

Using CORE-OM

The UK Research Project

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The UK Gestalt Psychotherapy CORE Research Project: the findings

Stevens, C; Stringfellow, J; Wakelin, K, & Waring, J

The British Gestalt Journal 2011 vol. 20 no. 2 22-27

From our sample we found that :

- ” About 74% showed recovery or improvement
- ” 56% achieved reliable and clinically-significant improvement
- ” About 18% showed reliable improvement alone
- ” About 26% experienced no reliable change.

Gestalt therapists appear to be as effective as other therapists working in primary care

CORE

Clinical Outcomes in Routine Evaluation

- “ Practice-based evidence
- “ Valid and reliable measure for multiple settings
- “ Acceptable to users, clinicians & policy-makers

Approved measure for NHS use in UK

National data base since 2001

Over 50 000 data sets

The CORE data set consists of 5 items

- “ Admin Check list
- “ Patient questionnaire (beginning of therapy)
- “ Patient questionnaire (end of therapy)
- “ Therapy assessment form (filled in by therapist at beginning)
- “ End of therapy form (filled in by therapist at end)

The 34 item outcome measure
self-report based on last week

- “ Problems
- “ Well-being
- “ Functioning
- “ Risk

Gestalt Practice Research Network

CORE license funded by GPTI

A lot of voluntary work

- “ About 40 Gestalt therapists registered
- “ Coding to collect data about work context and level of experience
- “ Volunteer data-inputting
- “ We collected 180 complete data sets

Translation of the CORE-OM started in 2001 with Norwegian (Bokmål).

There are now translations into 20 other languages including

Welsh, Spanish, Portuguese, German, Dutch, Greek, Italian, Danish, Icelandic, Swedish, Polish, Finnish, Lithuanian, Slovak, Turkish, Croatian, Albanian and Gujarati.

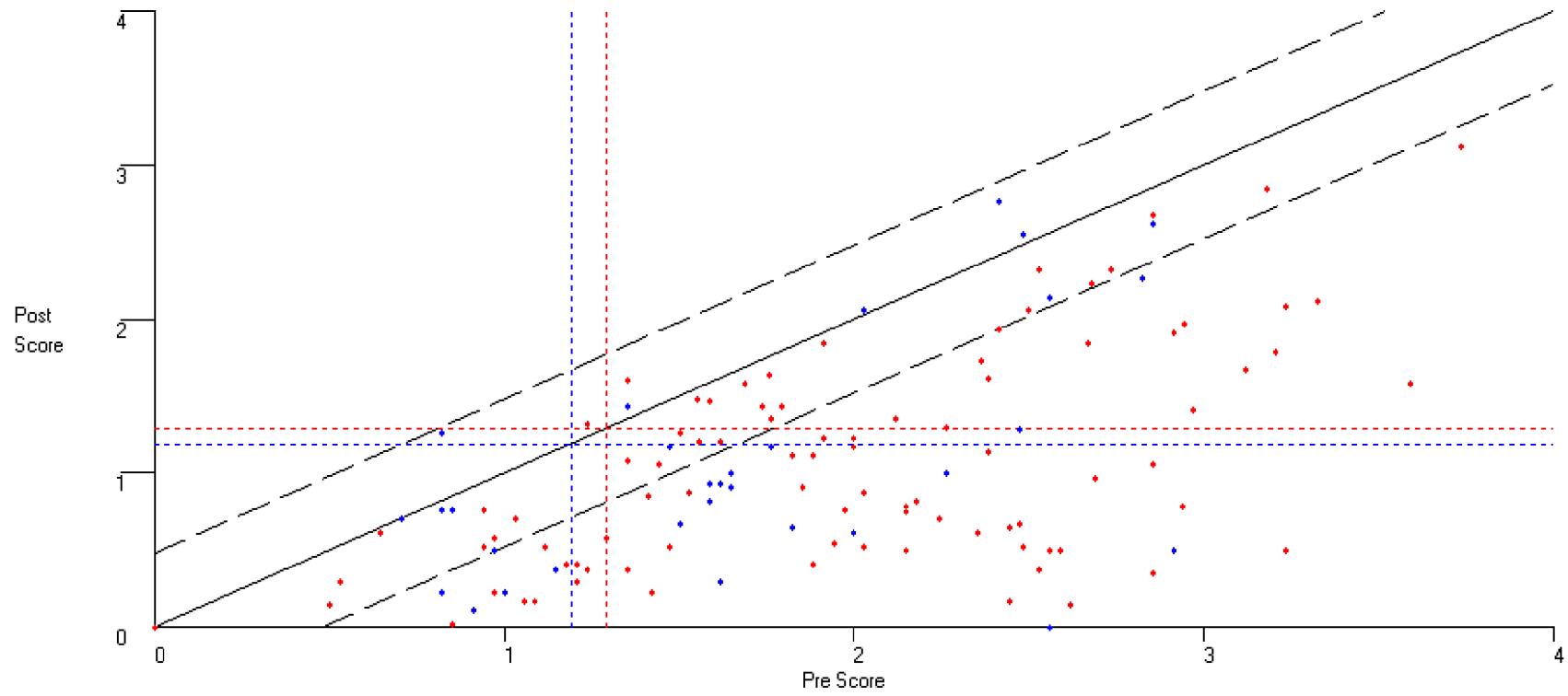
Translations nearly complete for:

