

Clinical Science Overview

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Why be a clinical psychologist?

- Philosophy of Science
- Epistemology
- Clinical Science

Clinical Science

- Fundamental assumption:
 - There can be a *science* of clinical psychology.
- This science can be built upon the scientific method and can help to identify empirically supported treatments
- <https://div12.org/psychological-treatments/>

DIAGNOSIS: CHRONIC OR PERSISTENT PAIN IN GENERAL (INCLUDING NUMEROUS CONDITIONS)

TREATMENT: ACCEPTANCE AND COMMITMENT THERAPY FOR CHRONIC PAIN

STRENGTH OF RESEARCH SUPPORT

Empirical Review Status			
2015 Criteria (Tolin et al. Recommendation)	Treatment pending re-evaluation		
1998 Criteria (Chambless et al. EST)	Strong ✓	Modest	Controversial

CLINICAL TRIALS

- A randomized, controlled trial of acceptance and commitment therapy and cognitive-behavioral therapy for chronic pain (Wetherell et al., 2011)
- Acceptance and commitment therapy and the treatment of persons at risk for long-term disability resulting from stress and pain symptoms: A preliminary randomized trial (Dahl, Wilson, & Nilsson, 2004)
- Acceptance-based treatment for persons with complex, long standing chronic pain: A preliminary analysis of treatment outcome in comparison to a waiting phase (McCracken, Vowles, & Eccleston, 2005)
- Acceptance and values-based action in chronic pain: A study of treatment effectiveness and process (Vowles & McCracken, 2008)
- Targeting acceptance, mindfulness, and values-based action in chronic pain: Findings of two preliminary trials of an outpatient group-based intervention (Vowles, Wetherell, & Sorrell, 2009)
- A trial of a brief group-based form of acceptance and commitment therapy (ACT) for chronic pain in general practice: Pilot outcome and process results (McCracken, Sato, & Taylor, 2013)

META-ANALYSES AND SYSTEMATIC REVIEWS

- Acceptance-based interventions for the treatment of chronic pain: A systematic review and meta-analysis (Veehof et al., 2011)
- A systematic review of randomized controlled trials of acceptance and commitment therapy for adults with chronic pain: Outcome domains, design quality, and efficacy (Hann & McCracken, 2014)

Research Requirements at QUB

1. Service-related project

- NHS centred evaluation of a clinical service

2. Systematic Review

- An in-depth review of an issue relevant to the science of clinical psychology

3. Large Scale Research Project

- An empirical investigation of a research question relevant to the science of clinical psychology

Thanks for your attention

- QUB Psychology:
<https://www.qub.ac.uk/schools/psy/>
- Clinical Science: Mcfall, 1991, *Manifesto for a Science of Clinical Psychology*, *Clinical Psychologist*, 44, 75-88.
- Evidence-based Treatments List:
<https://div12.org/psychological-treatments/>