



Government of Western Australia
North Metropolitan Health Service
Mental Health, Public Health and Dental Services

Centre for Clinical Interventions

Research Strategy

*Improving the lives of people with mental health challenges
through world-class applied research*



nmhs.health.wa.gov.au

One team, **many** dreams.

Care / Respect / Innovation / Teamwork / Integrity

Version 1



Contents

Title Page	1
Contents Page	2
Acknowledgements Page	4
Director's Comments	5
Introduction	6
Vision and Mission	7
Values and Guiding Principles	8
Research Priorities and Domains	9
Strategic Research Agendas	10
Enablers to Achieving Outcomes	11
Metrics of Success	12

This document can be made available in alternative formats on request.

© North Metropolitan Health Service 2022



CCI acknowledges the traditional owners of the lands on which we work and live,
and pays respect to their elders past and present.

CCI recognises and values the cultural, spiritual and educational practices of
Aboriginal and Torres Strait Islander peoples.

CCI also acknowledges the individual and collective expertise of people with a
living or lived experience of mental health challenges.

We recognise the important contribution they make and value their courage to
share this unique perspective for the purpose of achieving better outcomes for all.



From the Director, Centre for Clinical Interventions

Research and evaluation are fundamental components of the model of care at the Centre for Clinical Interventions (CCI).

CCI was established to provide a scientific environment for clinically applied research, within which evidence-supported clinical practice and the theoretical understanding of psychopathology are investigated, with the aim of decreasing patient distress and increasing patient empowerment. At CCI, clinical practice and research are mutually interactive and balanced.

At the heart of the work we do at CCI is the way our four core areas of business support and depend on each other;

- (1) provision of evidence-supported psychological treatments,
- (2) training of mental health workers,
- (3) research, and
- (4) dissemination of our online resources.

The evidence-based treatments we provide are developed from clinical research literature; these are then evaluated through our quality assurance program, which also allows us to investigate psychological maintaining factors of anxiety, mood and eating disorders. This information is then fed back to the clinical and research communities through publications and presentations, and to the broader community on our website. The resources that our clinical psychologists develop as part of these treatments are made available to our patients and to practitioners around WA, Australia and the world via our online resources. In order to share the knowledge arising from our experience in delivering these treatments, we provide regular workshops for health professionals, and provide training placements for post-graduate psychology students.

This constant interaction of drawing on research evidence to inform our clinical practice, and using the results of our clinical practice to inform research, exemplifies the ‘Scientist-Practitioner’ model of clinical psychology. Our service has been described as “a nationally recognised model of excellence” by the Australian Clinical Psychology Association.

This commitment to the evaluation of treatment and the understanding of psychological disorders is further reinforced through current Western Australia government policy such as the Sustainable Health Review, which proposes in Recommendation Six the “immediate transparent public reporting of patient outcomes and experience”.

At CCI, the undertaking of research and evaluation in a quality improvement framework is not an ideological or luxuriant intellectually stimulating enterprise. It is an essential activity underpinning all the work we do ensuring patients presenting to a public mental health service receive the best possible treatment.

To that end I am pleased to present this articulation of a research strategy that the service is committed to and expects to be held accountable against.

