

Outcome evaluation of individual therapy for trauma victims seen in private practice.

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Do psychological therapies work under clinically representative conditions?

- ➔ Qn. of effectiveness
- ➔ Are efficacious treatments transportable?
- ➔ Shadish et al., Psych Bulletin, (2000)

Principles of Outcome Measurement

Lyons, Howard, O Mahoney & Lish (1997)

- Define goals & objectives
- What is important to consumers?
- What is possible and practical?
- Choose existing relevant measures
- Decide who should conduct Ax.
- Use reliable, valid, brief measures
- Measure at earliest possible time
- Measure on a fixed schedule

Participants

- ▶ 127 adult trauma victims
(73 M, 54 F)
- ▶ 86% Govt./employer funded (n=107)
 - 28% Crime victim schemes
 - 24% Industrial
 - 17% Motor vehicle accidents
 - 14% Other govt/ employer
- ▶ 14% Private fee paying (n=20)
- ▶ Age av. 36.5 (SD = 10.5; 18-61 yrs)
- ▶ Education av. 11.6 (SD = 2.4; 7-19 yrs)
- ▶ Marital Status
 - 57% Married/ defacto, 17% Single
 - 26% Separated/ divorced/ widowed
- ▶ Employment Status
 - 31% F/T
 - 13% P/T or Casual
 - 39% Off work/unemployed
 - 17% Home duties, Student, Retired

Nature of Trauma

- 31 Physical assault / harm/ DV (24%)
- 23 Motor vehicle accidents (18%)
- 12 Industrial accidents (9%)
- 13 Childhood sexual abuse (10%)
- 6 Sexual assault (5%)
- 15 Loss/bereavement (12%)
- 12 Witness physical assault/death (9%)
- 4 Health/Medical (3%)
- 8 Threat of attack (6%)
- 3 Natural disasters (2%)

40% had known prior or later trauma

Measures

- Impact of Event Scale (IES)
 - Intrusion Subscale (Int)
 - Avoidance Subscale (Av)
- Beck Anxiety Inventory (BAI)
- Beck Depression Inventory (BDI)

Scheduling of Treatment

➤ No. of sessions: Range 4-78

Av 16.9 sessions; Median 11

- < 5 (4%)
- 5-9 (31%)
- 10-19 (39%)
- 20+ (26%)

Delivered over av 9 mths

(median = 4.6 mths; range 1-59 mths)

➤ Time elapsed since trauma:

- < 30 days (13%)
- 1-12 mths (31%)
- 1-5 yr (38%); >5 yr (26%)

Treatment Interventions

- ➔ Exposure (69%)
- ➔ EMDR (57%)
- ➔ Psychoeducation
 - Formal (80%)
 - Informal (100%)
- ➔ Relaxation (92%)
- ➔ Support (100%)
- ➔ Cognitive restructuring (6%)
- ➔ Medication (Approx 60%)

Treatment Sessions

- 1: Initial Assessment (qnnaires)
- 2: Assessment/ Psychoeducation
- 3: Structured i/v; Anxiety Mx/
 - Relaxation (including CD)
- 4: Review - introduce exposure
- 5: Exposure (e.g. EMDR)
- 6: Exposure
- 7: Review of Exposure sessions
- 8-10: Consolidate progress, review
- 10+: Reconnection: review role fx;
 - relapse prevention; support; integrate expce in life; find meaning

Paired T-Tests

	Pre	Post	T-test
	Mean SD	Mean SD	(2-tailed)
IES Total (N=127)	46.8 (15.1)	19.2 (18.1)	16.38****
Int (N=127)	23.7 (8.8)	9.8 (9.3)	15.30****
Av (N=127)	23.2 (9.2)	9.4 (9.9)	14.14****
BAI (N=127)	25.8 (13.0)	13.4 (14.6)	9.67****
BDI (N=102)	25.1 (10.4)	13.9 (13.0)	9.98****

**** p < .0001

Effect Size Statistics (N=127)

