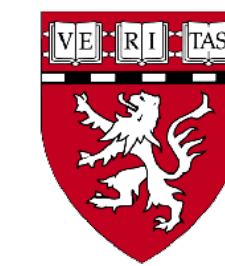


# TREATING PTSD: EVIDENCE & OPPORTUNITIES FOR INNOVATION

Dr. Luana Marques



MASSACHUSETTS  
GENERAL HOSPITAL

PSYCHIATRY ACADEMY

Neither I nor my spouse/partner has a relevant financial relationship with a commercial interest to disclose



# AGENDA



WHY: THE GAP



HOW: BRIDGING THE GAP



WHAT: A STUDY IMPLEMENTING  
COGNITIVE PROCESSING THERAPY



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# Boston, MASSACHUSETTS TTS



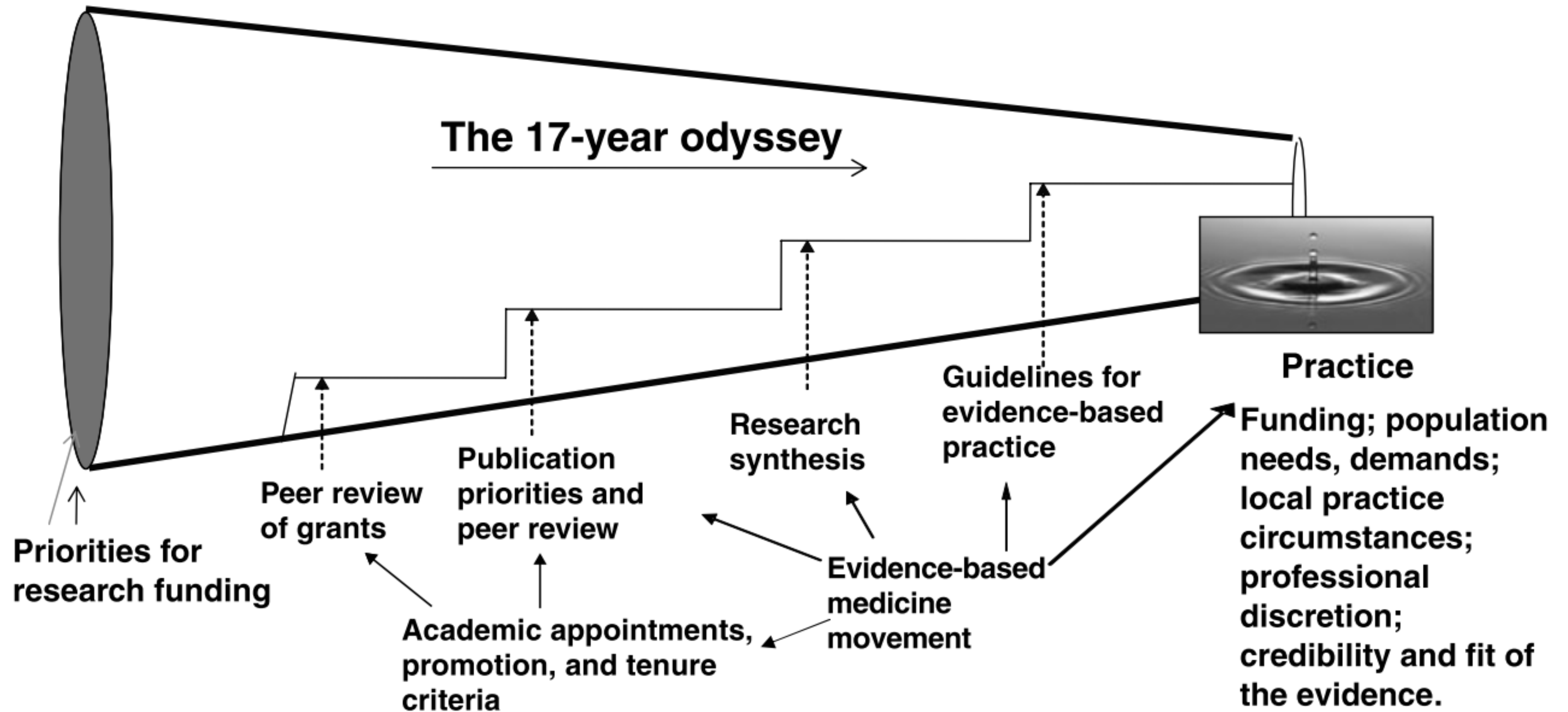
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Chelsea,  
MASSACHUSETTS  
TTS

