral health and education

PsycINFO and PubMed:

- filter for systematic reviews and meta-analyses.

http://libguides.usc.edu/socialwork/socialworkEBP
Cochrane Library

- http://libguides.usc.edu/socialwork/socialworkEBP
Example of a Systematic Review

Cognitive behavioural therapy for anxiety disorders in children and adolescents

Anthony C James, Georgina James, Felicity A Cowdrey, Angela Soler, Aidlinn Choke

First published: 18 February 2015
Editorial Group: Cochrane Common Mental Disorders Group
DOI: 10.1002/14651858.CD004490.pub4

Abstract

Background

A previous Cochrane review (James 2005) showed that cognitive behavioural therapy (CBT) was effective in treating childhood anxiety disorders; however, questions remain regarding (1) the relative efficacy of CBT versus non-CBT active treatments; (2) the relative efficacy of CBT versus medication and the combination of CBT and medication versus placebo; and (3) the long-term effects of CBT.

Objectives

To examine (1) whether CBT is an effective treatment for childhood and adolescent anxiety disorders in comparison with (a) wait-list controls; (b) active non-CBT treatments (i.e. psychological placebo, bibliotherapy and treatment as usual (TAU)); and (c) medication and the combination of medication and CBT versus placebo; and (2) the long-term effects of CBT.

Search methods

Searches for this review included the Cochrane Central Register of Controlled Trials (CENTRAL) and the Cochrane Depression, Anxiety and Neurosis Group Register, which consists of relevant randomised controlled trials from the bibliographic databases – The Cochrane Library (1970 to July 2012), EMBASE (1970 to July 2012), MEDLINE (1970 to July 2012), and PsycINFO (1970 to July 2012).
Campbell Collection
Clinical Practice Guidelines

- Recommendations for practitioners about the care of patients
- Informed by best available research evidence and practice experience
- Includes assessment of benefits and harms of alternative care options

National Guidelines Clearinghouse

https://www.guideline.gov/
National Registry of Evidence Based Programs and Practices

- Based on rigorous study of the effects or outcomes of specific interventions or model programs.

- http://nrepp.samhsa.gov
Social Work Library Research Guide
http://libguides.usc.edu/socialwork

Evidence-Based Practice Resources page
http://libguides.usc.edu/socialwork/socialworkEBP

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