

Measuring change in child mental health: what the data from CAMHS can tell us

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Collaborating to improve quality through outcomes

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Measurement challenges

- No consensus between respondents : children and parents (Yeh & Weisz, 2001).
- Some measures less sensitive to change than others e.g. SDQ vs symptom specific (Lee et al 2005)
- Some difficulties more stable than other e.g. behavioural difficulties (Scott et al 2001)
- Challenge of finding appropriate comparison groups (Lambert 2011)

Implementation challenges

- 2005 National survey UK CAMHS service leads found < 30% implementing outcomes measures (N=186) (Johnson and Gowers 2005)
- 2011 N E Midlands 127 clinicians surveyed - 76% clinicians said they wanted more training on use of measures. (Batty et al., 2013)
- 67% of clinicians Sydney, Australia would be unwilling to implement outcome measures even if it improved patient care (Walter, Cleary, & Rey, 1998)
- UK study clinicians and service users found concerns about use of measures (Moran et al 2011)
- 2011 N E Midlands random case note audit (61 cases) found only 6% cases with paired child or parent reported outcome measures (Batty et al., 2013)

What counts as a good outcome?

- **Recovery** :movement to a score below caseness from a score of caseness or above.”
- **Reliable improvement** : degree of score improvement on one measure not likely due to measurement error and the score for every other scale either did the same or did **not** reliably deteriorate
- **Movement towards goals**
- **Considering outcomes relative “no treatment”**
 - Added value score
 - Propensity score matching

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[Results](#)

Recovery and improvement US community sample

- 15% recovery
- 32% improvement
- 19% deterioration (Warren et al. 2010)

Recovery and Improvement UK community sample

- 33% recovery
- 36% reliable improvement
- 7% deterioration (Napoleone et al in preparation)

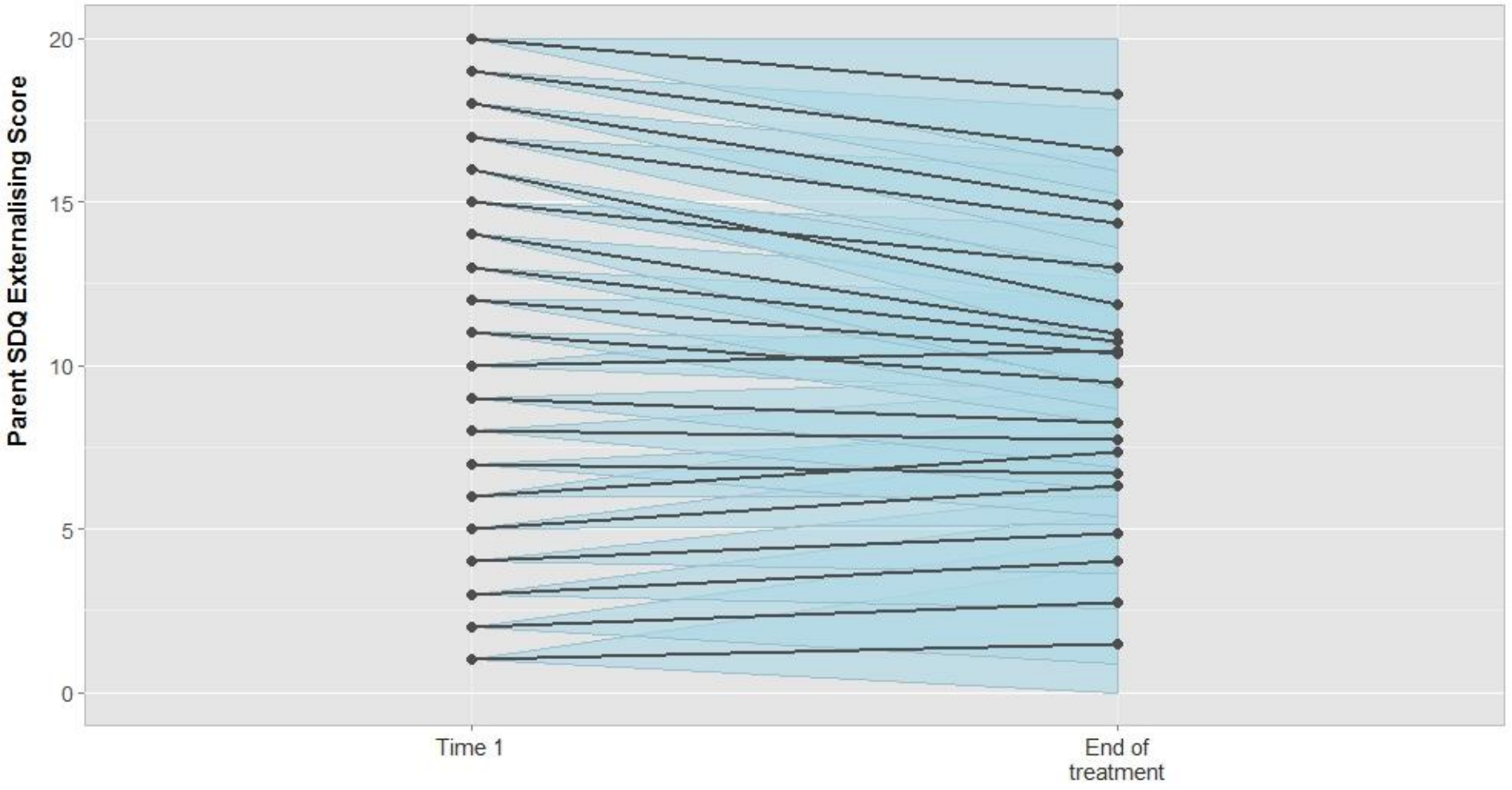
Analysis of movement toward achieving goals?

