

Research Survey: Understanding how DDPI can meet the present needs of its practitioners in supporting the evidence base for DDP therapy

Introduction

The Dyadic Developmental Psychotherapy Institute (DDPI) recognises the need to build stronger empirical evidence for the efficacy of Dyadic Developmental Psychotherapy (DDP).

In line with an ethos of evidence based practice, the Board agreed to baseline the present research activity and interest of its practitioners to inform a research strategy for DDPI. Dependent on the findings, this may lead to actions which could be presented to the Board to support the wider aim of developing the evidence base for DDP.

Method

The questionnaire was devised by Dr Ben Gurney-Smith (Research Coordinator for DDPI) with comments from Dr Sian Phillips (Research Coordinator for DDPI) and Matt Hudson (Assistant Psychologist DDPI).

The questions that were developed with the intention to measure the current level of DDP based research DDP practitioners were taking part in, what DDPI could do to support future research, and how DDP practitioners keep up to date with DDP based research.

The final questions were:

1. Would you be interested in contributing to research with DDPI?
2. Have you taken part in any service evaluation of DDP? (Tick all those that apply)
3. How can DDPI best support you to do more research?
4. Do you have a project in mind that you would like support in starting?
5. How would you rate your confidence in conducting a DDP research project without outside help?
6. How would you rate your confidence in writing your research up for publication?
7. Have you seen the guidance for outcome on the DDPI website?
8. Where do you keep up to date with the evidence on DDP?
9. What do you think is the best way to stay in touch with DDPI research news?
10. Do you have any data already collated which you are meaning to write up?

All of the questions were multiple choice except for questions 5 & 6 where respondents were asked to rate their confidence on a scale of 1-100.

The questionnaire was created on www.surveymonkey.com and email as a link to 190 practitioners who gave permission to be contacted for research purposes.

This covers all international practitioners.

The responses were collected and collated online through www.surveymonkey.com being sent out in May 2018 with responses being collected until September 2018.

Results

84 practitioners responded to the questionnaire (44.21% response rate).

1) The majority are interested in helping with DDP research.

Would you be interested in contributing to research with DDPI?	RESPONSES
Yes	90.48% 76
No	7.14% 6
I have published research involving DDP	1.19% 1
I am contributing to research involving DDP that is pre-publication	1.19% 1
Total Respondents	84

Every respondent answered question 1. The results indicated that over 90% of practitioners would be interested in contributing to research with DDPI.

2) Just under half of respondents have already undertaken some research in DDP

Have you taken part in any service evaluation of DDP? (Tick all those that apply)	RESPONSES
DDP therapy qualitative study	14.81% 8
DDP therapy quantitative study	12.96% 7
Group work DDP based programme such as Nurturing Attachment Training Resource qualitative study	16.67% 9
Group work DDP based programme such as Nurturing Attachment Training Resource quantitative study	18.52% 10
Evaluation of training you have written for a service specification/specific population	16.67% 9
Other (please specify)	48.15% 26
Responses under "other":	
- Foundation for attachment group	1
- Foundation for attachment study	1
- The George Hull Centre has conducted some of this internally with DDP cases and with our Nurturing Attachment groups	1
- Foundations of Attachment in Residential Care- 4 homes	1
- I have done level 2 training and using informed practice at work can my work be used	1
- Evaluation of clinical work offered by our service which includes DDP	1

- No, I offered to but never received the test info. I also offered to do some independent Research but was dissuaded from doing so	1
- No	18
Total Respondents	54

54 respondents answered question 2, 30 respondents skipped the question. This question allowed for respondents to give more than one answer and included a section to leave comments. Just under half of respondents had taken part in some form of service evaluation of DDP (42.9%).

3) Many would like guidance from DDPI and help with analysing data

How can DDPI best support you to do more research?	RESPONSES
Consultations via email or Skype	36.14% 30
Clear directions and process	73.49% 61
Networking with other practitioners	54.22% 45
Updates on current research	71.08% 59
Support with the logistic of running a project	56.63% 47
Support with analysis of results	60.24% 50
Other (please specify)	7.23% 6
Responses under "other":	
- Should be discussed with GHC Director of the Community Clinic	1
- Evaluation methods	1
- I would be happy to contribute data from my clinical practice but do not currently have capacity to carry out any research myself	1
- Completed my research in a different area once I felt I was lacking support around doing research in the area of DDP	1
- We may be getting involved in a wales wide project so some links may be helpful	1
- Funding	1
Total Respondents	83

83 respondents answered question 3, 1 respondent skipped the question. This question allowed for respondents to give more than one answer and included a section to leave comments. Respondents mostly requested assistance in the form of clear direction (73.49%) and updates on current research (71.08%). These options were followed by support with analysis of results (60.24%), support with logistics (56.63%), and networking with practitioners (54.22%).

4) Most do not have a project they would like help with

Do you have a project in mind that you would like support in starting?	RESPONSES
No	79.22% 61
Responses Yes (please supply an email address if you want DDPI support)	20.78% 16
Total Respondents	77

77 respondents answered question 4, 7 respondents skipped the question. Most respondents did not have a research project in mind. Those who answered “Yes” (20.78%) chose to leave their email addresses for future contact.

5) Most do not feel confident in conducting research by themselves nor writing this up

How would you rate your confidence in conducting a DDP research project without outside help?

Responses: 82
Average: 34/100

82 respondents answered question 5, 2 respondents skipped the question. The average rating for respondent’s confidence in conducting research was 34%.

How would you rate your confidence in writing your research up for publication?