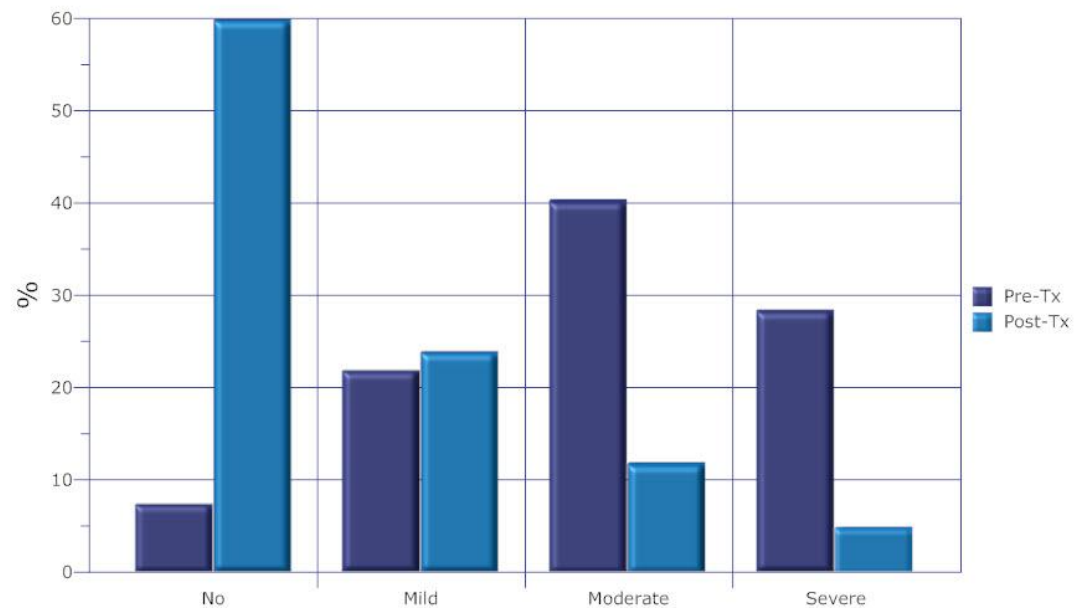
	ES	%
Int	1.36	91%
Av	1.25	89%
IES	1.45	92%
BAI	.86	80%
BDI N=102	.99	84%

Change For Individuals

Int N=127	83 ↓	1 ↑
Av	77 ↓	2 ↑
IES	91 ↓	2 ↑
BAI	80 ↓	8 ↑
BDI N=102	61 ↓	2 ↑

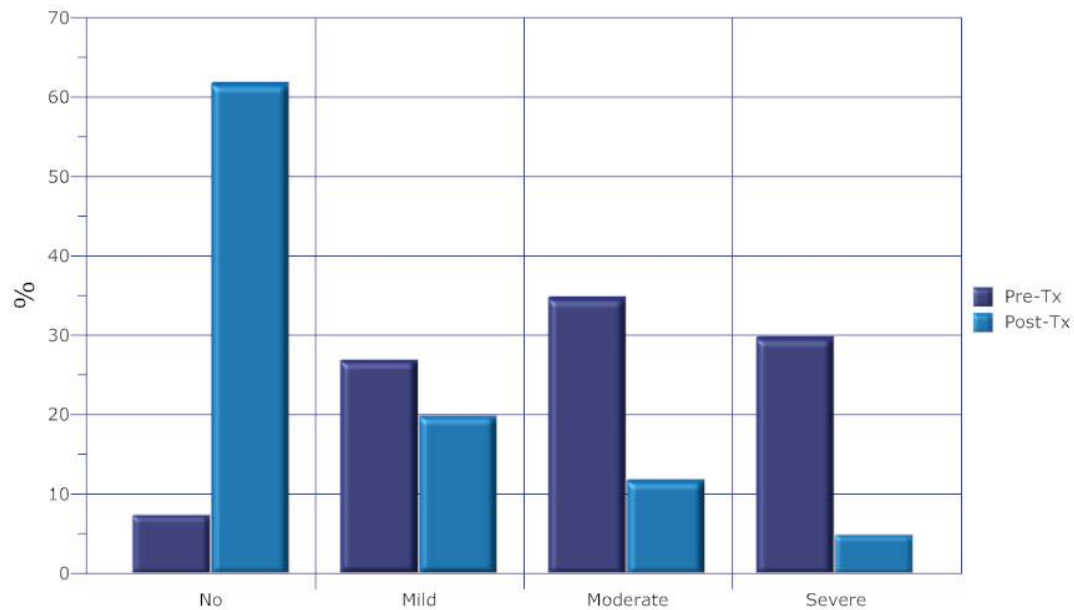
Impact of Therapy on Intrusions

IES Intrusion Subscale (N=127)