- “ British Sign Language (BSL)
- “ Brazilian Portuguese
- “ Argentinian Spanish
- “ Romanian
- “ Bulgarian
- “ Arabic
- “ French
- “ Czech
- “ Bangla/Bengali/Sylheti
- “ isiXhosa
- “ Catalan
- “ Farsi
- “ Kurdish
- “ Kannada
- “ Hindi
- “ Urdu
- “ Tamil
- “ Sámi
- “ Scottish Gaelic
- “ Irish (Irish Gaelic)
- “ Mandarin (and other Chinese languages)
- “ Japanese

To discuss translation contact
Chris Evans

coretrans@psyctc.org

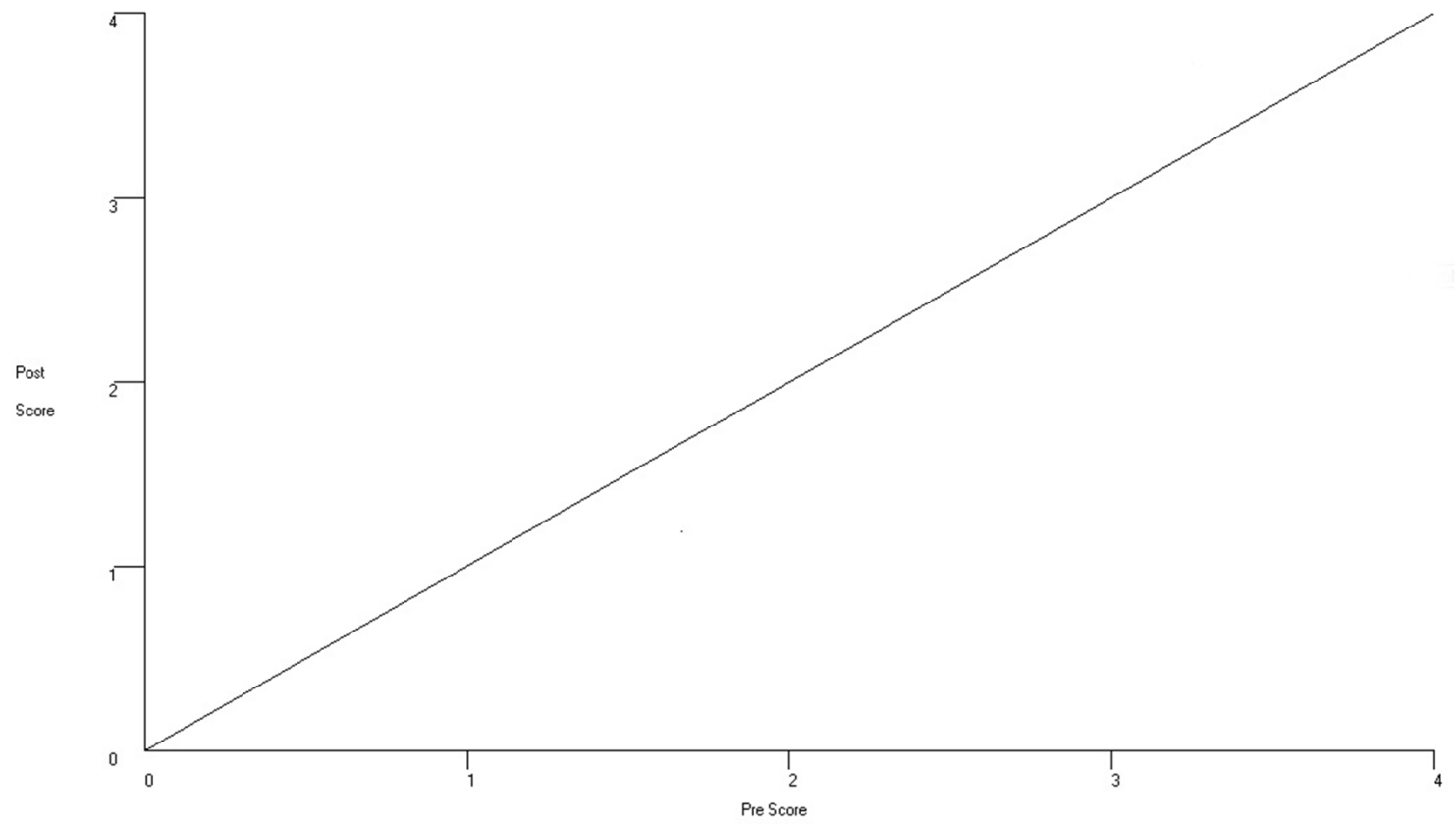
Final results June 2010



The information can be used in two main ways

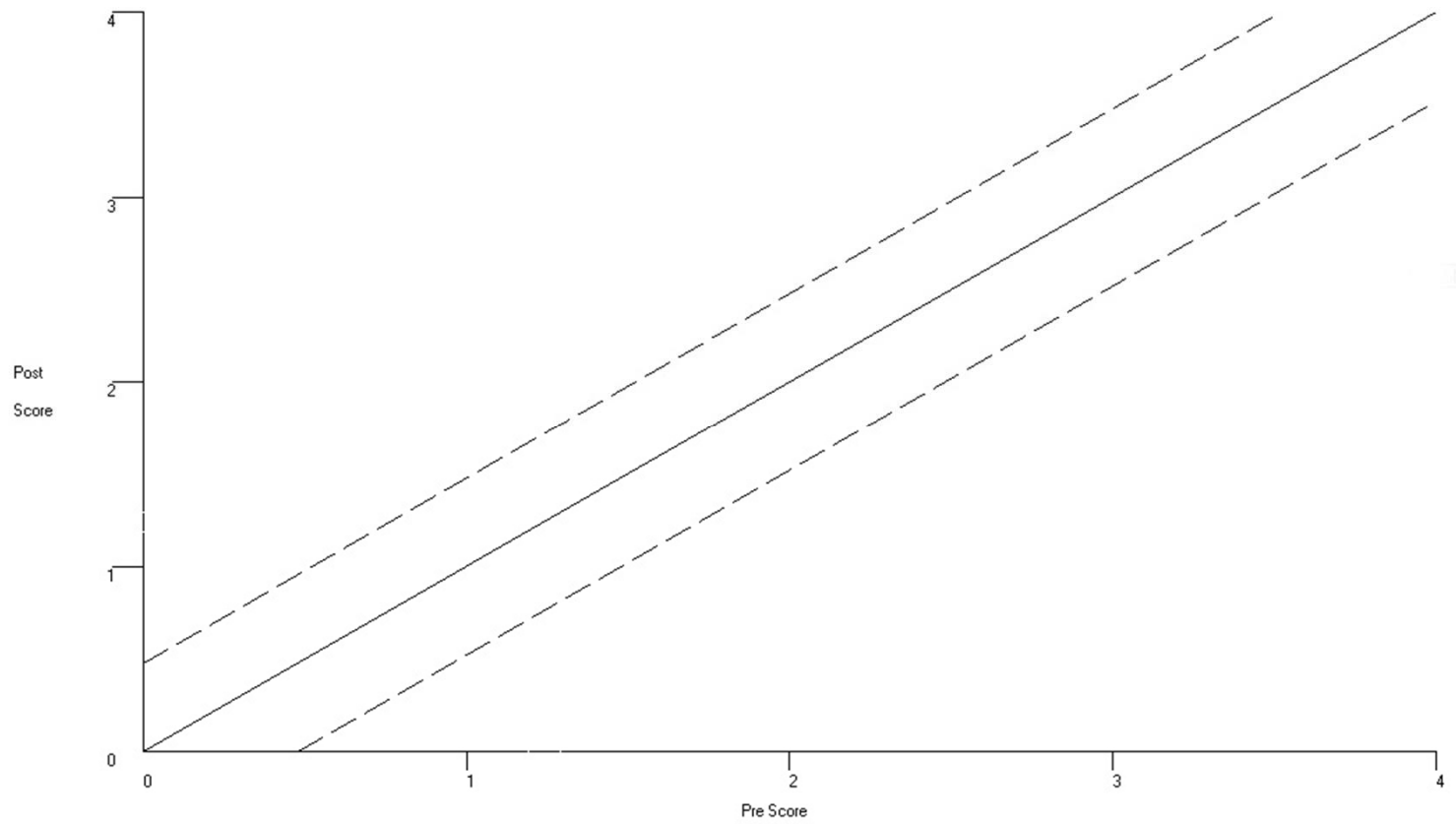
1. To describe some aspects of the client population
2. To compare findings with other published studies

No change cut-off line



Significant change

Results between dashed lines show insignificant change (0.5 or less)