- 14% of closed cases had paired goal data (N= 3369)
- Of these 86% showed movement towards goals
- Mean change on goals was 3.8 (Time 1 mean = 3.0; Time 2 mean = 6.8)
- Effect size = 1.66

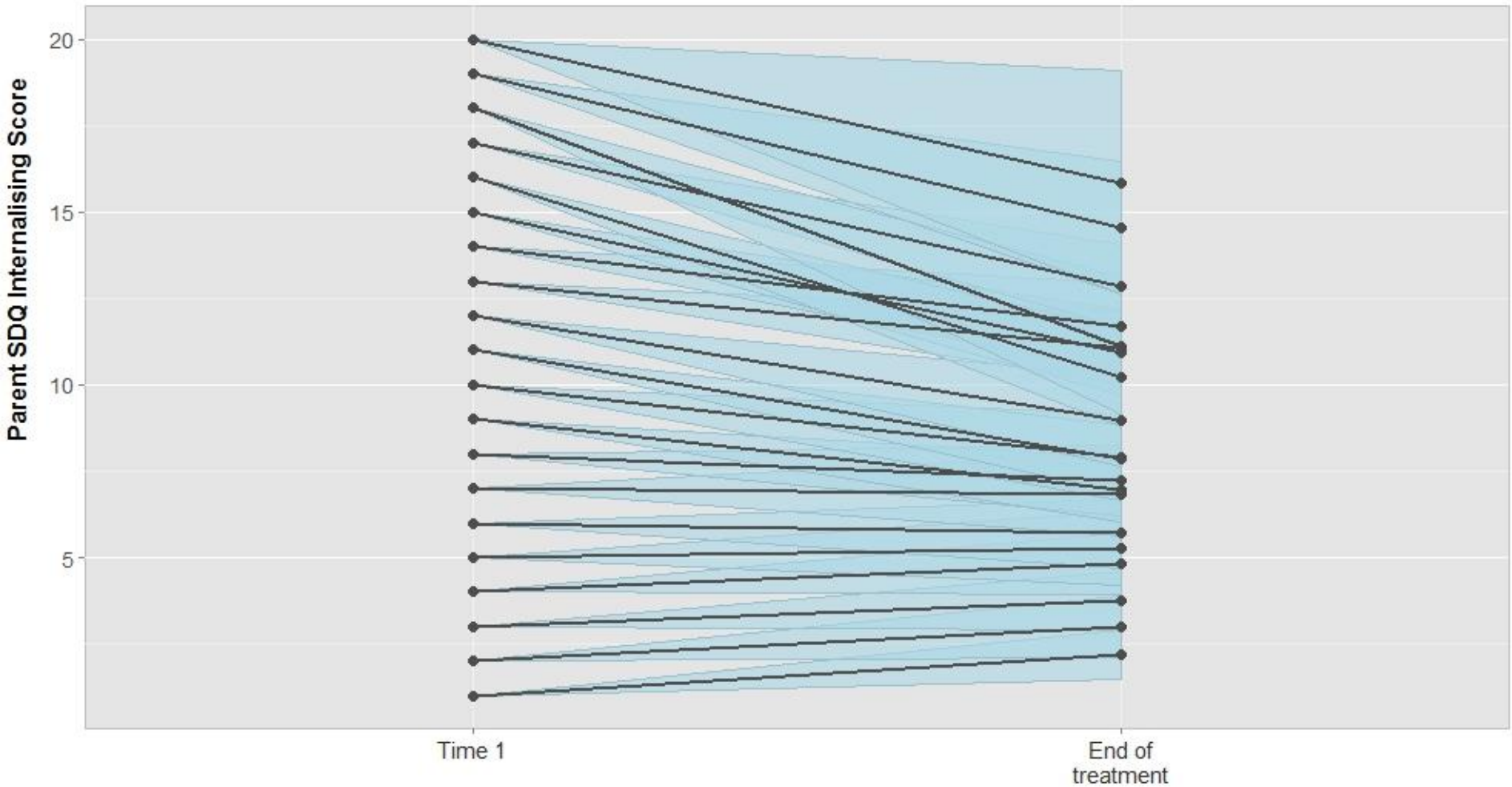
Measure	% positive change	% negative change	% no change	Sample size
Goals Based Outcomes	86%	4%	10%	3369