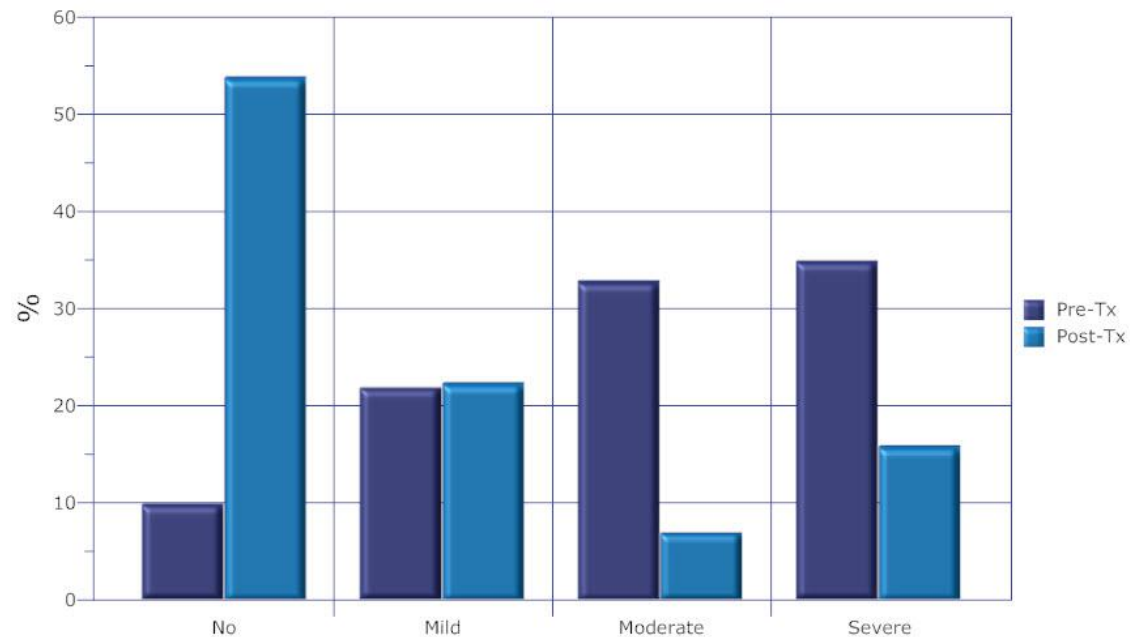
Impact of Therapy on Avoidance

IES Avoidance Subscale (N=127)