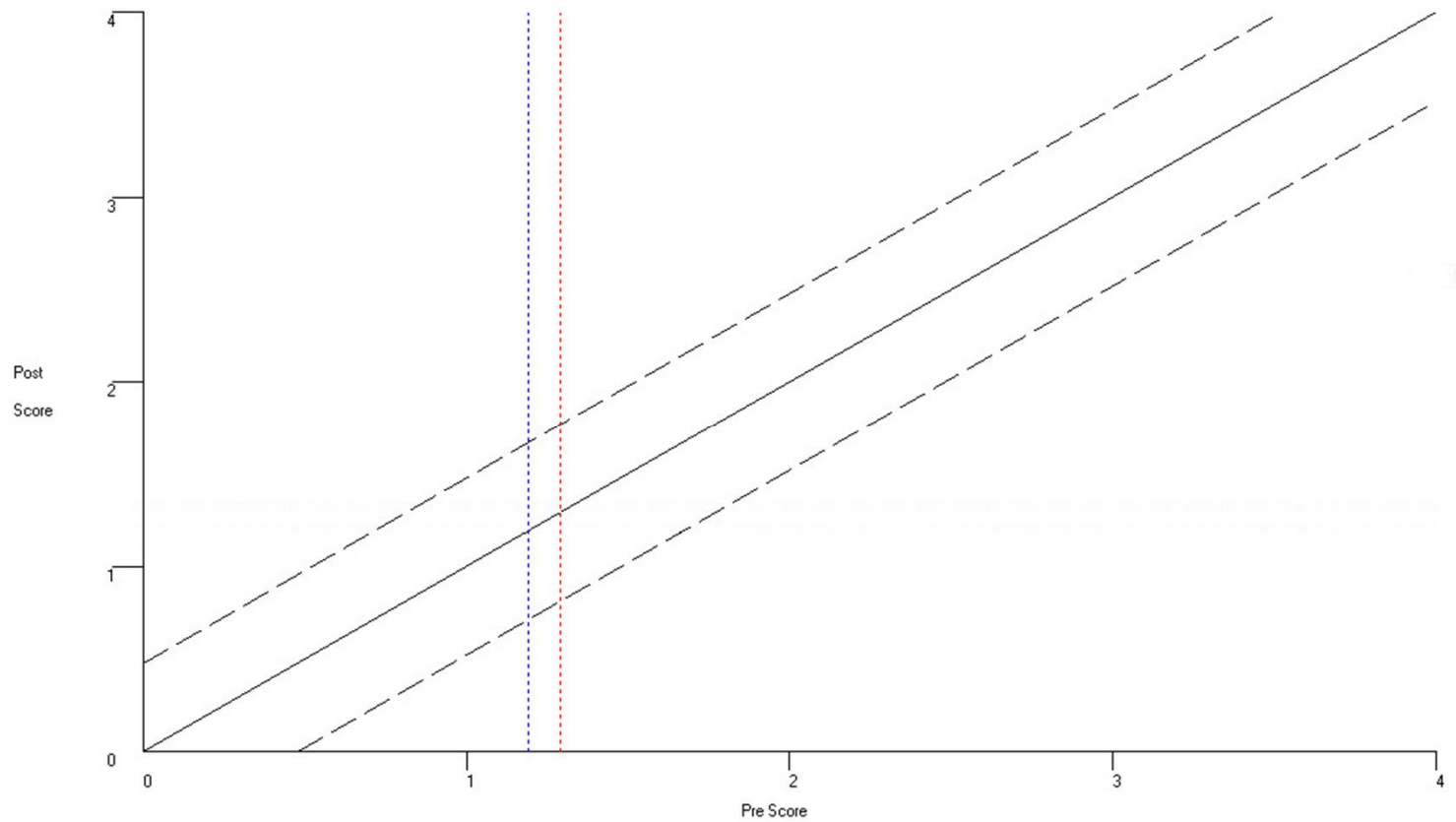


Pre score clinical cut-off

Male cut-off (blue line) at 1.19

Female cut-off (red line) at 1.29

Scores higher than these are within the clinical population.