- ***Reduce/stop self-harm,***
- ***To be able to understand her feelings and fears,***
- ***To develop more self-confidence and self-belief, and strengthen his resilience to difficult . . . Situations (Jacobs et al 2015)***

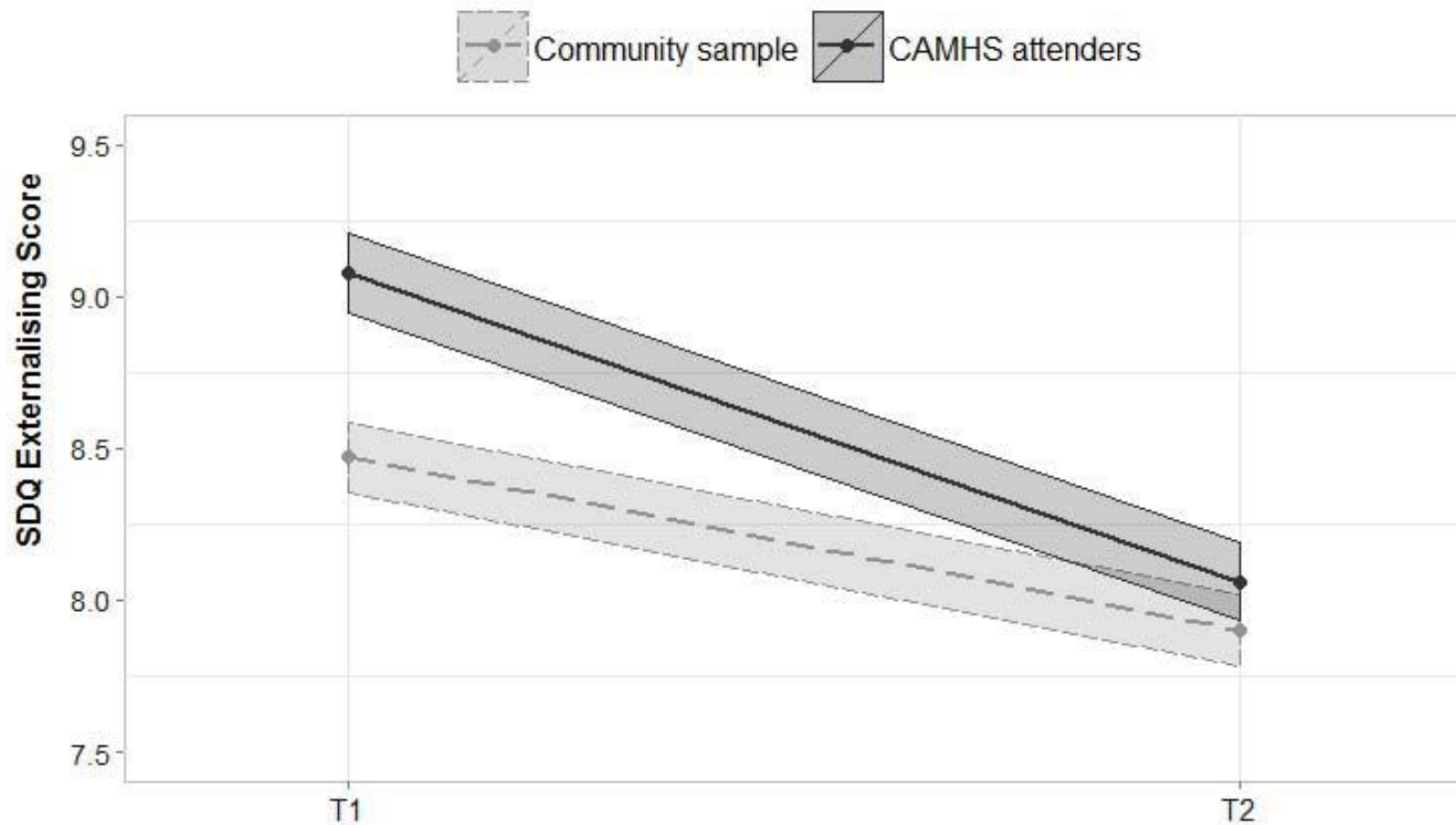