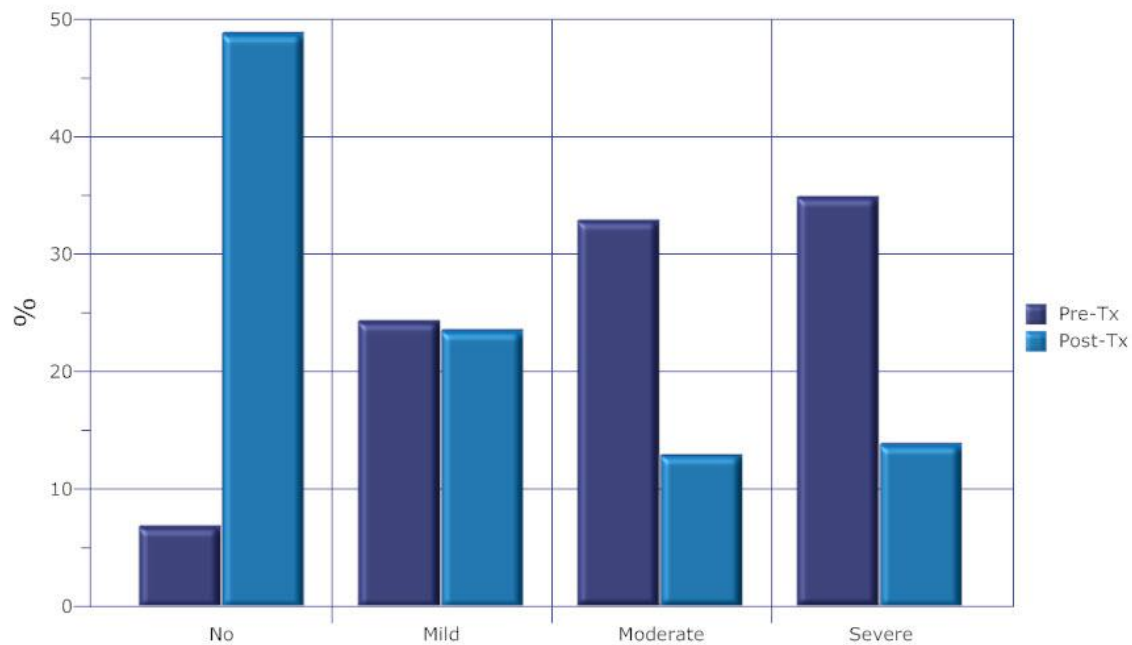


Impact of Therapy on Anxiety

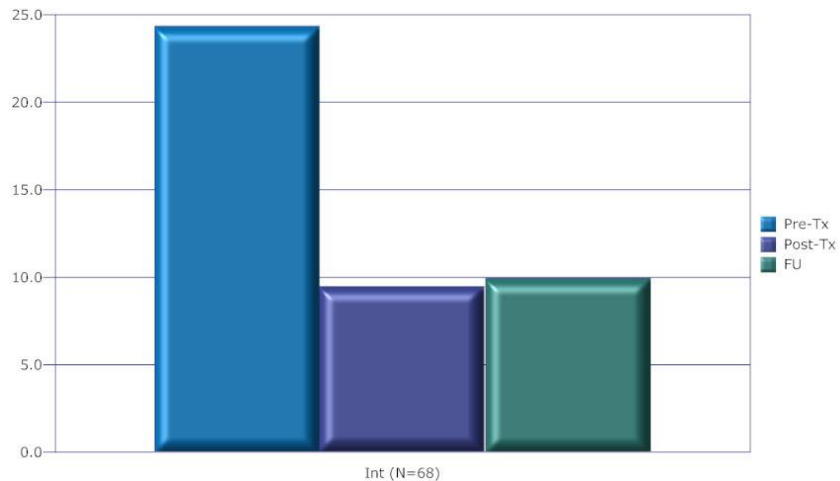
IES Anxiety Inventory (N=127)



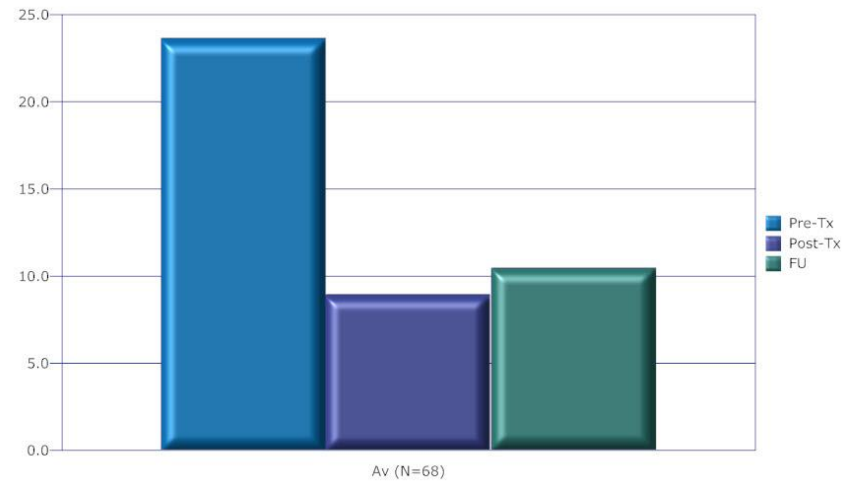
Impact of Therapy on Depression



Impact of Event Scale Follow-up Data (Median 6 mths)

