

Newsletter for Evidence-Based Behavioral Practice—Summer 2011

Throughout 2011, I have been privileged to collaborate with the EBBP Council, Scientific Advisory Board, and the Practitioner Advisory Council to create new training resources on evidence-based practice. The groups have been hard at work giving workshops on teaching EBBP and creating resources on implementing shared decision-making in the real world. Here we describe these ventures, and provide information about new modules, other related grant efforts, and this year's blog pieces. In an effort to increase access to our resources, we request that you consider posting a link to the modules on your webpage.



Best Wishes,

Bonnie Spring, Ph.D., ABPP
Professor of Preventive Medicine, Northwestern University
Chair, Council for Training in EBBP

EBBP Training Modules—www.ebbp.org/training.html

The interdisciplinary Council for Training in Evidence-Based Behavioral Practice (EBBP), sponsored by National Institutes of Health's Office of Behavioral and Social Science Research (OBSSR), announces the availability of nine online modules available at www.ebbp.org/training.html: The EBBP Process, Searching for Evidence, Introduction to Systematic Reviews, Critical Appraisal, Randomized Controlled Trials, Shared Decision-Making with Individual Clients, and Collaborative Decision-Making with Communities, as well as the following recent launched modules:

Stakeholder Dialogue about Evidence-Based Practice: This module provides learners with didactic content and examples of community-based research, practice-based research, and community-based participatory research, as well as 60-90 second video clips of interviews with academic, practitioner, and community stakeholders about evidence-based practice.

Implementation of Evidence-Based Practices: This module uses two real-world case examples to inform leaders about the process of implementing evidence-based practices.

Partnership with the Association for Behavioral and Cognitive Therapies (ABCT)

In partnership with ABCT, we are in the process of adding two new features to the EBBP website. The aim is to increase dissemination and implementation of evidence-based practices by enhancing access to evidence-based behavioral interventions and assessments for depression, anxiety, and obesity. We are creating a skills-based resources page that will include: a) video resources that demonstrate interventions and techniques for one or two empirically-supported treatments for each condition, b) downloadable assessment tools, and c) PDFs of evidence bearing on the effectiveness of treatment. In addition, we are creating a portal where practitioners can register user accounts for themselves and, once logged in, they can create user accounts for clients (with codes that mask client identity), access a pool of assessments, and assign assessments to individual clients who will be able to complete them online. Practitioners will then be able to access assessment outcomes for their clients as well as media-rich graphs of client progress over time.

Dr. Spring will deliver an invited keynote address on evidence-based behavioral practice to ABCT's annual meeting in Toronto, Ontario, Canada on November 11, 2011

Council for Training in Evidence-Based Behavioral Practice (EBBP)

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Affiliated Organizations (and liaisons)

Academy of Behavioral Medicine Research
(Bonnie Spring)

American Association of Colleges of Nursing
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(David Mohr)

Society for Medical Decision Making

Society for Prevention Research
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Society for Social Work and Research
(Martha Dore)

Society for Teachers of Family Medicine
(Kim Marvel)

EBBP Policy Collaboration and Exchange Grant

The Danish Research and Innovation Agency awarded an EBBP Policy Collaboration and Exchange Grant to Dr. Arja Aro (University of Southern Denmark) and Dr. Spring. The objective is to evaluate the utility of developing e-learning tools to help policymakers engage in evidence-based decision-making for their local context. Dr. Aro and her team visited Northwestern University from June 13-15, where they met with Dr. Spring, Ms. Ferguson, faculty from the Global Health and Public Health programs at Northwestern and University of Illinois - Chicago, web developers from NogginLabs, and Chicago Department of Public Health Commissioner, Dr. Bechara Choucair. The identified need was to develop a training tool for health impact assessment aimed at catalyzing healthy lifestyle change through policy in the United States, Denmark, and elsewhere in the European Union. Dr. Spring and Ms. Ferguson will travel to Denmark in November 2011 to continue the exchange.

Practice-Based Research Seed Grant

A CTSA Practice-Based Research Seed Grant was awarded to Drs. Deborah Edberg (Erie Family Health Center, Chicago, IL) and Spring. This grant, entitled "Provider-Guided Optimization of EHR tools to Facilitate Evidence-Based Obesity Management for Adults", began in August 2011. It tests the impact of implementing decision-support tools for evidence-based adult obesity management in the Electronic Health Record at a federal safety net clinic. The nationwide Alliance for Community Health Services is collaborating to program this decision-support tool at Erie Family Health Center.

EBBP abstracts

Three abstracts have been accepted to conferences:

- (1) A poster for the International Conference on Communication in Healthcare in October 2011 entitled "Online Training for Evidence-Based Behavioral Practice (EBBP): Introduction and Evaluation";
- (2) An oral presentation for the European Public Health Association (EUPHA) Conference in November 2011 entitled "Online Learning Tools in Evidence-Based Practice: Changes in Skills Across Cultures"; and
- (3) A workshop presentation entitled "Online Training for Evidence-Based Behavioral Practice (EBBP): Introduction and Evaluation Across Cultures", also to be presented at EUPHA's conference.

Essays by Experts in Evidence-Based Practice

See "Conversations" on the Forum tab of the website for recent thought-provoking essays including the following:

Why don't all practitioners utilize evidence-based practice techniques? By Mitch Prinstein, PhD

Teaching Evidence-based Practice in Nutrition: Where the Rubber Hits the Road by Elena Carbone, DrPH, RD, LDN

The Importance and Challenges of Evidence-Based Practice in Public Health by Ross Brownson, PhD

Bridging the Gap between Individuals and Communities: Upgrading EBP through Collaboration by Molly Ferguson, MPH

A failure to communicate: The marketing gap in evidence-based behavioral practice by Michael Anestis, MS

Implementing Evidence-Based Practice within the VA by Jeanne Gabriele, PhD