

Contents

1. Learning to Apply Research: Why Bother?	1
<i>What Is Research (and Why Should I Care)?</i>	2
<i>We Are All Researchers</i>	5
<i>False Dichotomies and False Beliefs</i>	7
<i>Purpose and Philosophy of This Book</i>	9
<i>Assumptions</i>	10
<i>Conclusion</i>	11

PART I. RESEARCH FOUNDATIONS

2. Measurement	15
<i>The Basics of Measurement</i>	16
<i>Application</i>	28
3. Internal Validity and Experiments	31
<i>The Basics of Internal Validity and Experiments</i>	32
<i>Application</i>	40
4. External Validity and Sampling	43
<i>The Basics of External Validity and Sampling</i>	44
<i>Application</i>	50
5. Survey Research	53
<i>The Basics of Survey Research</i>	54
<i>Application</i>	63

6. Qualitative Research	65
<i>The Basics of Qualitative Research</i>	66
<i>Application</i>	77
7. Miscellaneous Research Designs	81
<i>A Potpourri of Research Designs</i>	82
<i>Application</i>	93
8. Ethics and Values in Research	98
<i>Ethical Considerations in Research</i>	99
<i>Values in Research</i>	103
<i>Application</i>	104
9. Descriptive Statistics	107
<i>The Basics of Descriptive Statistics</i>	108
<i>Application</i>	113
10. Inferential Bivariate Statistics	115
<i>The Basics of Inferential Statistics</i>	116
<i>Application</i>	124
11. A Beginner's Guide to Multivariate Statistics	128
<i>The Fundamentals of Multivariate Statistics</i>	128
<i>Application</i>	138

PART II. EVIDENCE-BASED PRACTICE

12. What Is an Evidence-Based Approach?	145
<i>A Brief History of Evidence-Based Practice</i>	146
<i>Overview of the Evidence-Based Practice Steps: The Five A's</i>	147
<i>Conclusion</i>	154
13. Ask and Acquire: Creating Questions and Conducting a Search	155
<i>Defining the Purpose of the Search</i>	155
<i>Framing the Question Using Keywords</i>	158
<i>Different Types of Sources</i>	159
<i>Knowing Where to Look</i>	161
<i>Expanding, Narrowing, and Ending Your Search</i>	165
<i>Conclusion</i>	167

14. Appraise: Reading and Evaluating Research Articles and Systematic Reviews	168
<i>Reading a Single Research Study</i>	169
<i>Evaluating the Quality of a Study</i>	172
<i>Can Indirect Indicators of Quality Be Used?</i>	174
<i>Reading and Evaluating a Systematic Review</i>	178
<i>Where to Find Systematic Reviews</i>	180
<i>Case Illustrations of Using a Single Study and Systematic Reviews</i>	180
<i>Conclusion</i>	182
15. Apply I: Translating Research Findings into Clinical Practice	183
<i>Factors That Predict Therapy Effectiveness</i>	
<i>Besides the Specific Treatment Model</i>	184
<i>"How Does My Client Compare to the Samples upon Which the Research Was Conducted?"</i>	184
<i>"How Will I Know If It Works in the Real World?"</i>	186
<i>"How Do I Learn about an Approach That Has Support?"</i>	187
<i>"Can I Adapt a Treatment for My Particular Client or Clinical Style?"</i>	188
<i>"How Should I Combine Evidence-Based Treatments on Multiple Problems in One Client or Multiple Clients in a Family?"</i>	190
<i>Conclusion</i>	192
16. Apply II: Utilizing Couple and Family Therapy Research in Clinical Practice	193
<i>Why Family- and Couple-Based Treatments Matter</i>	196
<i>Utilizing Evidence-Based Treatments in Family Therapy</i>	197
<i>Remember Client Context When Applying Evidence-Based Treatments</i>	205
<i>Conclusion</i>	206
17. Apply III: How to Talk to Clients about an Evidence-Based Approach	207
<i>The Shared Decision-Making Model</i>	208
<i>Shared Decision Making in Family Therapy</i>	209
<i>The Benefits of Shared Decision Making</i>	211
<i>When and How Much Should You Educate Clients about EBPs?</i>	212
<i>Factors Influencing Shared Decision Making</i>	213

<i>How to Talk to Families and Larger Systems about EBP</i>	215
<i>Conclusion</i>	216
18. Analyze and Adjust: Evaluating Your Clinical Work	217
<i>Evaluating Therapy Process</i>	218
<i>Evaluating Therapy Outcomes</i>	221
<i>Case Example</i>	225
<i>Client-Focused Progress Research for Family Therapists</i>	226
<i>Conclusion</i>	228
19. The Future of Evidence-Based Practice:	229
Looking into the Crystal Ball	
<i>The Influence of the Federal Government</i>	230
<i>Pay-for-Performance Incentives</i>	233
<i>Mining Electronic Medical Records for Trends and Evidence</i>	234
<i>The Influence of Payers</i>	234
<i>The Role of Educators</i>	235
<i>The Role of Professional Organizations</i>	238
<i>The Influence of the Internet on Clinicians and Consumers</i>	240
<i>Conclusion</i>	242
Appendix I. Evidence-Based Practice	245
Pocket Guide (the Five A's)	
Appendix II. Guide to Evaluating Research Studies	247
Appendix III. Evidence-Based Practice Resources	253
Glossary	257
References	271
Index	289