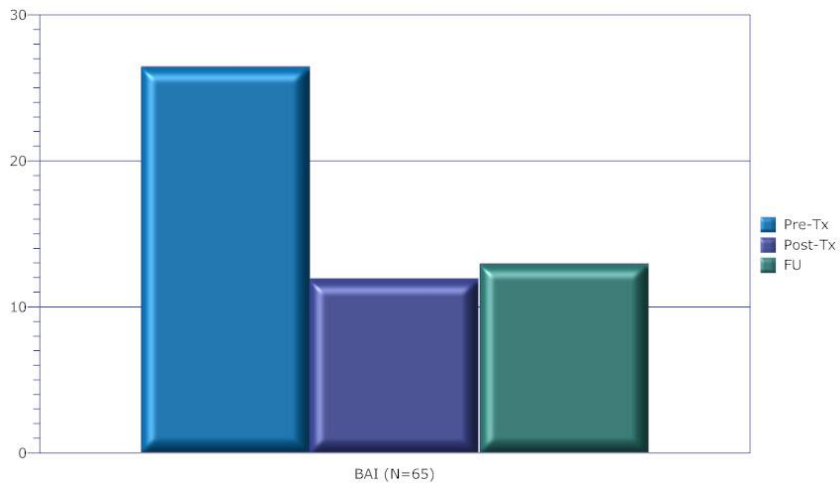


Int (N=68)

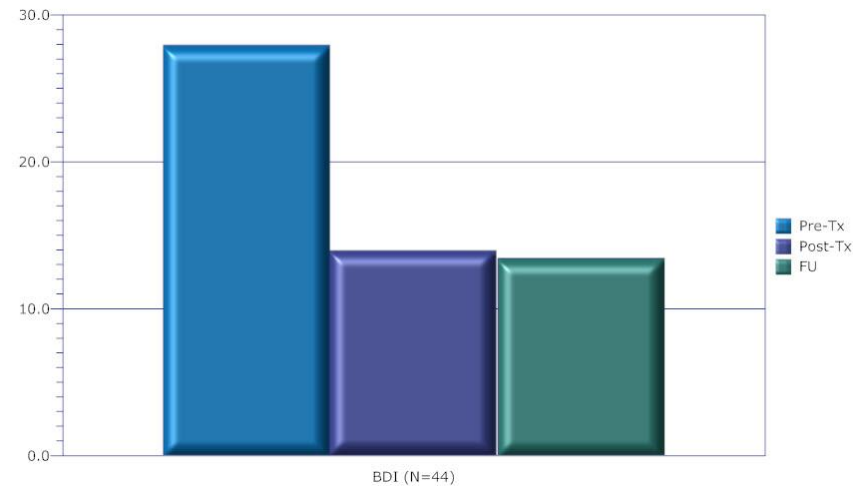


Av (N=68)