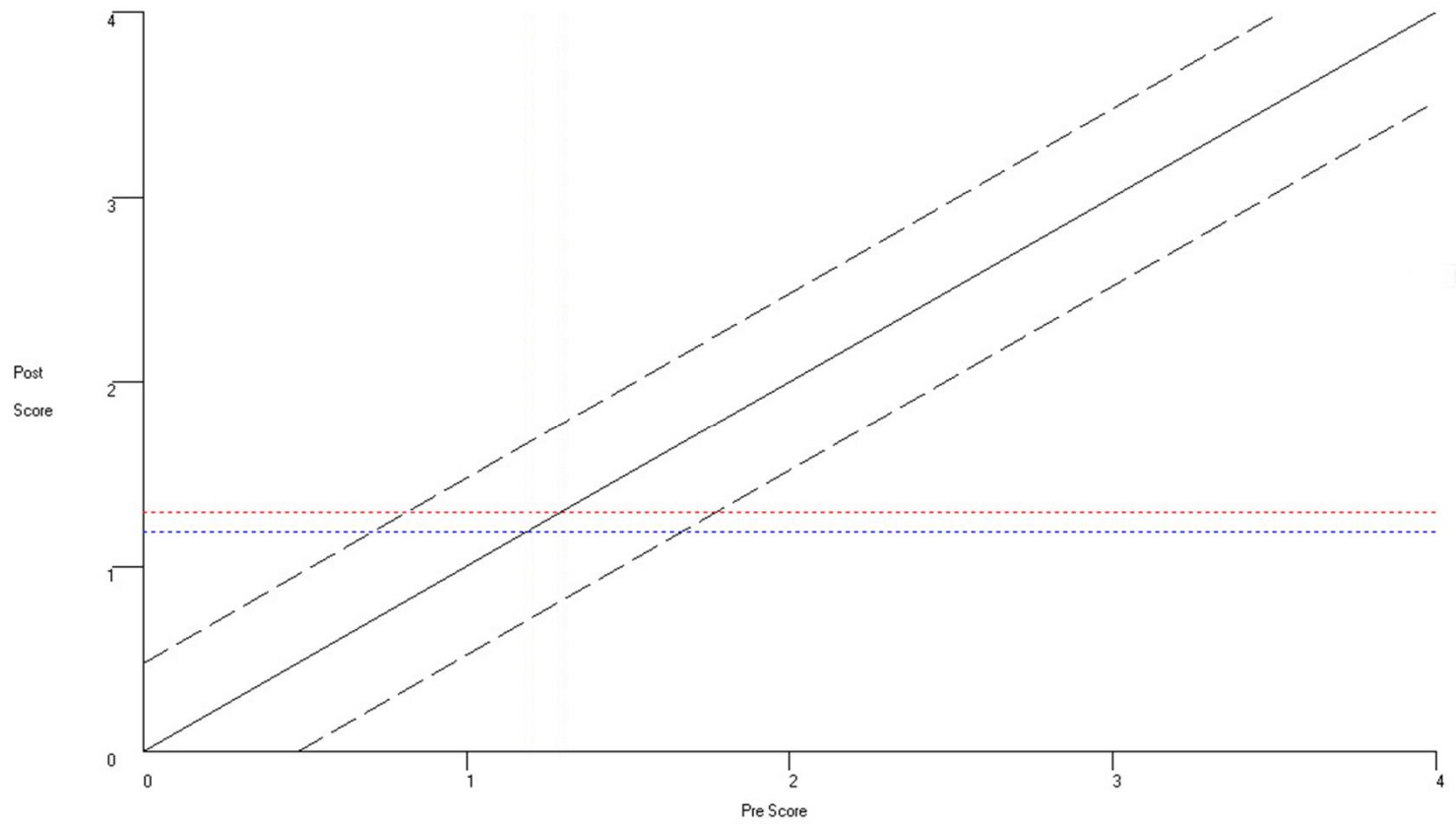


Post-score clinical cut off

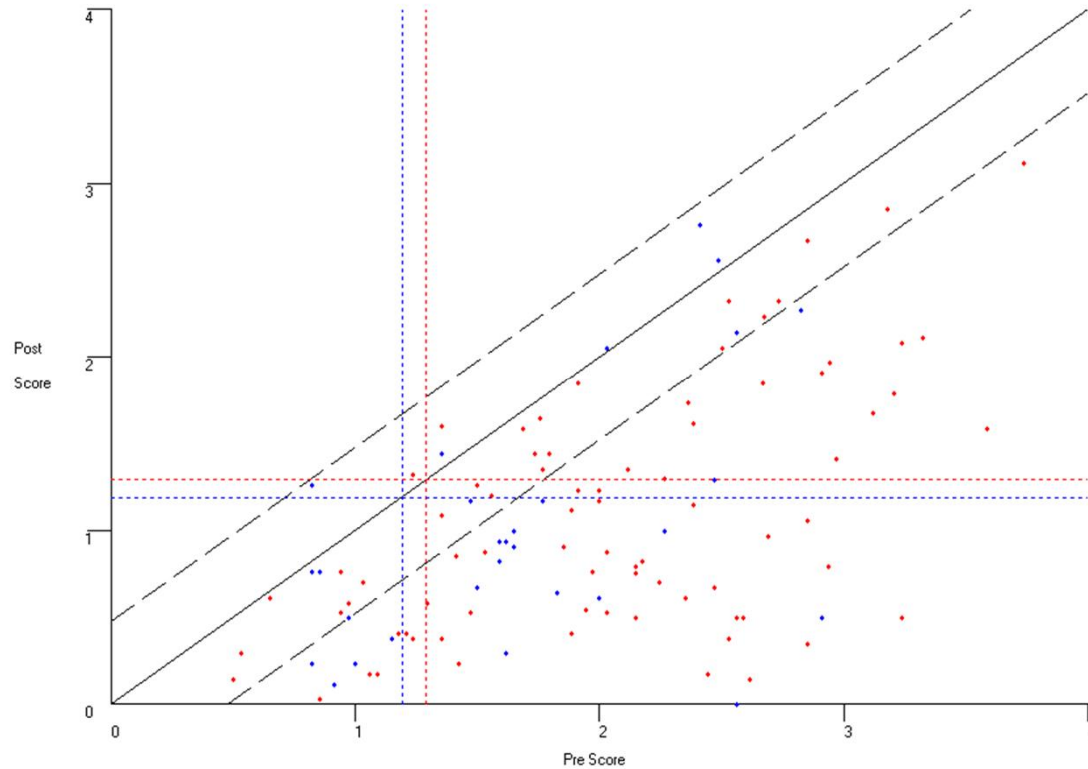
Male cut-off (blue line) at 1.19

Female cut-off (red line) at 1.29

Scores higher than these are within the clinical population.



