

How would young people measure things? (What might the future look like for outcome measurement)

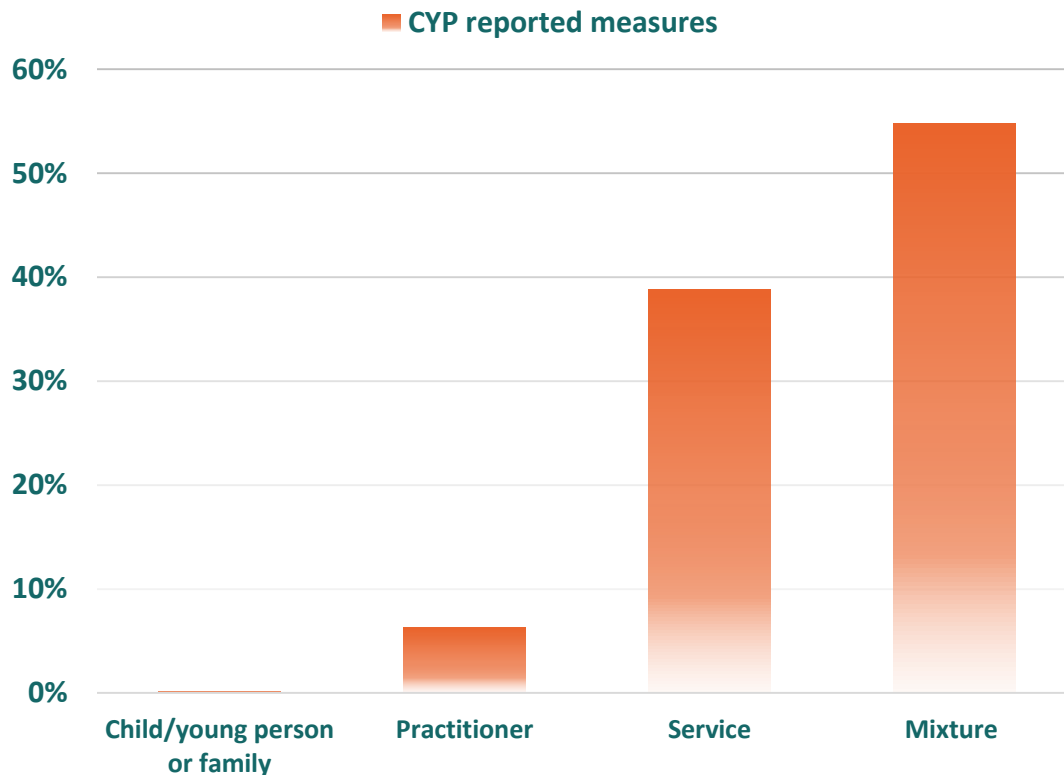
Kate Dalzell, Practice Lead

CORC Regional Seminar April 2019

Reflections on young person centred measures

Beth Ingram, CORC Board, Hearts and Minds
Mark Rawlings, Hearts and Minds -
<https://youtu.be/PcWemTl9MTs>

Surveys suggest questionnaire choice generally led by service or practitioner – although service users could be involved



N = 701

Practitioner feedback from our survey commissioned by NHS England, 2018.

80% (37) children and young people and **77%** of parents/ carers (41) said the service chose the measures they used

The most-used measures (top 2) are the SDQ and RCADs

485 (56%) practitioners reporting using the Strengths and Difficulties Questionnaire

402 (47%) practitioners reporting using the Revised Childhood Anxiety and Depression Scale.

Strengths and Difficulties Questionnaire S 11-17

For each item, please mark the box for Not True, Somewhat True or Certainly True. It would help us if you answered all items as best you can even if you are not absolutely certain or the item seems daft! Please give your answers on the basis of how things have been for you over the last six months.

Your Name Male/Female

Date of Birth.....

	Not True	Somewhat True	Certainly True
I try to be nice to other people. I care about their feelings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am restless, I cannot stay still for long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get a lot of headaches, stomach-aches or sickness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually share with others (food, games, pens etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get very angry and often lose my temper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am usually on my own. I generally play alone or keep to myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually do as I am told	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I worry a lot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am helpful if someone is hurt, upset or feeling ill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am constantly fidgeting or squirming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have one good friend or more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I fight a lot. I can make other people do what I want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am often unhappy, down-hearted or tearful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other people my age generally like me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am easily distracted, I find it difficult to concentrate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am nervous in new situations. I easily lose confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am kind to younger children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am often accused of lying or cheating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other children or young people pick on me or bully me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often volunteer to help others (parents, teachers, children)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think before I do things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take things that are not mine from home, school or elsewhere	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get on better with adults than with people my own age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have many fears, I am easily scared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I think the world is dangerous. My attention is need	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RCADS NHS ID:

Child/ Young Person's NAME:

Date: / / 20 Time: h m

Please put a circle around the word that shows how often each of these things happens to you. There are no right or wrong answers.