BAI & BDI Follow-up Data

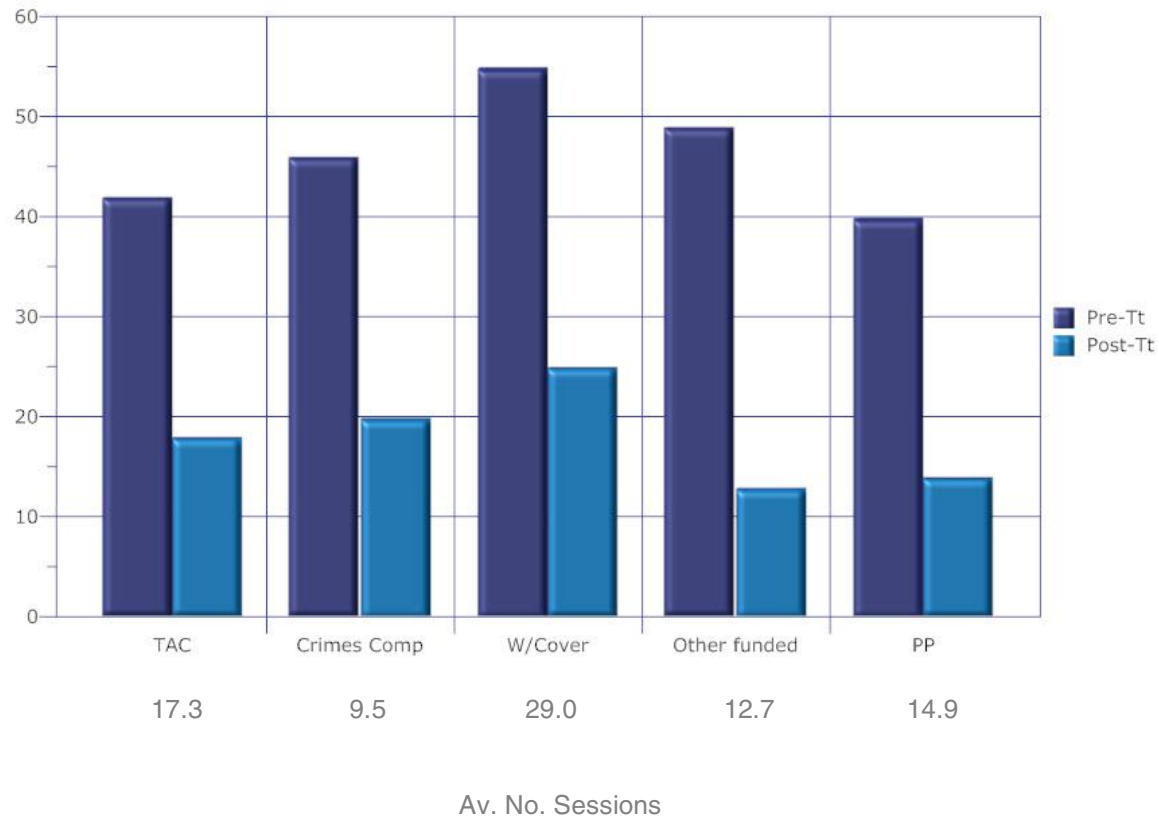


BAI (N=65)

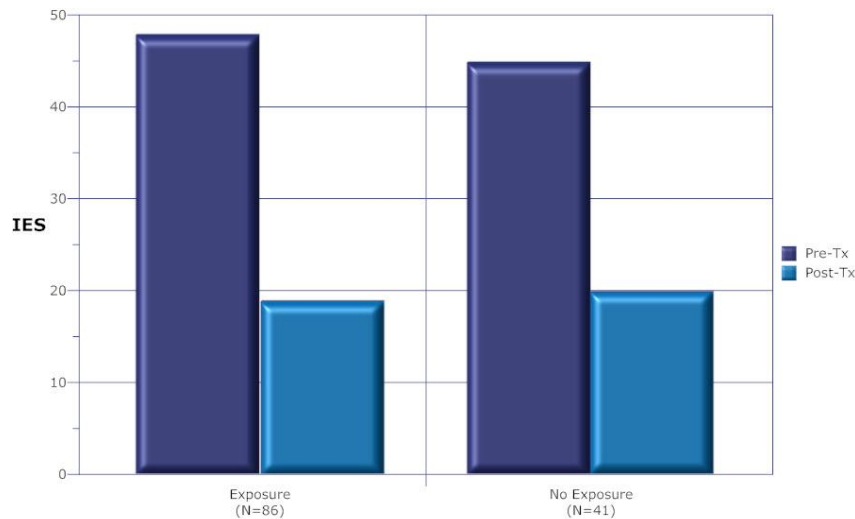


BDI (N=44)

