

Polish version of CORE-OM as a reliable, valid, clinically useful, user-friendly outcome measure.

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Background: Psychotherapy practitioners need validated brief outcome measures of psychotherapy effectiveness and efficacy. CORE-OM is a self-report scale outcome measure designed for evaluation of psychotherapy results. It is atheoretical, well-investigated, user-friendly for patients, clinicians, and scholars. It is also copy left, translated and validated to Swedish, Norwegian, Italian, German, Albanian, Spanish, Deaf, Lithuanian, Slovak and Icelandic language. It possesses a broad referential data-base. In Poland there exist very few validated outcome measures dedicated to psychotherapy. Such measures need to be translated precisely and in a culturally sensitive way, to enable reliable measurement and exchanging the data across the borders.

Hypothesis:

1. Reliability

1. internal consistency expected slightly lower values than original, both clinical and non-clinical sample
2. High test-retest reliability is expected (high stability)

2. Validity

1. Factor validity: 3 factors structure similar as in original
2. Convergent and divergent validity. High correlations are expected with similar measures and slight or absent with measures aimed at other constructs than symptoms, wellbeing, or functioning
3. Discriminant validity. High differentiation between clinical and non-clinical population, but –small age and gender differences are expected.

3. Acceptability.

1. High acceptability similar to original at all non-risk items.
2. Lower acceptability of risk scale and items expected because they potentially endanger respondent with criminal and moral responsibility

4. Sensitivity to change. Polish version expected to be sensitive to changes caused by psychotherapy

Methods: CORE-OM - The Clinical Outcomes in Routine Evaluation - Outcome Measure was translated into Polish + The translation was tested on non-clinical sample (n=2364) consisting of university, high school and doctoral students, psychotherapy trainees, professionals and sample of convenience + clinical sample (n=1837) from 52 mental health institutions and 49 private practices + Sensitivity to change sample (n=188) were patients of 18 clinical sites + test-retest sample (n=57) were students of psychology curriculum at Business College + Data were collected by the 120 leaders recruited from the trainees and trainers of Polish Institute for Integrative Psychotherapy + SCL-90, HADS, SWLS, SES, NEO-FFI and WisDOM were used + Statistical analysis was conducted with SPSS for Windows, C. Evans programmes for calculating Cronbach alpha, CI-s, RC and CSC and online calculators for: d Cohen and CI of 2 mean differences + As for not Gaussian distribution (usual in symptomatic measures) for comparison of samples nonparametric tests were used + For testing convergent validity correlational analysis was used.

Results

Internal consistency was high.