1	I worry about things	Never	Sometimes	Often	Always
2	I feel sad or empty	Never	Sometimes	Often	Always
3	When I have a problem, I get a funny feeling in my stomach	Never	Sometimes	Often	Always
4	I worry when I think I have done poorly at something	Never	Sometimes	Often	Always
5	I would feel afraid of being on my own at home	Never	Sometimes	Often	Always
6	Nothing is much fun anymore	Never	Sometimes	Often	Always
7	I feel scared when I have to take a test	Never	Sometimes	Often	Always
8	I feel worried when I think someone is angry with me	Never	Sometimes	Often	Always
9	I worry about being away from my parent	Never	Sometimes	Often	Always
10	I am bothered by bad or silly thoughts or pictures in my mind	Never	Sometimes	Often	Always
11	I have trouble sleeping	Never	Sometimes	Often	Always
12	I worry that I will do badly at my school work	Never	Sometimes	Often	Always
13	I worry that something awful will happen to someone in my family	Never	Sometimes	Often	Always
14	I suddenly feel as if I can't breathe when there is no reason for this	Never	Sometimes	Often	Always
15	I have problems with my appetite	Never	Sometimes	Often	Always
16	I have to keep checking that I have done things right (like the switch is off, or the door is locked)	Never	Sometimes	Often	Always
17	I feel scared if I have to sleep on my own	Never	Sometimes	Often	Always
18	I have trouble going to school in the mornings	Never	Sometimes	Often	Always

Have we got the balance of benefits right?

Child or young person/ customer benefit

Service/ commissioner/ supplier-side benefit

Shared perceptions of the direct/ indirect benefits?



How to redress imbalances redressed?

- Outcome measures that produce something that help young people more directly?

Dialectical Behavior Therapy (DBT) Diary Card	initials	Date Finished	How often did you fill out this card? 1 2-4 5-6 7 Filled out in Session? Y/N
	Target Behavior:		

