

# 心理治疗的常规结果监测和临床反馈：最新进展和未来方向

## Routine Outcome Monitoring and Clinical Feedback in Psychotherapy: Recent Advances and Future Directions

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**【摘要】** 在过去的十年中，与心理治疗中标准化患者数据的常规收集和积极使用相关的研究有所增加。研究越来越关注患者的个性化护理、调节治疗结果的临床技能和干预措施以及实施策略，所有这些似乎都能增强 ROM（译者注：常规结果监测）和反馈的有益效果。在本文中，我们总结了该主题的研究趋势和最新进展，并确定了该领域中短期的几个基本方向。我们预计研究范围将从关注平均效果转向更具体地关注什么类型的反馈、在什么时间提供、在什么环境下对哪些个人最有利。我们还建议该领域需要关注健康公平问题，确保 ROM 能够成为提高最需要者福祉的工具。精神卫生保健系统的复杂性意味着可能存在多种可行的测量解决方案，对于不同治疗背景下的不同利益相关者来说，其成本和收益各不相同，并且需要进行研究来确定每种背景下最有影响力的组成部分。

**【关键词】** 常规结果监测；心理治疗；临床反馈；基于监测的护理

**[Abstract]** In the past decade, there has been an increase in research related to the routine collection and active use of standardized patient data in psychotherapy. Research has increasingly focused on personalization of care to patients, clinical skills and interventions that modulate treatment outcomes, and implementation strategies, all of which appear to enhance the beneficial effects of ROM and feedback. In this article, we summarize trends and recent advances in the research on this topic and identify several essential directions for the field in the short to medium term. We anticipate a broadening of

research from the focus on average effects to greater specificity around what kinds of feedback, provided at what time, to which individuals, in what settings, are most beneficial. We also propose that the field needs to focus on issues of health equity, ensuring that ROM can be a vehicle for increased wellbeing for those who need it most. The complexity of mental healthcare systems means that there may be multiple viable measurement solutions with varying costs and benefits to diverse stakeholders in different treatment contexts, and research is needed to identify the most influential components in each of these contexts.

**[Key words]** Routine outcome measurement; Psychotherapy; Clinical feedback; Measurement-based care

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