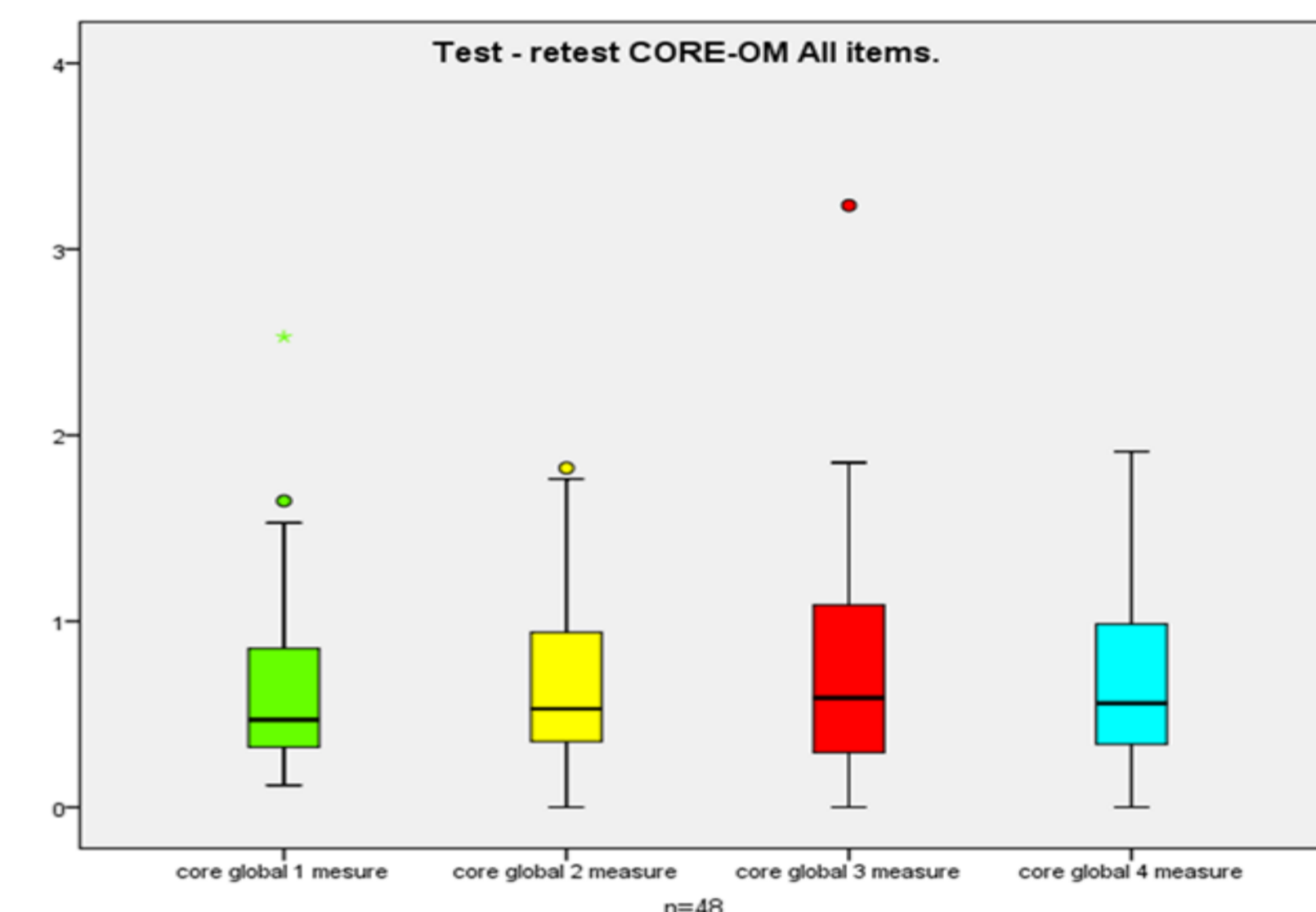
Table	Clinical (n=1873)						sample
Well-being (W)	1.00						
Problems (P)	.81	1.00					
Functioning (F)	.77	.79	1.00				
Risk (R)	.53	.61	.59	1.00			
Non Risk Items (All-R)	.88	.96	.92	.63	1.000		
All items	.88	.95	.92	.69	.995	1.00	
Coefficient α (95%CI)	.79* (.77-.80)	0.93* (.92-.93)	.87* (.86-.88)	.80* (.78-.81)	.95* (.95-.96)	.96* (.95-.96)	
Coefficient α in UK data	.75	.88	.87	.79	.94	.94	

Convergent validity was high for similar measures and low for measures of different constructs.