Setting realistic expectations



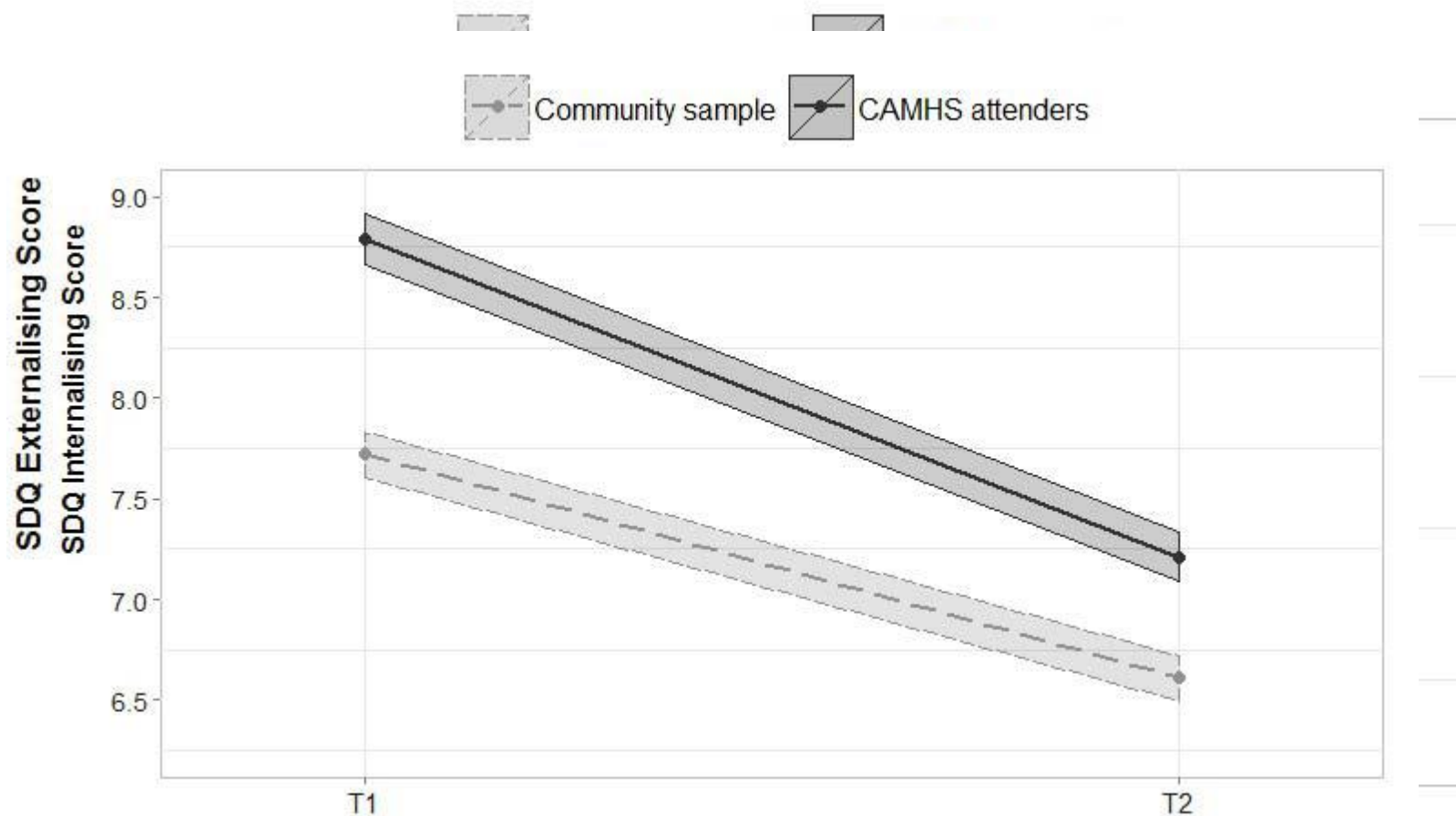
Setting realistic expectations



SDQ externalizing adjusted mean scores for CAMHS attenders and the community sample at T1 and T2, with 95% confidence intervals



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