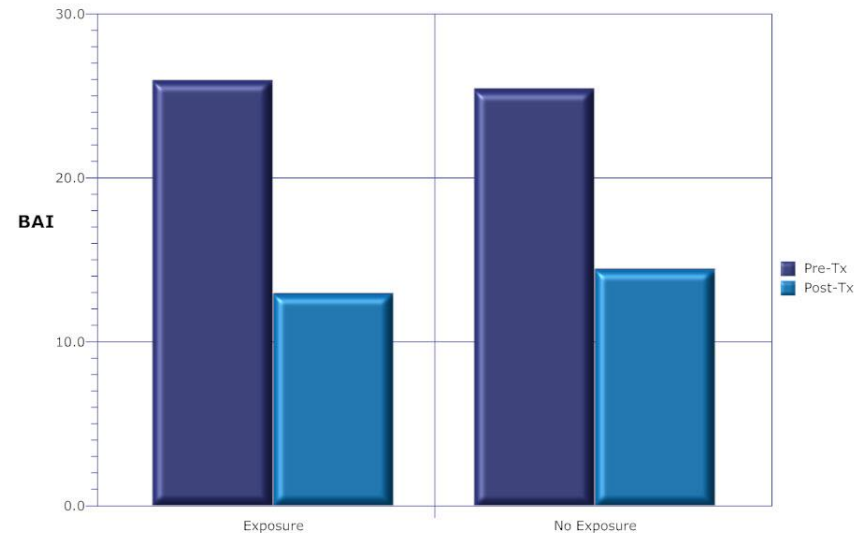
IES Outcome by Source



Outcome & Exposure-Based Rx

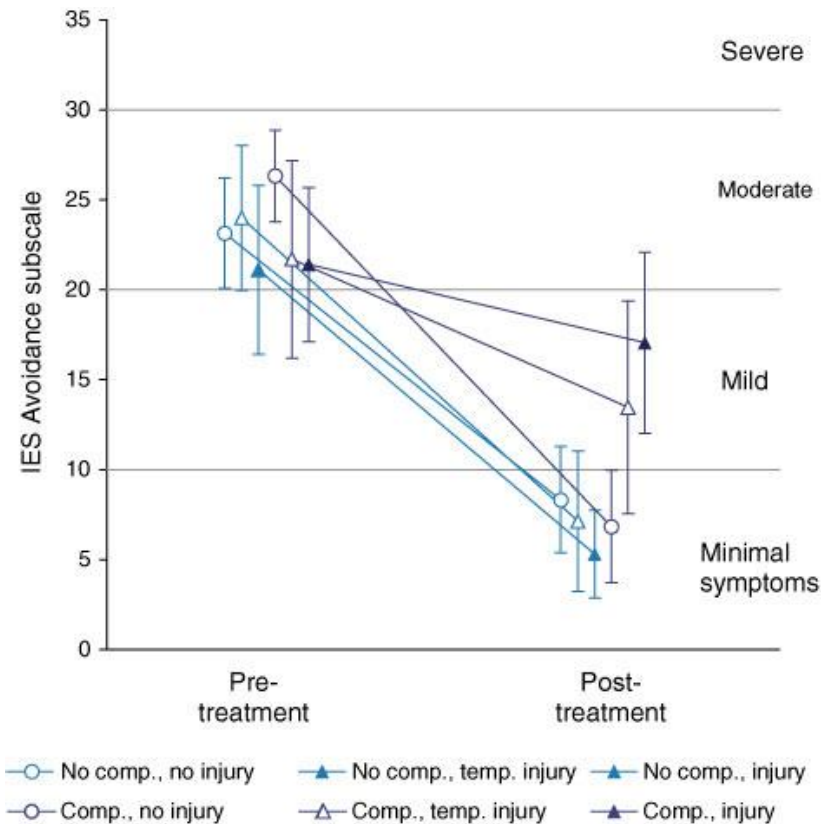


IES



BAI

Impact of injury & compensation on avoidance Sx.



Conclusions

- Interventions mostly effective across range of client groups
- Approx 80% of clients have no more than mild Sx at end of Rx
- Average client at end of Rx better off than 90% at start for PTSD, than 80% for anxiety, depression
- Few obvious differences between various subgroups
- Compensation + injury effects
- No obvious diffce from gender, time elapsed, nature of injury
- Aim to be clinicians ahead of being technicians

Observations

- Do-able
- Meaningful
- Enhances treatment
- Markets skills
- Bridge b/w clinical & research
- Supervision tool
- Rarely done
- Potential win-win