Results June 09

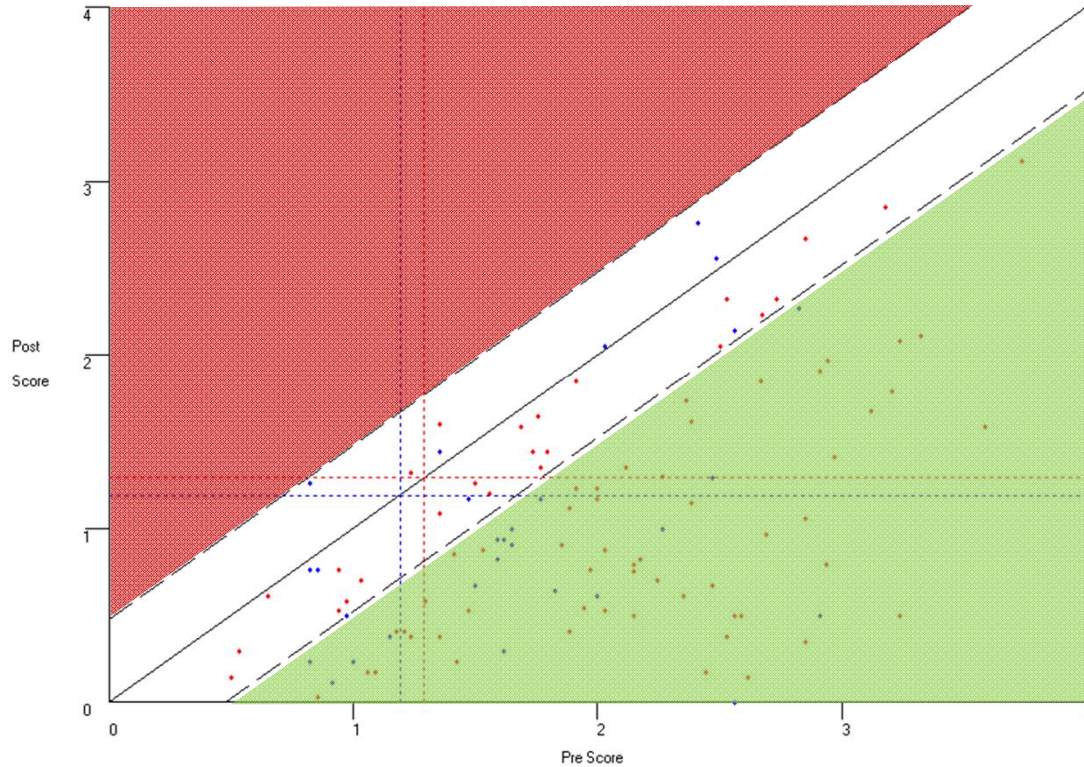


- Improvement/deterioration cut-off
- - - Reliable change (0.5)
- - - Male clinical cut-off
- - - Female clinical cut-off
- Male clients
- Female clients

“ 109 clients out of 135 with complete sets of data

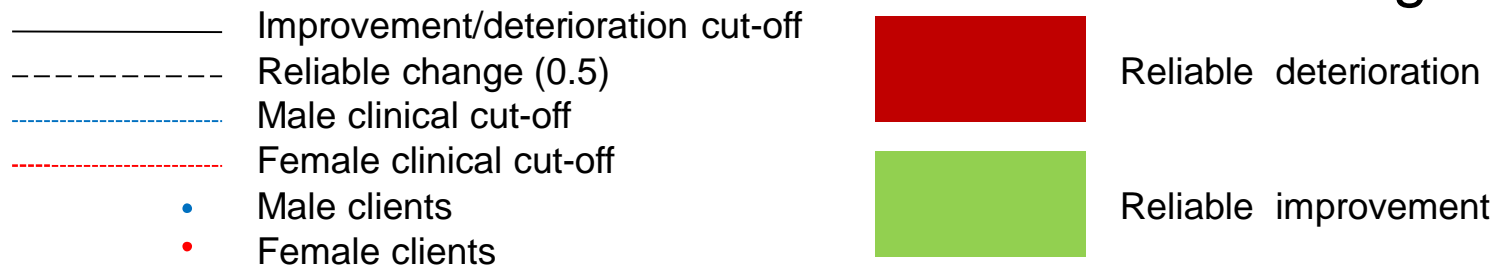
“ Results show improvement or no conclusive change