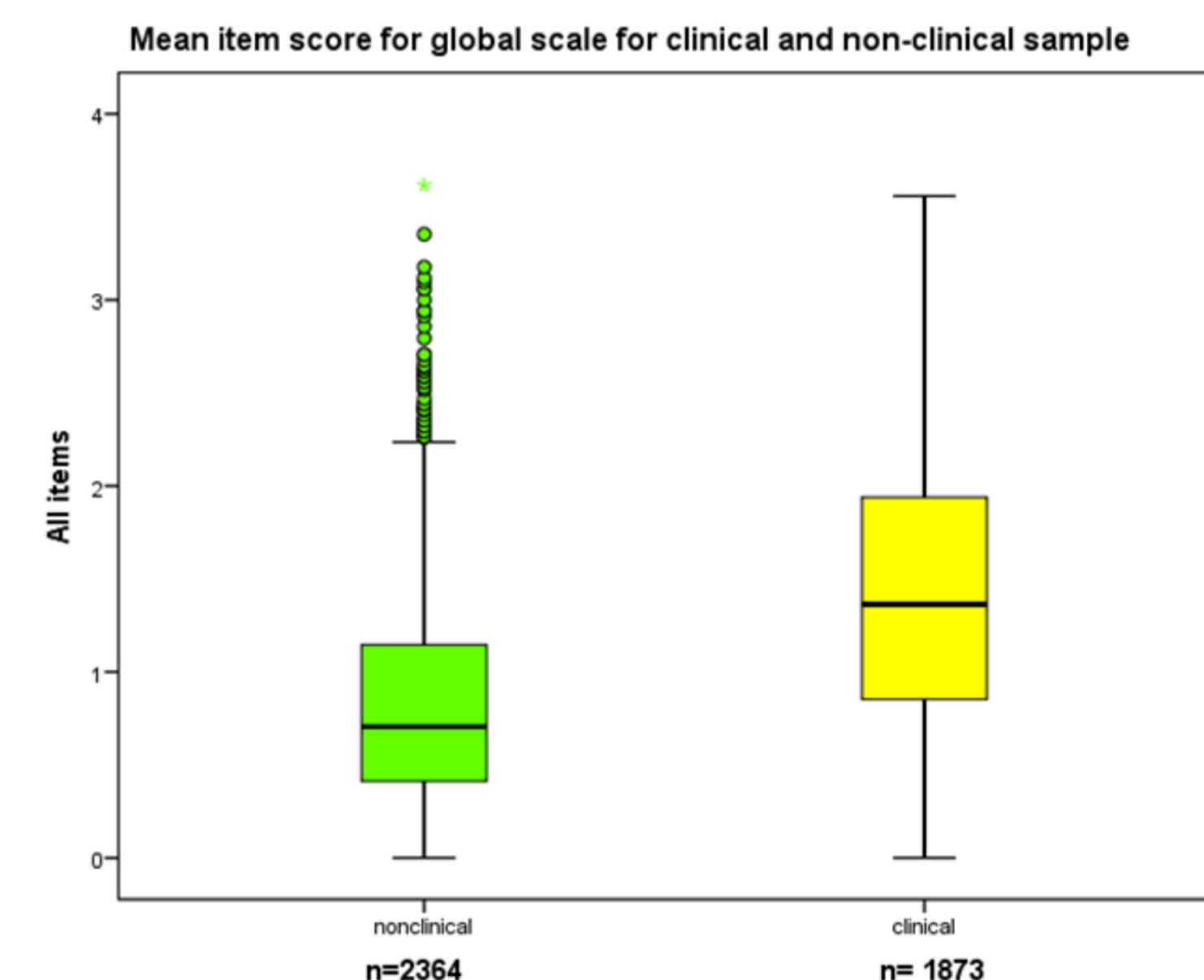
	n	Well-being	Problems	Functioning	Risk	Non-risk	All items
SCL-90 GSI	866	.68	.79	.69	.53	.79	.79
SCL-90 Somatization	866	.48	.60	.47	.42	.57	.57
SCL-90 Obsessive-Compulsive	866	.58	.68	.60	.42	.68	.67
SCL-90 Interpersonal sensitivity	866	.58	.64	.65	.41	.68	.68
SCL-90 Depression	866	.72	.76	.69	.46	.78	.78
SCL-90 Anxiety	866	.63	.76	.61	.47	.74	.73
SCL-90 Hostility	865	.46	.55	.46	.45	.54	.55
SCL-90 Phobic Anxiety	865	.50	.58	.52	.43	.58	.59
SCL-90 Paranoid Ideation	865	.48	.59	.57	.47	.61	.61
SCL-90 Psychoticism	866	.60	.69	.63	.48	.70	.71
HADS Global	861	.75	.81	.74	.50	.83	.83
HADS Anxiety	861	.72	.84	.66	.48	.79	.77
HADS Depression	861	.66	.67	.69	.43	.73	.72
SES Global	860	.61	.61	.63	.35	.66	.65
SWLS Global	849	.49	.49	.53	.30	.54	.54
NEO-FFI Agreeableness	865	.16	.26	.32	.31	.29	.30
NEO-FFI Openness	865	-.06	-.04	-.17	-.04	-.10	-.10
NEO-FFI Conscientiousness	865	.32	.31	.35	.16	.35	.34
NEO-FFI Neuroticism	865	.64	.66	.59	.35	.68	.67
NEO-FFI Extraversion	865	.42	.39	.46	.21	.45	.44
WisDOM Global	865	.49	.50	.53	.31	.55	.55
WisDOM Father	863	.18	.22	.20	.13	.22	.22
WisDOM Mother	864	.19	.17	.20	.09	.20	.19
WisDOM Beyond punish & guilt	864						
WisDOM Death	864	-.14	-.16	-.24	-.10	-.20	-.20
WisDOM Triad	865	.38	.42	.49	.35	.47	.48
WisDOM Entanglement	864	.64	.67	.66	.46	.78	.71
WisDOM Love	864	.50	.46	.52	.28	.52	.51