Dr Bruce Campbell

Consultant Clinical Psychologist

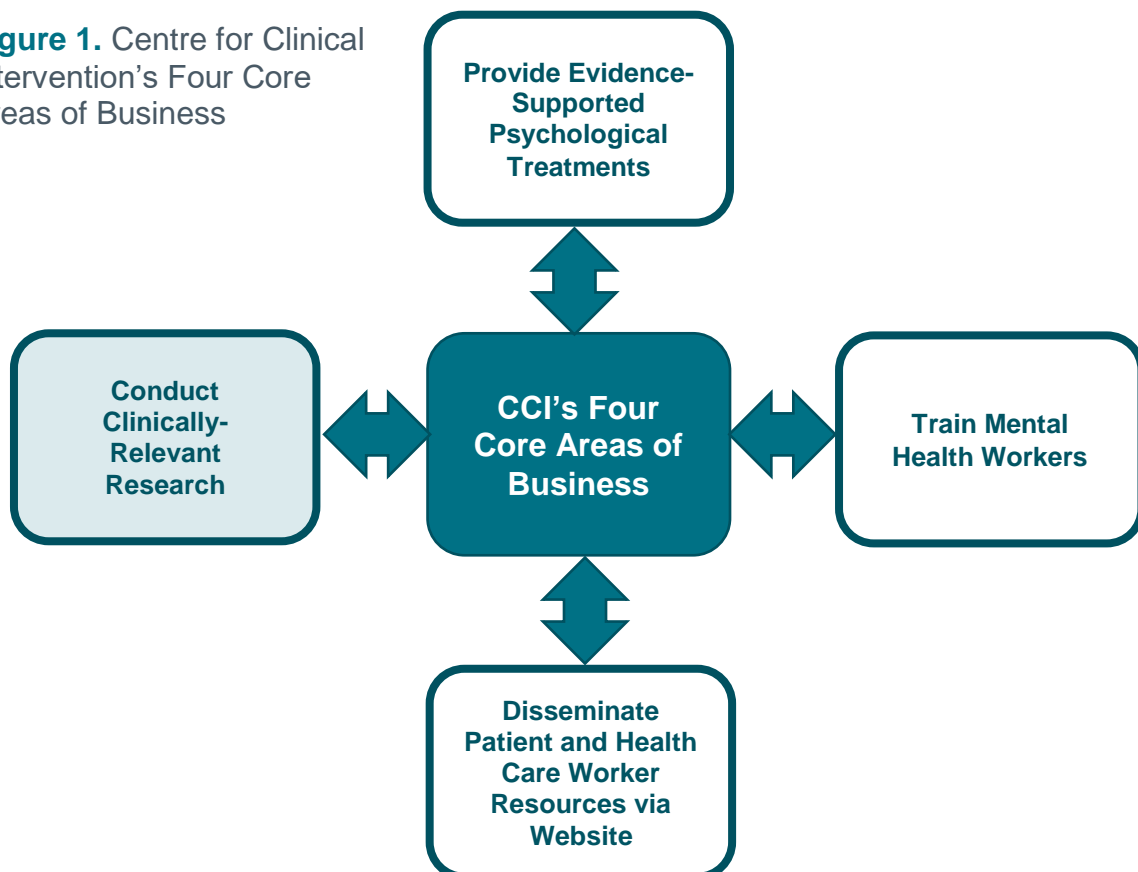


Introduction

Psychological treatments can help people recover from mental health challenges and live healthy, meaningful lives, but they do not always work for everyone. We need to better understand for whom existing treatments are effective and ineffective, and how services can be provided most effectively and efficiently to people when and where they are needed. We need to continually strive to develop more effective treatments to increase the chance that someone experiencing mental health challenges can make a full recovery as quickly as possible and can stay well for as long as possible.

Research is one of CCI's core areas of business (see [Figure 1](#)) and is integral to us delivering effective, evidence-based treatments to people with mental disorders at our clinic in Perth, Western Australia. As a public community mental health clinic, CCI is well-placed to investigate how well treatments work in the real world, with real clients, with real problems. Research also guides the training we deliver to mental health professionals, and helps us develop evidence-supported resources for professionals, consumers, and carers that are freely available on our website.

Figure 1. Centre for Clinical Intervention's Four Core Areas of Business



The overarching aim of research conducted at CCI is to help improve the effectiveness of psychological therapies for common mental health problems. CCI's treatment programs undergo a continual process of development, evaluation, innovation and re-evaluation, to ensure that outcomes are meeting or exceeding national and international benchmarks and continually improving.

We routinely track our clients' progress during their treatment at CCI, and seek their written consent to use this data for research and quality improvement purposes. Our team of clinical researchers analyse the data to answer important questions that enable us to improve our treatment programs. We also publish the results in leading peer-reviewed scholarly journals and report our findings at Australian and international conferences, so that researchers and clinicians around the world benefit from the work being done in our clinic.

The staff at CCI highly value the insights that we have gained from our clients and we appreciate their willingness to allow us to share these insights with other consumers, clinicians, and researchers around the world. The only way our research can have an impact is through genuine and committed partnerships between clients, carers, clinicians, administrative staff, researchers, students, and research and clinical partners (e.g., research institutions).

