

Purpose and procedure

Evidence-Based Mental Health alerts clinicians to important advances in treatment, diagnosis, aetiology, prognosis, continuing education, economic evaluation, and qualitative research in mental health. We select and summarise the highest quality original and review articles. Experts in the field comment on the clinical relevance and context of each study.

Our target audience includes psychiatrists, psychologists, nurses, social workers, occupational therapists, pharmacists, and other professionals whose work may be enhanced by up to date research. *Evidence-Based Mental Health* is multidisciplinary. It covers studies of adults, children, older adults, people who have developed psychiatric or psychological problems as a result of trauma, and people with learning disabilities, head injuries, drug and alcohol problems, and personality disorders.

SELECTION PROCEDURE

The Editorial team screens each issue of 58 leading journals for articles that meet our criteria and the following journals are regularly reviewed:

Acta Psychiatrica Scandinavica
Addiction
Age and Ageing
American Journal of Psychiatry
American Journal of Public Health
American Psychologist
Annals of Internal Medicine
Archives of General Psychiatry
Archives of Internal Medicine
Archives of Pediatrics and Adolescent Medicine
Australian and New Zealand Journal of Psychiatry
Behaviour Research and Therapy
Behaviour Therapy
BMJ
British Journal of Clinical Psychology
British Journal of General Practice
British Journal of Psychiatry
Canadian Journal of Psychiatry
Clinical Psychology Review
Cochrane Database of Systematic Reviews
Developmental Medicine and Child Neurology
European Child & Adolescent Psychiatry
General Hospital Psychiatry
Health Psychology
International Journal of Behavioural Medicine
International Journal of Geriatric Psychiatry
Journal of Abnormal Child Psychology
Journal of Affective Disorders
Journal of Anxiety Disorders
Journal of Autism and Developmental Disorders
Journal of Child and Adolescent Psychopharmacology
Journal of Child Psychology and Psychiatry and Allied Disciplines
Journal of Clinical Psychiatry
Journal of Clinical Psychology
Journal of Clinical Psychopharmacology
Journal of Consulting and Clinical Psychology
Journal of Developmental and Behavioral Pediatrics
Journal of Developmental Medicine Behavioral Pediatrics
Journal of Mental Health
Journal of Neurology, Neurosurgery, and Psychiatry

Journal of Neuropsychiatry and Clinical Neurosciences
Journal of Psychosomatic Research
Journal of the American Academy of Child and Adolescent Psychiatry
Journal of the American Geriatrics Society
Journal of the American Medical Association (JAMA)
Lancet
Molecular Psychiatry
New England Journal of Medicine
Pediatrics
PLOS Medicine
Psychiatric Services
Psychological Bulletin
Psychological Medicine
Psychosomatic Medicine
Schizophrenia Bulletin
Schizophrenia Research
Social Science and Medicine
United Kingdom Health Technology Assessment Reports

We also assess articles nominated by our readers.

CRITERIA FOR SELECTING ARTICLES

Articles are considered for inclusion in *Evidence-Based Mental Health* if they are:

- ▶ original or review articles
- ▶ in English
- ▶ about humans
- ▶ about topics that are important to clinical practice in the field of mental health
- ▶ use analysis techniques consistent with the study design.

Studies of prevention, treatment, quality improvement, and continuing education must also:

- ▶ randomly allocate participants to comparison groups
- ▶ follow up a high proportion of the original participants (eg 80%)
- ▶ measure an outcome of known or probable clinical importance.

Studies of causation (aetiology) must also:

- ▶ collect data prospectively if possible
- ▶ identify a comparison group(s) for the outcome of interest
- ▶ mask outcome observers to exposure (this criterion is assumed to be met if the outcome is objective).

Studies of diagnosis must also:

- ▶ include a spectrum of participants, some, but not all of whom have the disorder of interest
- ▶ include a diagnostic (gold) standard
- ▶ include information about reliability if possible (measure of agreement among observers, for example)
- ▶ ensure each participant receives both the new test and some form of the diagnostic standard
- ▶ interpret the diagnostic standard and the new test result independently, without knowledge of the other test.

Studies of prognosis must also:

- ▶ include an inception cohort of participants (first onset or assembled at a uniform point in the development of the disease), all initially free of the outcome of interest
- ▶ follow up at least 80% of the original participants.

Studies of prevalence must also:

- ▶ include a valid and repeatable definition of the disease or disorder
- ▶ employ adequate sampling methods.

Studies of the cost-effectiveness of interventions must also:

- ▶ compare alternative diagnostic or therapeutic services or quality improvement strategies
- ▶ compare activities on the basis of the outcomes produced (effectiveness) and resources consumed (costs)
- ▶ include data from real (not hypothetical) participants from studies which meet the quality criteria for other articles described above
- ▶ present results in terms of the incremental or additional costs and outcomes of one intervention over another
- ▶ include a sensitivity analysis when there is uncertainty in the estimates or imprecision in measurement.

In review articles, at least one article included in the review must meet the quality criteria for treatment, diagnosis,

prognosis, causation, and cost effectiveness studies described above. Review articles must also:

- ▶ clearly state the clinical topic
- ▶ describe sources and methods
- ▶ explicitly state inclusion and exclusion criteria for selecting articles.

Qualitative studies must meet the following criteria:

- ▶ the content must relate to how people feel or experience situations that relate to mental health care
- ▶ data collection methods must be appropriate for qualitative studies. (For example, unstructured interviews, semi-structured interviews, participant observation of people in natural settings, focus groups, review of documents or text).

SUMMARISING MATERIAL

Relevant articles which meet these criteria are summarised using a structured abstract. Articles are reviewed by experts in the field who provide commentaries describing the context of the article, methodological problems that may affect interpretation, and recommendations for clinical application. If you are interested in writing an expert commentary, please contact Alan Lovell (alan.lovell@bazian.com).