# The Science-Practice Gap



# The Science-Practice Gap

17 YEARS



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AMONG THOSE WITH  
PTSD

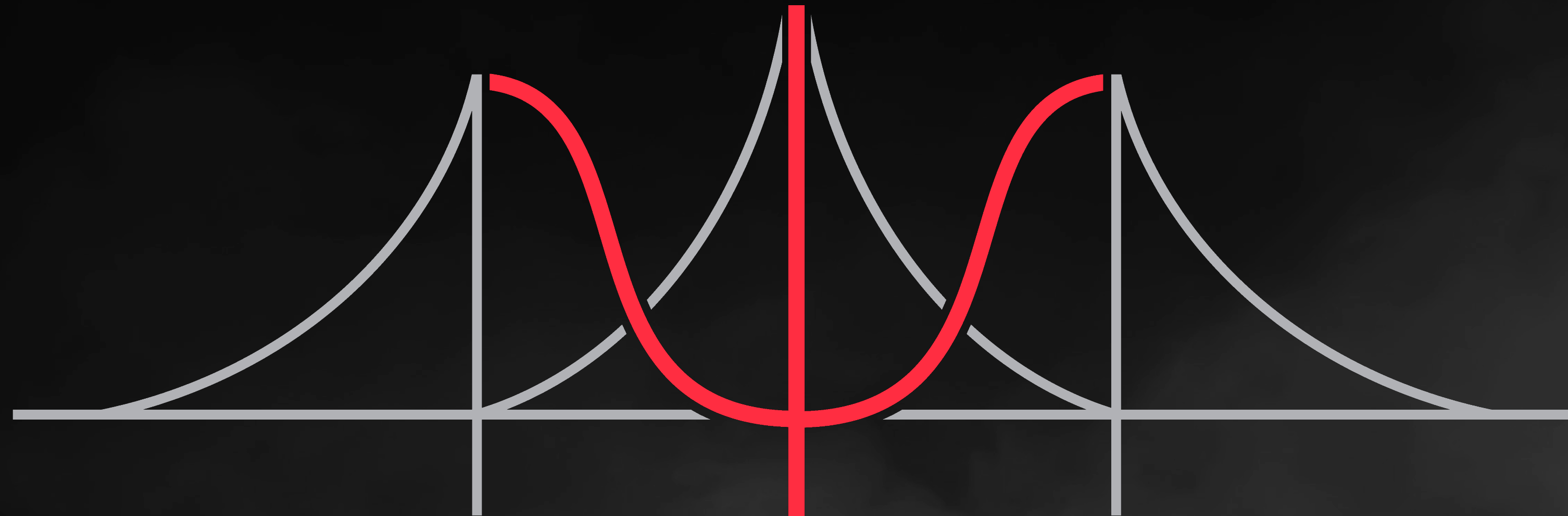
1/4

DON'T  
RECEIVE  
NEEDED



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# Community Psychiatry PRIDE

Program for Research in Implementation & Dissemination of Evidence-Based Treatments