Results June 09



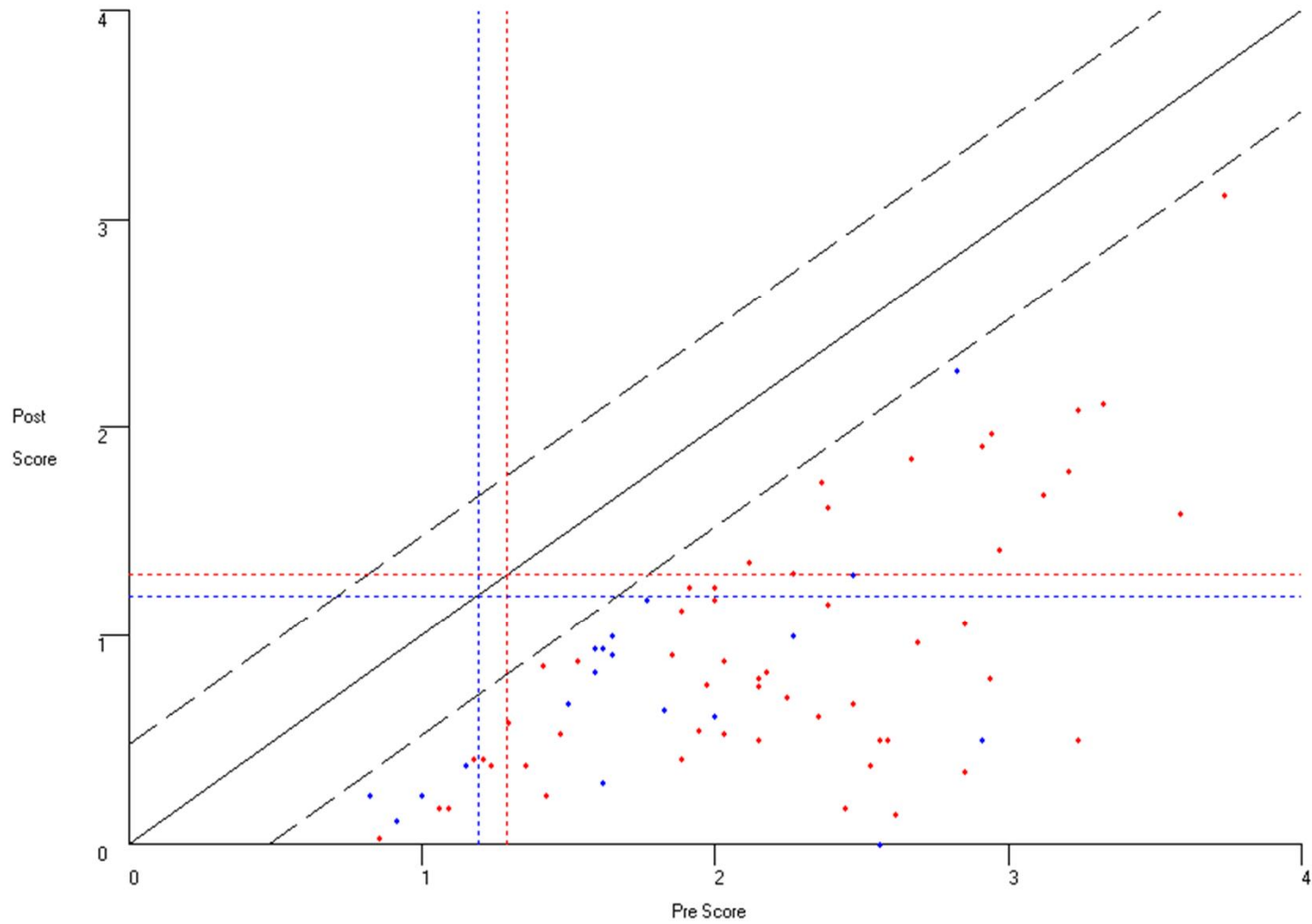
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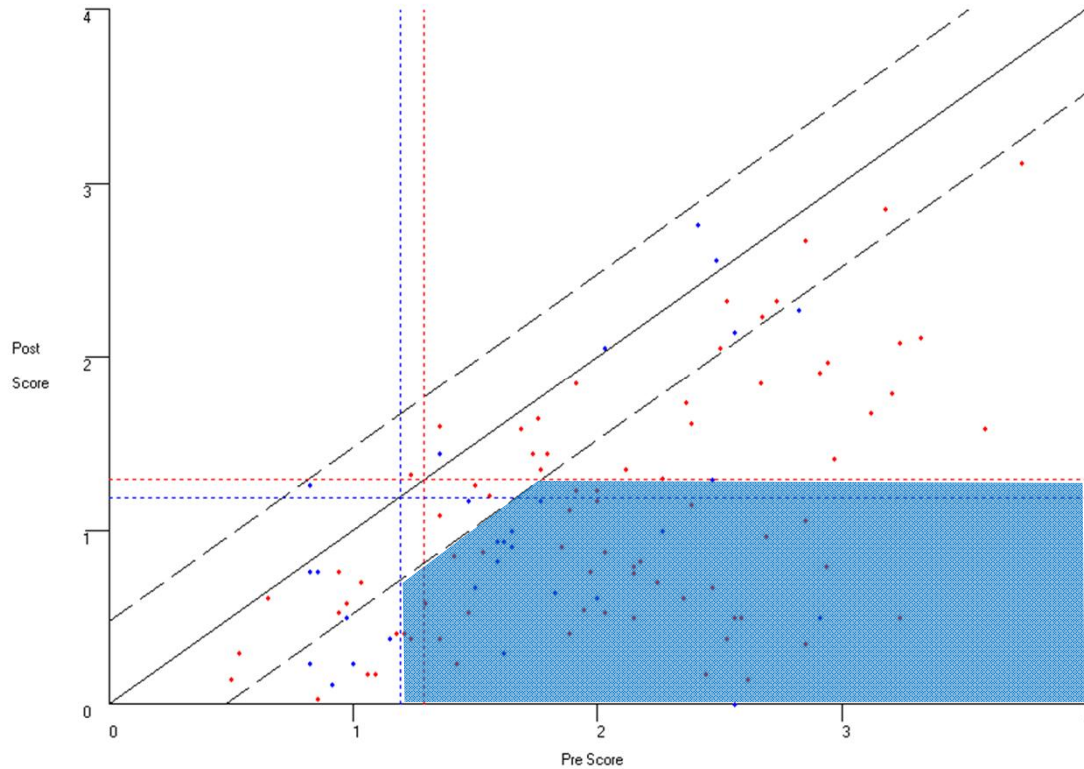


Reliable improvement

75 clients (69%)
showed reliable
improvement.



