**AGPA Connect 2023 Presenter Information**

**Course Code:** 212-5

**Course Title:** Evidence-based Group Treatment Website: A Resource for Group Clinicians and the Public

**Course Times:** 2:30 PM - 4:00 PM

**Course Dates:** Friday, March 10

**Instructors:** Gary Burlingame

Tate Paxton

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**Course Description:** The German Health Ministry, American Psychological Association (APA) 49, AGPA, ‎and international collaborators have supported the creation of an evidence-based group ‎treatment website (EBGT). This website is modeled on APA 12’s evidence-based ‎treatments website and draws support from recent meta-analyses of group randomized ‎controlled trials (RCTs) for 12 disorders. The creation, current status, future ‎directions of the publicly accessible website will be discussed, including a live ‎demonstration of the website. Usefulness to the public and practicing group clinicians will be outlined.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎Describe how to find and use the publicly accessible evidence-based group ‎treatment website.‎
2. ‎Specify how the treatments were selected – what was the basis for the inclusion ‎of a given disorder ‎and treatment?‎
3. ‎Identify ways to publicize and use the evidence-based treatment website that ‎would be useful to ‎other group clinicians.‎
4. ‎State the future aims of the project.‎
5. ‎Discuss the limitations of the extant literature on group effectiveness as it relates ‎to accessibility, ‎anti-racism, cultural inclusivity, and/or anti-oppression values ‎highlighting citations that provide explicit ‎content on such.‎

**Significant Articles:**

1. Ackerman, S. J., Benjamin, L. S., Beutler, L. E., Gelso, C. J., Goldfried, M. R., Hill, C., Lambert, ‎M. J., ‎Norcross, J. C., Orlinsky, D. E., & Rainer, J. (2001). Empirically supported therapy ‎relationships: ‎Conclusions and recommendations of the Division 29 Task Force. ‎Psychotherapy: Theory, Research
2. American Psychological Association. (2006). Evidence-based practice in psychology. American ‎‎Psychologist, 61(4), 271–285. https://doi.org/10.1037/0003-066X.61.4.271‎
3. Barkowski, S., Schwartze, D., Strauss, B., Burlingame, G. M., Barth, J., & Rosendahl, J. (2016). ‎Efficacy of ‎group psychotherapy for social anxiety disorder: A meta-analysis of ‎randomized-controlled trials. ‎Journal of Anxiety Disorders, 39, 44–64. ‎https://doi.org/10.1016/j.janxdis.2016.02.005‎
4. Barkowski, S., Schwartze, D., Strauss, B., Burlingame, G. M., & Rosendahl, J. (2020). Efficacy ‎of group ‎psychotherapy for anxiety disorders: A systematic review and meta-analysis. ‎Psychotherapy Research, ‎‎30(8), 965–982. ‎https://doi.org/10.1080/10503307.2020.1729440‎
5. Burlingame, G. M., Svien, H., Hoppe, L., Hunt, I., & Rosendahl, J. (2020). Group therapy for ‎‎schizophrenia: A meta-analysis. Psychotherapy, 57(2), 219–236. ‎https://doi.org/10.1037/pst0000293‎

**Agenda:**

1. History of evidence-based treatment and APA 12’s website (20 min., Obj 1, Burlingame and Paxton, Ppt/Lecture)
   1. Brief introduction of speakers
   2. APA Presidential Task force on evidence-based treatment
      1. Pushback (APA 29)
   3. APA 12 evidence-based treatment website
   4. Current state of website and Tolin (2015) evidence rating criteria
2. Genesis and production of evidence-based group treatment (EBGT) website (30 min., Obj 1-2, Burlingame, Strauss, Paxton, Ppt/Lecture/Q&A)
   1. Group specialty recognition b. Gathering professional support for the EBGT website
      1. German Health Ministry
      2. AGPA
      3. APA 49
      4. APA 12
   2. International collaborations and meta-analyses of RCTs
      1. Disorders
      2. Meta-analysis protocol and process (brief)
      3. Decision making behind what constitutes EBGT and how decisions on inclusion were made
3. The current website (15 min., Obj 3, Paxton, Live Screencast presentation of website and navigation)
   1. Show website and navigate through
   2. Use a particular disorder as example and show resources available
4. Future directions and questions (20 min., Obj 3 & 4, Burlingame, Strauss, Paxton, Ppt/Lecture/Q&A)
   1. Outline of Phase II and III
   2. Steering committee
   3. How others can contribute
   4. Q & A
5. Evaluation (5 min.)

