CPSR Research Programme: Hallmarks, Outputs & Impacts

Overview
The emphasis is on pragmatic multi-method approaches to translational research, aimed at improving the organisation and delivery of psychological services and placing health economics in a central role in their evaluation.

The research work of CPSR falls into six research themes or clusters, with some projects cutting across themes. However, for presentational purposes, projects are located here within a single theme. The six themes are as follows:

1. Evaluation of new models of service delivery
2. Making psychological therapies safe & effective
3. Evidence-base practice derived from trials methodology
4. Practice-based evidence derived from routine settings
5. Therapist effects
6. Measure development, evaluation, and health utilities

Each of the six themes is briefly summarized together with the status of current work and key outputs and impacts.

1. Evaluation of new models of service delivery:
This research theme focuses on evaluations and

CPSR-led research:
• Improving Access to Psychological Therapies (IAPT): Lead on the SDO-funded independent evaluation of the two IAPT demonstration sites at Doncaster and Newham.
  o Lead: Glenys Parry; Status: Completed
Community veterans: Funded by the Ministry of Defence, this work comprised an evaluation of 6 pilot sites to address need to support community veterans.
  o Lead: Michael Barkham; Status: Completed

Digital applications in the delivery of university counselling: A feasibility trial: A BACP-funded PhD supervised by Michael Barkham & Abi Millings (Psychology & CATCH)
  o Lead: Emma Broglia

CPSR as collaborator:
  • CAMEOS: Case Management to Support Occupational Support
    o Lead: Peter Bower (Manchester); Status: Ongoing

2. Making psychological therapies safe & effective:
   This research theme focuses on aspects of therapy processes and outcomes that would not be deemed as positive for a patient’s psychological wellbeing. Examples include deterioration, dropout, and adverse experiences within the process of therapy.
   • Adverse effects of psychological therapies: Funded by the NIHR Research for Patient Benefit stream, the work focuses on a multi-faceted approach to understanding the experiences and impacts of adverse effects in a range of psychological therapies.
     o Lead: Glenys Parry; Status: Articles in preparation
     o Web link: [www.supportingsafetherapy.org](http://www.supportingsafetherapy.org)

3. Evidence base derived from trials methodology:
   CPSR has contributed to a variety of recent trials of differing psychological therapies
   CPSR-led research:
   • PRaCTICED: Lead investigators in BACP Research Foundation funded pragmatic trial comparing Counselling for Depression with Cognitive Behaviour Therapy at step 3. The trial is embedded within the Sheffield IAPT service.
     o Lead: Michael Barkham; Status: Data collection ongoing.
     o Saxon et al. (in preparation)

CPSR as collaborator:
  • CADET: Co-investigator role in MRC-funded multi-site trial of collaborative care. Outputs comprise clinical and cost-effectiveness evaluations.
    o Lead: David Richards (Exeter); Status: Completed

- **REEACT**: Co-investigators in HTA-funded trial of cCBT
  - Lead: Simon Gilbody (York); Status: Trial completed/Articles in progress

- **OCTET**: Co-investigators in HTA-funded trial of self-help and cCBT vs. waitlist for people presenting with OCD at step 2 of IAPT services.
  - Lead: Karina Lovell (Manchester); Status: Trial completed/Articles in progress

- **ETHOS**: Co-investigator role in ESRC-funded trial evaluating Humanistic schools counselling.
  - Lead: Mick Cooper (Roehampton); Status: Awarded: Start April 2017.

4. **Practice-based evidence derived from routine settings:**
This programme of work presents a complementary research paradigm to trials methodology and comprises a range of work that has a focus on either (a) analyzing large routine datasets from psychological services, (b) feedback systems, or (c) the building and utility of practice research networks:
Analyses of large routine datasets:
Specific datasets and associated outputs and impacts from each are as follows:

- Clinical Outcomes in Routine Evaluation (CORE) datasets: Analyses of successive, large CORE datasets. The most recent dataset comprises data from a range of differing organisations (e.g., primary care, secondary care, voluntary sector, university counseling, EAPs, and private services)
  - Research Assessment Exercise Impact Case Study (2013): Suite of CORE measures – research programme; Rated as ‘outstanding’ 4*
  - Web link: [https://www.coresystemtrust.org.uk](https://www.coresystemtrust.org.uk)

- IAPT datasets
  - The analyses of IAPT datasets is a significant work stream – See section on Therapist effects

- National Audit of Psychological Therapies (NAPT) datasets:
  - Expertise in analyses contributed to NAPT-1 and NAPT-2 reports (2011, 2013)
  - Collaboration with BACP on the evaluation of counselling and CBT within IAPT services drawn from NAPT-2 dataset. Article in preparation.

Outcome measurement feedback:

- Developing programme of collaborative research investigating aspects of measurement feedback at multiple levels (i.e., patients, therapists, services, scientific community).
Practice Research Networks (PRNs):
- A number of PRNs have been established that represent differing professional and practice constituencies.
- Northern IAPT Practice Research Network (PRN)
  - Sheffield contributes data and expertise to the PRN, which is currently focusing on an evaluation of stress control
  - Lead: Jaime Delgadillo (Leeds/York); Status: ongoing/Articles in progress
- Counselling for Depression (CfD) PRN:
  - CPSR contributes to the work themes and outputs from this PRN:
  - Lead: BACP (Currently Andy Hill): Work in progress

5. Therapist effects:
- Application of multilevel modeling to very large datasets and use of innovative feedback procedures. The programme of work has been sustained by a series of postgraduate researchers investigating aspects of therapist effects.
  - Ongoing collaborations with Wolfgang Lutz (Trier, Germany) & Michael Lambert (BYU, USA).

6. Measure development, evaluation, and health utilities:
- Collaboration with HEDS and EEPRU colleagues relating to:
  - CORE-6D: Mavranezouli, I., Brazier, J., Young, T., & Barkham, M. (2011). Using Rasch analysis to form plausible health states amenable to valuation: the development of CORE-6D and CORE-Utility from CORE-
OM in order to elicit preferences for common mental health problems. *Quality of Life Research, 20*, 321-333.

- *ReQoL*: Recovering Quality of Life (Measure and articles in preparation)

- Collaboration with CORE group relating to:
Figure 1: Schematic model of CPSR research programme