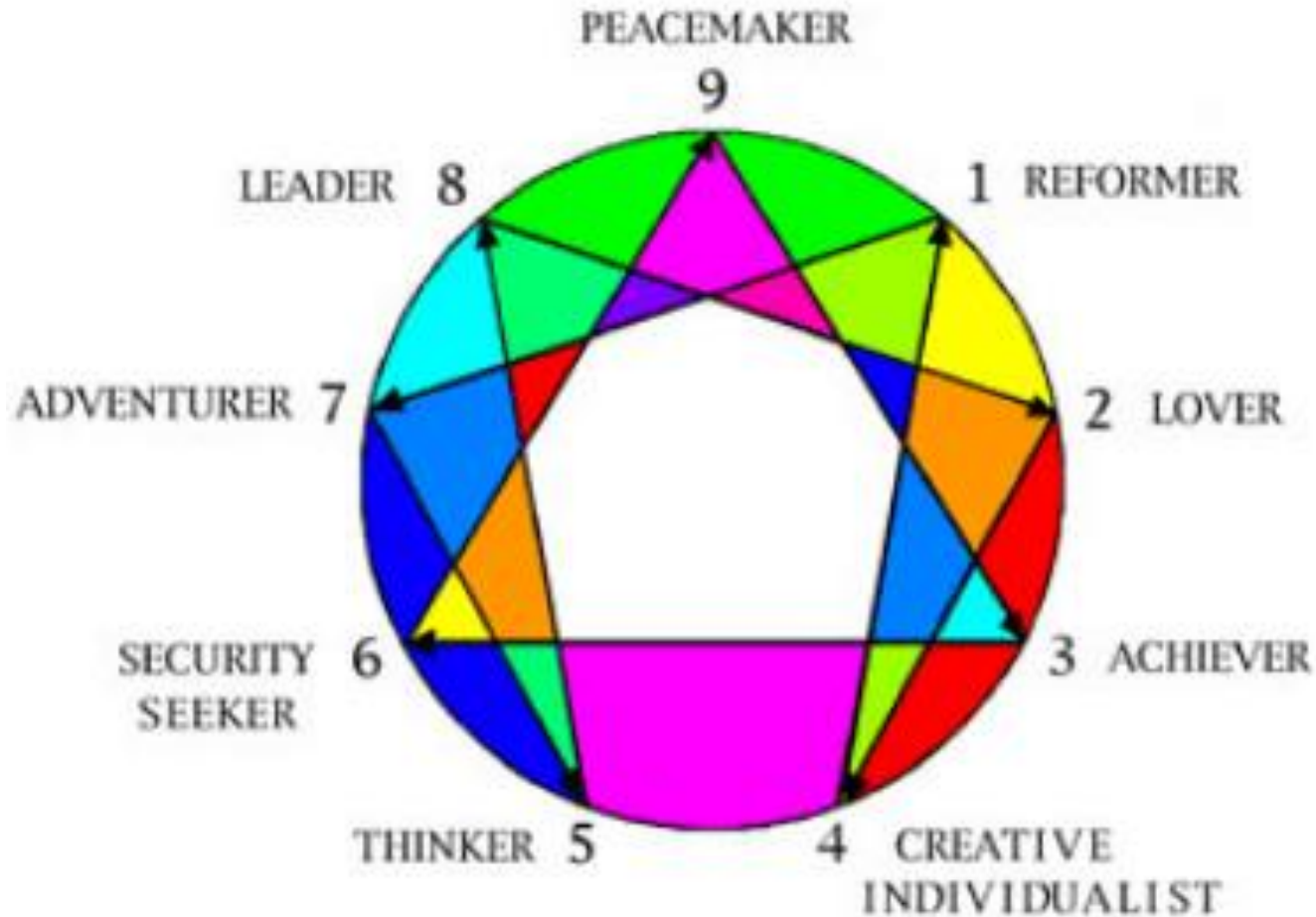
Target Behavior		Emotions								Skills	
How strong was your urge to use (or avoid) your target behavior? Did you?		Rate how intense your emotion was each day								*Use this scale to rate how you used your skills. Check "R" if you reinforced yourself for using skills.	
(0=least intense and 5=most intense)											
Day	Urge	Action	Joy	Pain	Sad	Shame	Anger	Fear	Skills	Did my DBT homework	Reinforced self for using skills
Mon	4*	Y	1	5	2	5	5	5	1	N	N
Tues	2	N	0	3	1	3	1	3	5	Y	Y
Wed	1*	Y	0	4	2	5	2	4	4	Y	Y
Thurs	2*	Y	1	5	2	5	5	2	2	N	N
Fri	0	N	4	2	0	2	1	3	5	Y	Y
Sat	4*	Y	1	5	1	5	5	5	3	N	N
Sun	3	N	2	2	3	2	2	3	5	Y	Y

