

ABSTRACT SUBMISSION AIC 2016: #5

1. Title:

The implementation of cognitive therapies for psychosis into routine care: outcomes of a three year implementation study

2. Author(s):

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3. Key words:

Cognitive therapies, Psychosis, Implementation

4. Abstract text:

a. Background and aims

This study evaluated the implementation of cognitive therapies for psychosis in two large metropolitan mental health services where one of the services had undergone a major restructure to facilitate the use of evidenced based practice.

b. Methods

The study used a descriptive comparison design.

Annual staff surveys were conducted in both services at baseline (prior to organizational restructure), and the following 2 years. The surveys ascertained staff attitudes and skills in the therapies of interest as well as documenting organizational culture trends over the 3 years of implementation.

Yearly program audits and utilization data were collected for programs established.

The staff attitudes to evidenced based practice was assessed using the Evidenced Based Practice Assessment Scale (EBPAS) at year three of implementation.

c. Results

Over the 3 years of the study the organizational culture deteriorated more in the service that had undergone restructure with return to baseline by year 3.

At year 3 staff who were older saw EBP as a burden. Staff in services with a strong organizational culture also rated EBP as more of a burden.

The service undertaking major organizational restructure and with the active implementation plan had more cognitive therapy programs running with greater reach within the service than the comparison service.

d. Conclusion

Having a clear implementation plan for the implementation of cognitive therapies for psychosis resulted in improved access and greater program support and reach.