

# Evidence-Based Care

## What is Evidence-Based Care?

Evidence-based care is a common moniker used in our healthcare system that indicates that clinical decision making should be guided by the scientific literature. This is supported by the standards of care in the fields of Medicine (including Psychiatry) and Psychology, and is one of the strategic priorities of the National Institute of Mental Health (NIMH). Per the American Psychological Association, it is “the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences.”

### Priorities for Strategy 4.2 (\*From NIMH website, 2017)

*“Establish research-practice partnerships to improve dissemination, implementation, and continuous improvement of evidence-based mental health services”.*



### Clinical Implications

- ❖ *Clinical decisions should be made in collaboration with the patient, based on the best clinically relevant evidence, and with consideration for the probable risks, benefits, and available community resources and treatment options.*
- ❖ *The treating provider determines the applicability of contemporary research conclusions to a particular patient.*
- ❖ *Ongoing monitoring of patient progress and adjustment of treatment as needed are essential.*
- ❖ *The treating provider makes the ultimate judgment regarding a particular intervention or treatment plan. The involvement of an active, informed patient is generally crucial to the success of mental health services.*

## What is the scientific literature?

The scientific literature is made up of various professional journals that each publish articles based on scientific studies, review articles, editorials, etc. In the most reputable journals, these articles are “peer reviewed” by an editorial board of leaders in that particular scientific area to determine if they are accepted for publication or not.

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## What are examples of seminal research articles?

### Multimodal Treatment of ADHD (MTA) Study

- RCT comparing stimulant medication +/- behavior therapy
- Funded by NIMH and conducted at multiple academic sites
- Findings support stimulant medication > behavior therapy

### Child/Adolescent Anxiety Multimodal Study (CAMS)

- RCT comparing Sertraline +/- Cognitive Behavioral Therapy
- Funded by NIMH and conducted at multiple academic sites
- Findings support combination of Sertraline & CBT > either alone

### Treatment for Adolescents with Depression Depression Study (TADS)

- RCT comparing Fluoxetine +/- Cognitive Behavioral Therapy
- Funded by NIMH and conducted at multiple academic sites
- Findings support combination of Fluoxetine + CBT > either alone

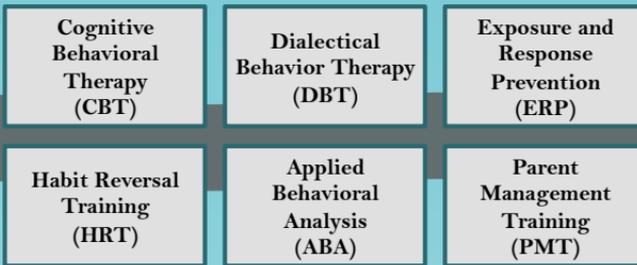
### Treatment of Resistant Depression in Adolescents (TORDIA)

- RCT comparing SSRI switch vs. Venlafaxine +/- CBT if SSRI failed
- Funded by NIMH and conducted at multiple academic sites
- Findings support changing SSRI > Venlafaxine because less side effects

\* RCT = Randomized Controlled Trial which is the gold standard study design.

\* NIMH = National Institute of Mental Health & indicates not funded by a drug company.

## What are examples of evidence-based therapy?



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