CCI has been conducting applied research for over 20 years, with an impressive track record of highly cited publications, presentations, and policy and practice impacts (see www.cci.health.wa.gov.au/Research/Publications). CCI's research strategy aims to articulate the vision, mission, values and strategic priorities that have driven our research over the last two decades, and that will provide a roadmap for ensuring that our future research has positive impacts on consumer outcomes locally, nationally, and internationally.



Our Vision

As a centre of excellence in clinical psychology, CCI strives to improve the lives of people with mental health challenges through world-class applied research.

To support partnerships between researchers, clinicians, and people with lived experience to ensure consumers receive high quality care with outcomes that set new international benchmarks through continual evaluation, quality improvement, and innovative translational research.

Our Mission



Our Values and Guiding Principles

Consumer-Focused	<p>We conduct research to ensure our interventions are having a genuinely positive impact on people experiencing mental health challenges. We seek to involve consumers when planning, conducting and reporting our research.</p>
Continual Improvement	<p>CCI's treatment programs undergo a continual process of development, evaluation, innovation and re-evaluation to ensure that outcomes are (a) meeting or exceeding national and international benchmarks and (b) continually improving.</p>
Embedded Research & Evaluation Within Clinical Practice	<p>Research at CCI is tightly integrated with the treatments we deliver. Our clinical work informs our research questions, and our research findings inform our clinical practice. Everyone at CCI is involved in research every day – from our receptionist who greets our clients and administers questionnaires, to our clinical psychologists who provide therapy and enter data, to our team of researchers who analyse and interpret the data.</p>
Innovation	<p>We seek to improve consumer outcomes through innovation in psychological practice by implementing the latest knowledge in clinical psychological science, technology, and consumer engagement.</p>
Evidence-Based Practice & Practice-Based Evidence	<p>We integrate evidence-supported theory and principles with practice-based evidence from a real-world setting to optimise consumer outcomes.</p>
Dissemination	<p>We communicate our findings to our clients, partners and stakeholders, colleagues, and the broader research community so that the whole sector benefits from our research.</p>
Capacity Building	<p>We nurture the next generations of scientist-practitioners and practitioner-scientists by offering opportunities for collaboration, mentoring, training and support.</p>
Local Focus, Global Impact	<p>Our primary focus is on improving the lives of our clients, but we aim for our research to have global impacts by disseminating outcomes via academic journals, conference presentations, training, and freely accessible online manuals.</p>
Partnerships & Collaboration	<p>We will actively seek opportunities to work with other clinicians, researchers, policy-makers, and people with lived experience to optimise research impacts. We strive to form partnerships with Aboriginal/First Nations organisations to build capacity in Aboriginal/First Nations clinical trainees and researchers.</p>



Research Priorities

The Centre for Clinical Interventions conducts applied research into the following mental disorder classes.

Depression	Bipolar Disorder	Anxiety Disorders	Eating Disorders
------------	------------------	-------------------	------------------

Specific priorities within these areas are informed by CCI's core areas of business, clinical need, current literature, consumer input, and clinician interest and expertise.

Research Domains

We conduct four main types of research:

1. We develop and evaluate the effectiveness of psychological treatments

We routinely examine how much people benefit from and access the individual, group, online, and web-based treatments we offer at our clinic, and we use this information to improve the treatments over time.

2. We evaluate mechanisms underlying mental disorders and psychological treatments

We investigate factors that maintain mental disorders, and the reasons why treatment is more helpful for some people than others, so that we can identify new ways of helping more people.

3. We develop and evaluate support programs for carers

CCI has developed carers' workshops for bipolar disorder and eating disorders. Our evaluations of these workshops have shown a significant improvement in knowledge, carer burden, and coping self-efficacy (confidence in the ability to support a loved one).

4. We develop and evaluate novel research methods and measures

We measure the effectiveness of our treatments using questionnaires and other research methods that assess people's thoughts, emotions, behaviour, and physiology. We conduct research to evaluate the accuracy and usefulness of methods for evaluating aspects of mental health and wellbeing. We also develop new psychological instruments that we use in our clinic, and which are used by researchers and mental health clinicians all over the world.