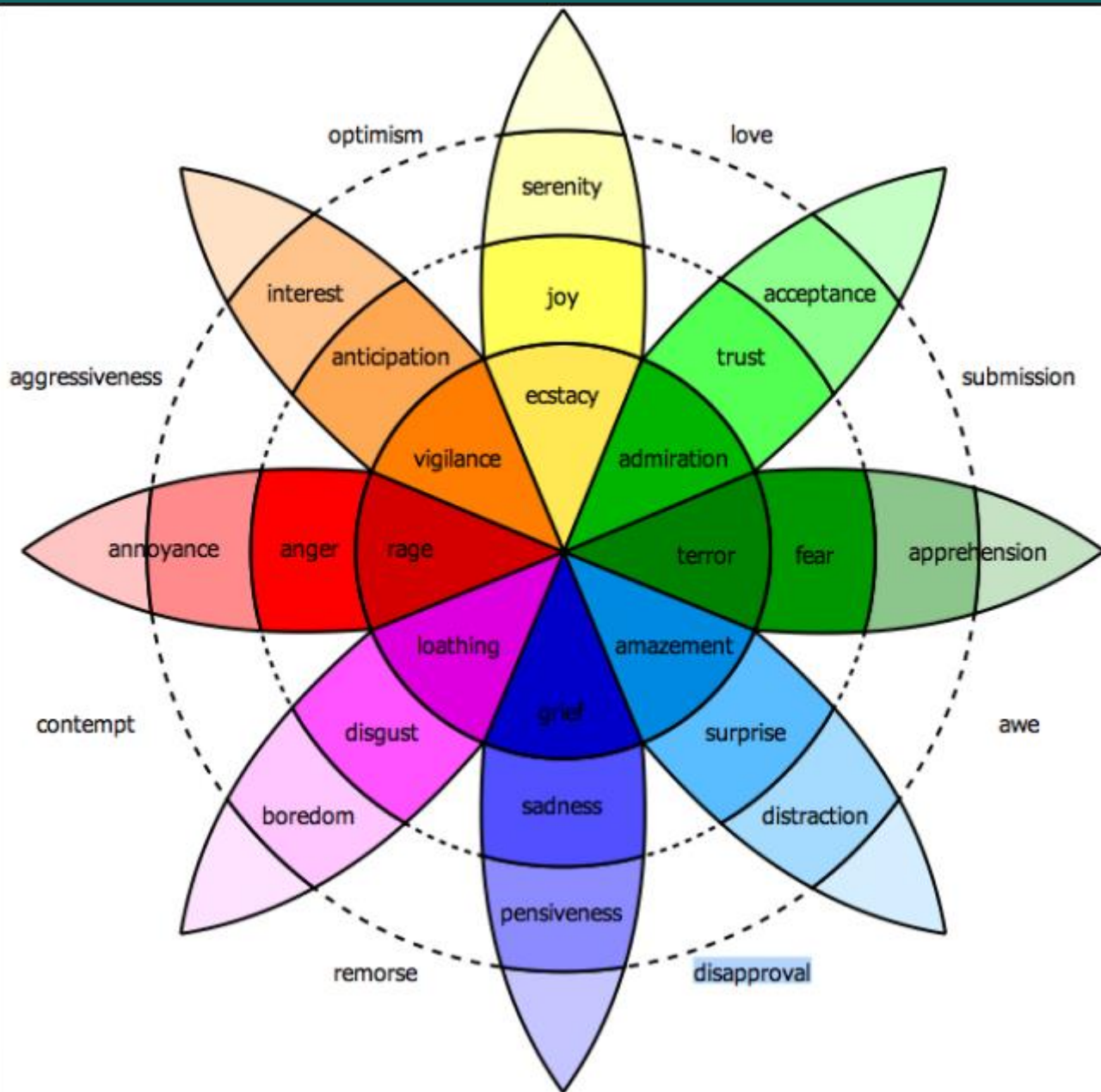
*USED SKILLS
0=Not thought about or used
1=Thought about, not used, didn't want to
2=Thought about, not used, wanted to
3=Tried but couldn't use them
4=Tried, could do them but they didn't help
5=Tried, could use them, helped
6=Didn't try, used them, didn't help
7=Didn't try, used them, helped

<http://dbtin3months.blogspot.com/2013/07/monitoring-change-over-time-in-dbt-dbt.html>



The FAST Enneagram Test





<https://infjramblings.com/2013/11/alone-time.html>

Discussion: what should be our next steps?

- Do you know what would help you/ the people you work with?
- Can we better align service-user benefit with the service's needs?
 - E.g. a goals-based measure to track work with a tool that offers a richer experience for young people?
 - Better interfaces - use of technology?

Next steps: join CORC and engage with youth

<https://www.youtube.com/watch?v=aulHZjSQ1NA>



CORC for you: Having an honest conversation about mental health treatment

9 likes 0 comments SHARE SAVE ...

Live chat replay

- ... importance of therapeutic relationships
- Mair Elliott depends on the quality of evidence
- TheWhisperrKid I had a friend who cbt didn't work for and it did work for me and she felt like it was something she was doing wrong
- TheWhisperrKid I guess it would have been good for her to know
- Shauna Mullarkey yeah be good to know the evidence but maybe evidence is based on YP totally different to me and my situation
- Jess Took Hmm, if quality of evidence is poor, what about the anecdotal evidence from the practitioner? Their experience?
- Mair Elliott when sitting on a NICE committee looking at evidence I was very shocked at the quality of evidence
- TheWhisperrKid I find it interesting
- 39ahm Sometimes having too many choices or decisions can be really hard
- TheWhisperrKid YeaAh Beth, that was like a friend of mine
- Jess Took Evidence - perhaps having to processing extra info would be overwhelming
- Shauna Mullarkey can we do a different way other than form?

Thank you!

Kate.dalzell@annafreud.org

CORC@annafreud.org