HIERARCHY OF RESEARCH METHODS

- Meta-analysis
- Systematic Review
- Clinical Guidelines
- Randomized Control Trial
- 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
# PICO – GETTING THE QUESTION RIGHT

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<th>Tips for Building</th>
<th>Examples</th>
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<tr>
<td><strong>Problem/population</strong></td>
<td>Describe as completely/accurately as possible</td>
<td>PTSD</td>
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<td><strong>Intervention</strong></td>
<td>What is the main intervention to consider?</td>
<td>EMDR</td>
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<td><strong>Comparison</strong></td>
<td>Is there an alternative therapy to compare?</td>
<td>CBT</td>
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<td><strong>Outcome</strong></td>
<td>What is the desired outcome?</td>
<td>Reduction of night terrors</td>
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Modified from Norris Medical Library EBP Guide
Tommy is a 6 year old adoptee. Recently he’s engaging in violent outbursts 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 Johnson’s fear is 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 outbursts 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.
META ANALYSES & SYSTEMATIC REVIEWS

Good places to start are systematic review databases:
• Cochrane Library for health care related topics
• Campbell Collection for mental health related topics

Often it is better to browse these collections, rather than search.

Also check out PsycINFO and filter for systematic reviews and meta analysis.
EMPIRICAL RESEARCH STUDIES

All EBPs are based on empirical research, so it makes sense for you to find this literature.

Good places to start are research-based social work journals:

- Social Work Research
- Research on Social Work Practice
- Journal for the Society of Social Work Research

Search by intervention, (for example “cognitive behavioral therapy”) or issue (for example “traumatic brain injury”)

Also check out PsycINFO and filter for empirical studies
• National Guideline Clearinghouse is a public resource for evidence-based clinical practice guidelines.

• NREPP is a searchable online registry of more than 320 substance abuse and mental health programs.
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http://libguides.usc.edu/socialwork/socialworkEBP