Strategic Research Agendas

AGENDA 1:

Optimise assessment, and increase understanding of cause & effect

WE WILL DO THIS BY:

- Psychometric research to improve the reliability, validity, and clinical utility of assessment and measurement tools
- Research to improve understanding of the nature of mental health challenges
- Research into mechanisms of maintenance and change
- Research on psychological processes with a biopsychosocial lens

AGENDA 2:

Optimise psychological interventions

WE WILL DO THIS BY:

- Continually assessing and evaluating treatment outcomes
- Enhancing consumer outcomes by translating current evidence into clinical practice
- Identifying and address service gaps
- Developing and translating innovative solutions to address consumer need

AGENDA 3:

Foster local, national and international partnerships & collaborations

WE WILL DO THIS WITH:

- Universities and Institutes
- Health Service Providers and Commissioners
- Clinicians
- Consumers and carers
- Aboriginal and Torres Strait Islander organisations, trainees, clinicians, and researchers
- Research networks

AGENDA 4:

Dissemination for local, national, and global impacts

WE WILL DO THIS BY:

- Delivering and evaluating training and supervision in evidence-based practice
- Sharing and evaluating accessible consumer-focused and clinician-focused resources
- Publishing outcomes with open science principles
- Presenting research findings in professional and community forums

AGENDA 5:

Support staff to participate in research

WE WILL DO THIS BY CREATING:

- Opportunities to identify critical research questions to solve clinical problems
- Opportunities to develop research skills, including as project leads, with support and mentoring to continually build research culture and capacity
- Opportunities to contribute clinical perspectives on research publications
- Opportunities to disseminate and translate research findings



Enablers to Achieving Outcomes

Human Resources

- Administrative staff to assist with data collection
- Clinical staff to deliver interventions, innovate, collect and interpret data, and assist throughout the research endeavour
- Senior research scientist to assist with driving innovative research, in addition to data management, advanced statistical analyses, and dissemination.
- Workload for dedicated time to applied research, evaluation, and innovation
- Research mentoring and professional development
- Visiting presenters to learn about novel techniques and methods
- Clinical psychology trainees to provide interventions and complete research projects under supervision by CCI clinicians and researchers.

Infrastructure

- Electronic data collection
- Specialised research hardware and software
- Physical space to deliver interventions and collect data
- Access to literature databases

Partnerships & Collaborations

- Consumers
- Family members and carer groups
- Aboriginal and Torres Strait Islander mental health trainees and cadetship programs
- Universities (clinical researchers and students)
- Health service providers
- Department of Health
- Mental Health Commission
- Non-Government Organisations
- National and international leaders in clinical research
- Multi-disciplinary researchers

Funding

- Opportunities to apply for additional funding to support research from diverse sources
- For community and consumer involvement



Metrics of Success

Consumers

- ✓ Consumer advisory group established
- ✓ Increased understanding of best practice consumer engagement
- ✓ Consumer voices involved in all aspects of research
- ✓ Evidence of improvements in consumer advisory group research capacities using the Lived Experience Research Capacity and Culture Tool (McEvoy et al., 2022)
- ✓ Evidence of satisfactory engagement from consumers' perspectives using the Engagement Evaluation Template from the Working Together Toolkit.

- ✓ Highly cited publications in peer-reviewed journals
- ✓ Clinician lead and co-authorships
- ✓ Diversified sources of research funding
- ✓ Local, national and international conference presentations and posters
- ✓ Speaker invitations
- ✓ Demonstrated policy impacts
- ✓ Demonstrated practice impacts at CCI and beyond
- ✓ Research leadership

Research Outputs & Impacts

Assessment & Intervention Outcomes

- ✓ Evidence that CCI's interventions meet or exceed international benchmarks
- ✓ Evidence that CCI's consumer and carer outcomes are improving over time
- ✓ Increased efficiency and cost-effectiveness of interventions while maintaining consumer and carer outcomes
- ✓ Evidence of improvement in consumer and carer outcomes from additions of psychological and technical innovations
- ✓ Evidence of more rapid reductions in consumer mental health challenges, including while on waitlists
- ✓ Evidence of more efficient, valid, and reliable assessment methods

- ✓ Maintain and expand existing local, national, and international partnerships and collaborations
- ✓ Establish new strategic research partnerships
- ✓ Increase CCI's profile and reputation as a research-active community mental health service

Partnerships & Collaborations



Finalised Version 1:	Date: 20/5/2022
Date for Review:	2023 Annual CCI Planning Day

This document can be made available in alternative formats on request for a person with a disability.

© North Metropolitan Health Service 2022