June 09



“ 109 clients out of 135 with complete sets of data

“ Results show improvement or no conclusive change

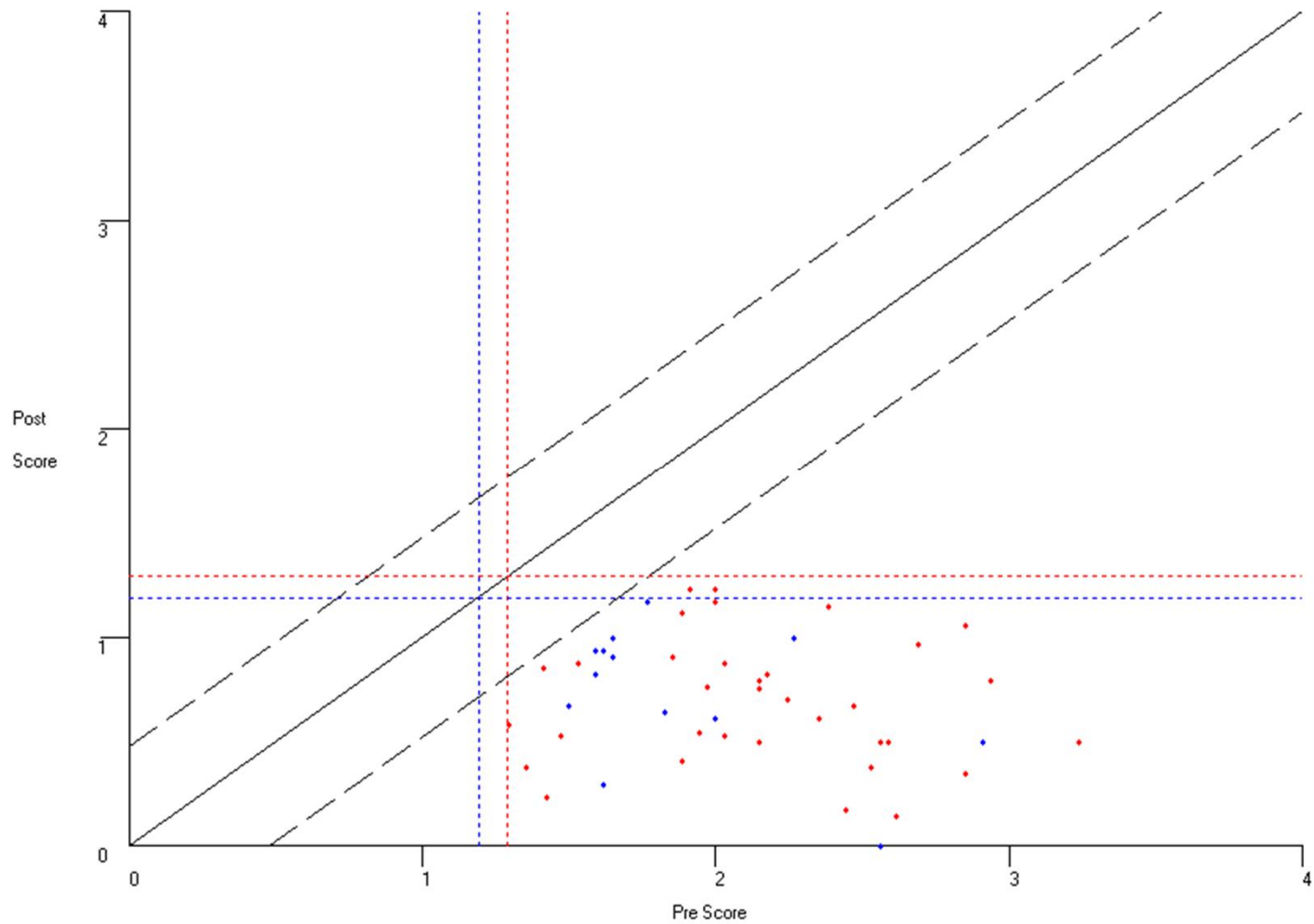
- Improvement/deterioration cut-off
- - - Reliable change (0.5)
- - - Male clinical cut-off
- - - Female clinical cut-off
- Male clients
- Female clients



Reliable and clinical improvement

Reliable & clinical change (June 09)

49 clients (45%)
showed both
reliable and
clinical
improvement.



QuickTime[®] and a
decompressor
are needed to see this picture.

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CORE Outcome Measure
Cut-off scores: MALES - Non-clinical and clinical populations

Domains and totals