**Assessment Questions:**

Question 1 (include possible answers)

‎1.‎ There is consensus that evidence-based treatment must rely upon randomized clinical ‎trials. T/F

Correct Answer 1

False

Question 2 (include possible answers)

‎2.‎ Who is supporting the evidence-based group treatment website?‎ a.‎ APA Division 49‎ b.‎ AGPA c.‎ German Health Ministry d.‎ APA 12‎ e.‎ All of the above

Correct Answer 2

e.

Question 3 (include possible answers)

‎3.‎ As new evidence is published, how easy will it be to update the website?‎ a.‎ Not easy, they will have to work through a web developer to make any changes‎ b.‎ Not the most easy, they still have to work with a web developer but the developer ‎is very good c.‎ Easy! The steering committee can update the website in partnership with ‎collaborators by using page creation functionality built-in to the site d.‎ Actually very difficult due to increased costs of maintaining additional pages.‎

Correct Answer 3

c

Question 4 (include possible answers)

How should the public and clinicians use the website?‎ a.‎ As the definitive word on what constitutes evidence-based group treatment since ‎it is based upon randomized clinical trials; if the treatment isn’t on the website, ‎don’t do it!‎ b.‎ As a helpful guide to consider as one is considering evidence-based group ‎treatment matched to clinical populations.‎ c.‎ As a place to gather resources to support treatments you’re currently using d.‎ B & C e.‎ A & C

Correct Answer 4

d

Question 5 (include possible answers)

‎5.‎ What should you do if you disagree with the inclusion or exclusion of a given treatment ‎on the website?‎ a.‎ Dismiss consideration of content on the website b.‎ Send a strongly worded response to the sponsoring organizations c.‎ Submit your thoughts to the email listed on the site so your feedback can be ‎considered and responded to d.‎ Write down thoughts and throw them away because the steering committee ‎doesn’t want any feedback

Correct Answer 5

c

Question 6 (include possible answers)

‎6.‎ How might the website help break down socioeconomic barriers to accessing scientific ‎evidence?‎ a.‎ By providing direct access to studies that are otherwise paywalled b.‎ This is an open source for evidence-based scientific knowledge and resources ‎and anyone can access the content c.‎ Most scientific journals are free, so I don’t see how this breaks down ‎socioeconomic barriers d.‎ Most scientific journals are difficult to access unless you subscribe so there isn’t ‎much the website can do here

Correct Answer 6

b

Question 7 (include possible answers)

How might the website help publicize group treatment as evidence-based and accessible?‎ a.‎ Many people turn to reputable repositories, like APA 12’s evidence-based ‎treatment site, for guidance about treatment. This resource can do the same for ‎group treatment.‎ b.‎ Web resources are unpopular among clinicians and so it likely won’t be a good ‎tool for this.‎ c.‎ By providing a tool for public consumption that documents group treatment ‎evidence in a friendly way d.‎ A & C e.‎ A & B f.‎ B & C

Correct Answer 7

d

Question 8 (include possible answers)

What kind of research was necessary to build a treatment page of a given treatment for a ‎given disorder?‎ a.‎ A single RCT b.‎ A meta-analysis of RCTs for a given disorder and at least two separate RCTs ‎for a given treatment c.‎ A single systematic review d.‎ A single pilot study

Correct Answer 8

b

Question 9 (include possible answers)

‎9.‎ How is the website dealing with ‘common factors’ and the therapeutic relationship as ‎evidence-based treatment?‎ a.‎ The people who created the site ignored the common factors. ‎ b.‎ Phase II will include several pages about therapeutic relationship and routine ‎outcome monitoring to contribute to evidence-based treatment and group best ‎practices c.‎ The plan is to include this material by 2030. ‎ d.‎ There isn’t enough research on group therapeutic relationships to include them on ‎the website

Correct Answer 9

b

Question 10 (include possible answers)

‎10.‎ If you want to support the website, what should you do?‎ a.‎ Reach out to the presenters today with questions b.‎ Email the address listed on the EBGT website c.‎ Post about the website on social media d.‎ Identify multi-cultural shortcomings and identify existing publications for the ‎EBGT website e.‎ A, B, C & D

Correct Answer 10

e