Conclusions: Polish version of CORE-OM is a valid, reliable, acceptable, and sensitive to change outcome measure. The measure can be used in a clinical practice, outcome research and crosscultural research.

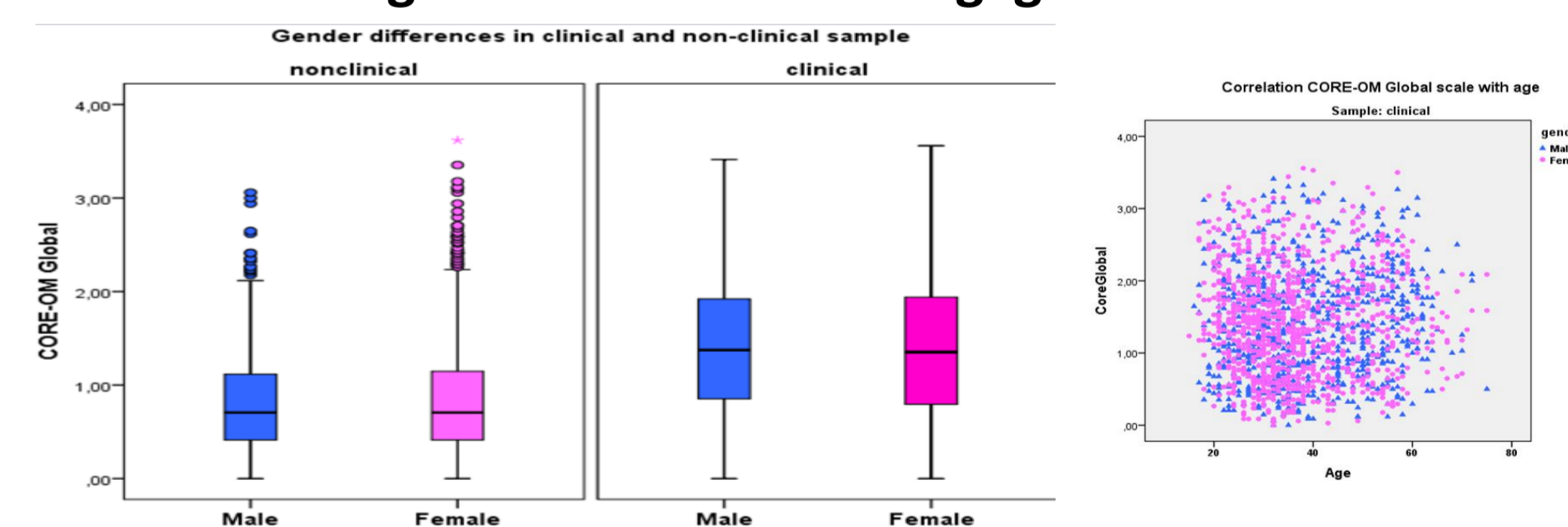
Test-retest reliability was good. Test result are stable.



Differences between clinical and non-clinical sample were large and statistically significant.



Gender and age differences were negligible.