Responses: 83
Average: 42/100

83 respondents answered question 6, 1 respondent skipped the question. The average rating for respondent’s confidence in conducting research was 42%.

6) Most have not seen the guidance on outcome measurement

Have you seen the guidance for outcome on the DDPI website?	RESPONSES
Yes	36.14% 30
No	63.86% 53
Total Respondents	83

83 respondents answered question 7, 1 respondent skipped the question. Most respondents had not seen the guidance for outcomes on the DDPI website (63.86%).

7) Most rely on DDPI website and conferences to remain up to date on evidence for DDP

Where do you keep up to date with the evidence on DDP?	RESPONSES
Google scholar searches	3.61% 3
Institutional library access to journals	1.20% 1
DDP network website	46.99% 39
Colleagues	10.84% 9
DDP conferences, Study Days, and Special Interest Groups	34.94% 29
Responses If "No" then where do you check?	2.41% 2
Responses under "No":	
- Yes but to more than one response – last three bullets above	1
- Nowhere	1
Total Respondents	83

83 respondents answered question 8, 1 respondent skipped the question. The majority of respondents used the DDP network website (46.99%) to keep up to date with evidence on DDP.

8) And most would like either a newsletter or email update on research

What do you think is the best way to stay in touch with DDPI research news?	RESPONSES
Newsletters	64.29% 54
A direct point of contact within DDPI	30.95% 26
More DDP conventions	28.57% 24
Email subscription with updates	59.52% 50
Other (please specify)	3.57% 3
- Don't Know	1
- Links to publishes research papers	1
- Twitter	1
Total Respondents	84

84 respondents answered question 9. This question allowed for respondents to give more than one answer and included a section to leave comments. Participants, in the majority,

noted that a newsletter (64.29%) or email subscriptions (59.52%) would be the best way to stay in touch with DDP research.

9) Most do not have data already for publication

Do you have any data already collated which you are meaning to write up?	RESPONSES
Yes	14.29% 12
No	85.71% 72
Total Respondents	84

84 respondents answered question 10. The question allowed for respondents to leave a comment with the instructions “If yes, what would help with writing this up for publication?” and “If no, what is an obstacle of gathering data in your service/practice?” The majority of respondents (85.71%) did not have data already collected.

The 20 responses were:

Responses to question 10	Number of responses
More time or support with analysis	1
Having someone to help us to gather the data and analyse it. We have issues getting staff to complete post training questionnaires. May be better for this to be a qualitative study but no time/resources to do this	1
Time	4
Time! We have outcomes data which is collated but no one with time to analyse and write up.	1
Have data but no time to write up	1
getting consent when families are coming in in crisis or uncertain about DDP vs. other treatment modalities	1
Awaiting setting up external clinical DDP supervision	1
Yes but not to a peer review standard. Time a barrier to writing up case study etc.	1
Trainee Clinical Psychologists complete small scale research projects whilst on placement so I use this resource to write up data	1
yes please	1
I am still in process of gathering data	1
guidance as to suitable publications to submit to	1
We will write it up when we have collected enough ‘post’ data	1
no clear measures in place - lots of qualitative, video etc. but no clear structure	1

We have just created an evaluation form for clients doing DDP. Only one family completed so far but very interesting and big positive impact!	1
I am just starting the journey and would like a supervisor. I go to north Somerset discussion groups and want to look at DDP with parents and children with life limiting conditions on for whom I am working with and trying to use DDP informed practice I would like to see north Somerset embrace this work	1
Possibly still insufficient numbers to demonstrate statistical significance. No control group. Data collected as part of ongoing monitoring of quality / effectiveness of service.	1
Yes, although very much in tentative stages - would be evaluation of DDP informed therapeutic reparenting training	1

Conclusion

The data suggests that that DDP practitioners are overwhelmingly in favour of contributing to the body of research but did not have a project in mind to start. 37% of respondents to question two had already been a part of a DDP based qualitative or quantitative study. Those who had done so, already as part of a service evaluation, contributed mainly through the Nurturing Attachment Training Resource or through the foundation of some kind of attachment-based group or the Nurturing Attachment Training Resource.

In terms of offering support for future research respondents did not feel particularly confident to write up research or conduct studies (with confidence falling, on average, below 50%). The area that respondents indicated they would appreciate support was for more contact with DDP and other practitioners. This was interpreted through the answers showing they were seeking a clear direction of what could be done, updates on current research, and support with analysis of results and logistically running a project. Alongside this, the majority of respondents has not seen the guidance for outcomes on the DDPI website despite the website being the main course for evidence on DDP, suggesting clearer direction to the guidance may help practitioners stay up to date. Respondent's answers suggested they felt they would, overall, benefit from email subscriptions and newsletters. The most consistent reason for not writing up data or being presented from writing up data in the future was the lack of time to do so or not having enough staff/support to do so.

A narrative of the results

It is positive that the majority are interested in helping with DDP research and just under half of respondents have already undertaken some research in DDP. Yet despite this, there seems to be a lack of confidence in conducting this research and writing this up suggesting we have a brave cohort who are trying without the perceived skills and understanding. They are asking for some direction from DDPI on how to do this and analyse data. We could help by providing

specific newsletters or email updates on what is happening as a quick win. A re-circulation of the outcome measurement guidance would fill a hole in the need for clearer guidance and could be done readily. The website is also a forum to find out about the evidence base suggesting many may not have access to journal based searches or subscriptions. This is something which may place an onus on DDPI to address either with posted links to articles or some form of subscription service.

Dr Ben Gurney-Smith
Matt Hudson

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