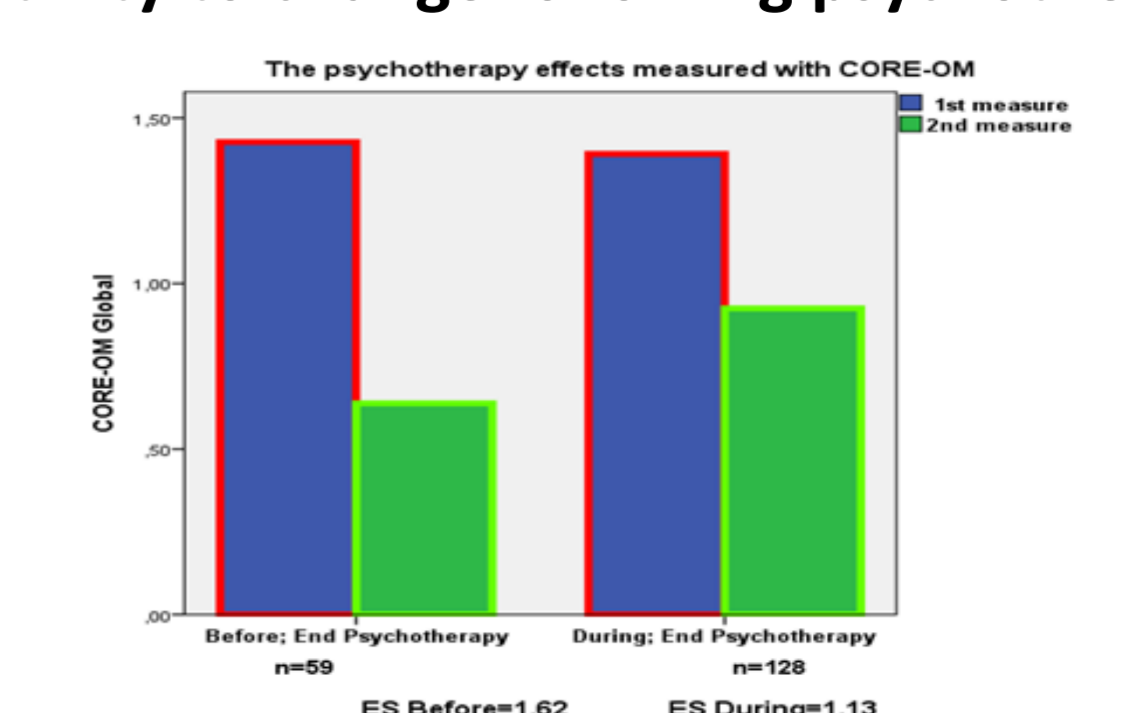
Acceptability was excellent.

	Non-clinical	Clinical
100% filled	94.3	89.5
Prorating (omissions3)	99.5	89.8

Criteria of reliable change (RC) and clinically reliable change (CSC) were lower than the British & Italian referential data.

	RC		CSC	
	Male	Female	Male	Female
Well-being	1.23	1.44	1.44	1.19
Problems	1.28	1.34	1.44	0.69
Functioning	1.21	1.34	1.29	0.71
Risk	0.95	0.96	0.95	0.81
All non-risk items	1.24	1.27	1.24	0.65
All items	1.08	1.09	1.07	0.44

Sensitivity to change following psychotherapy was good.



Translation process effected in Polish male & female form of CORE-OM

According to the procedure of CORE-OM Trust Compatible with ISPOR Principles of Good Practice: The Cross-Cultural Adaptation Process for Patient-Reported Outcomes Measures.

- 10 independent translations, professionals English, professional psychotherapists, lay people
- Panel working on translation under the leadership of the author
- 6 people, 2 lay, 4 psychotherapists,
- Throughout comprehensive work aimed on intercultural translation of meanings. Monty Python Black Knight and national attitude toward weather were analysed.
- Backward translations by 2 professionals
- Ultimate version consulted with: low educated contractors, seniors after 70-ty, teenagers.

Photo. Research leaders team (Polish Institute for Integrative Psychotherapy)