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# AGENDA



WHY: THE GAP



HOW: BRIDGING THE GAP



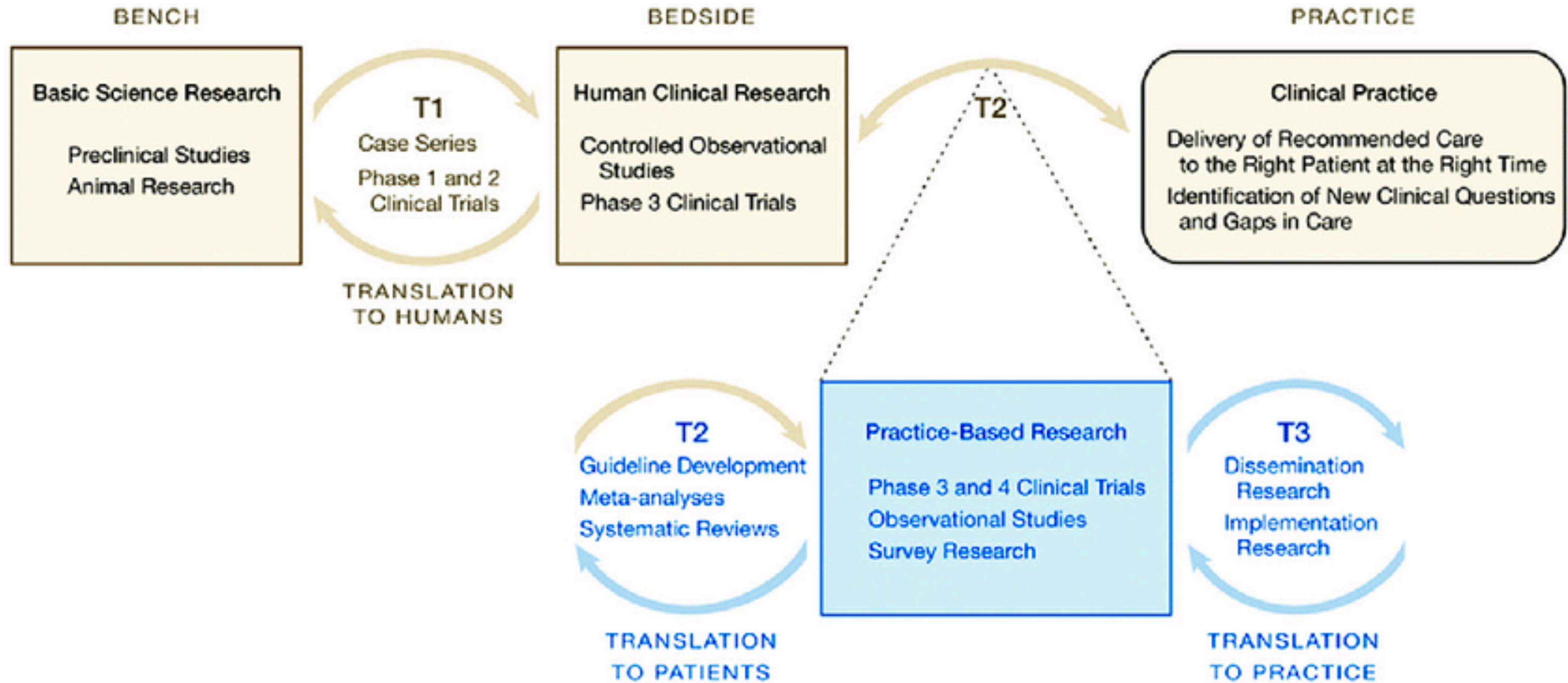
WHAT: A STUDY IMPLEMENTING  
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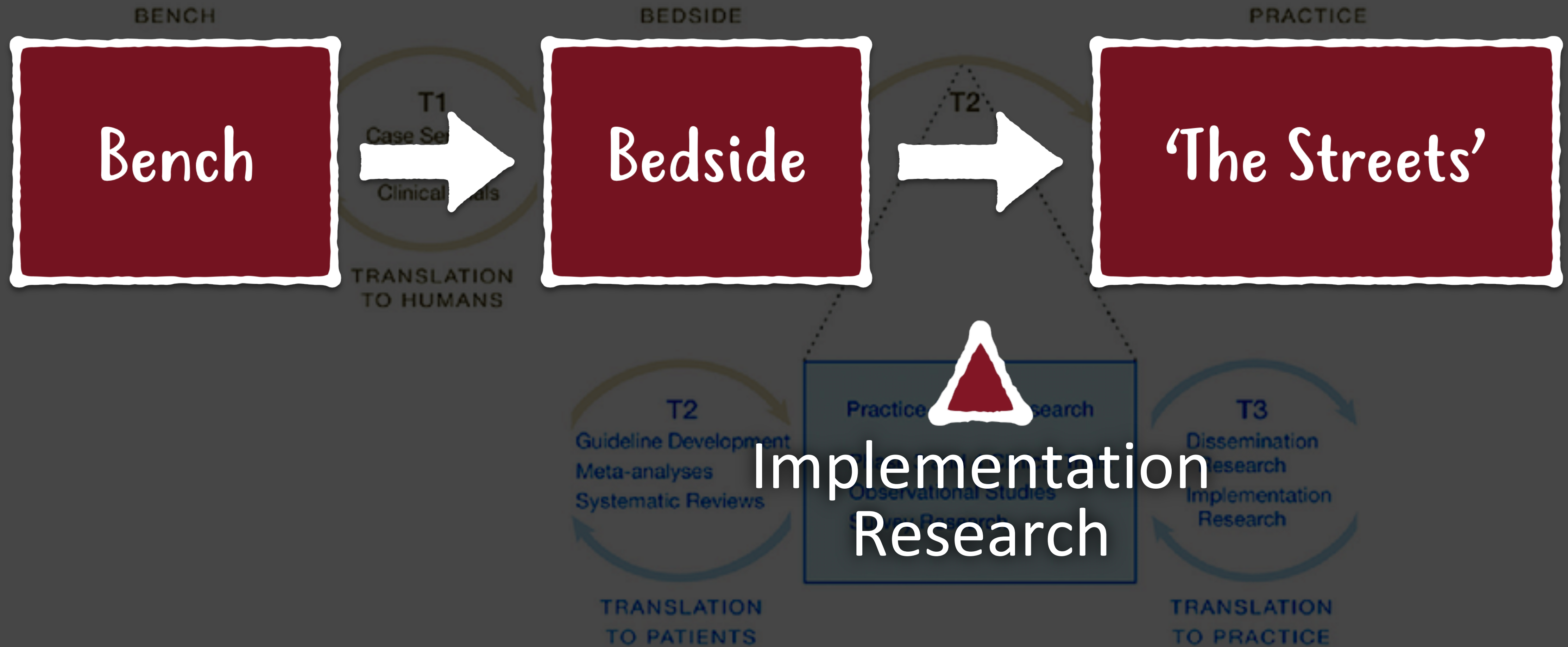
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# Implementation Science



# Implementation Science





**Theory**

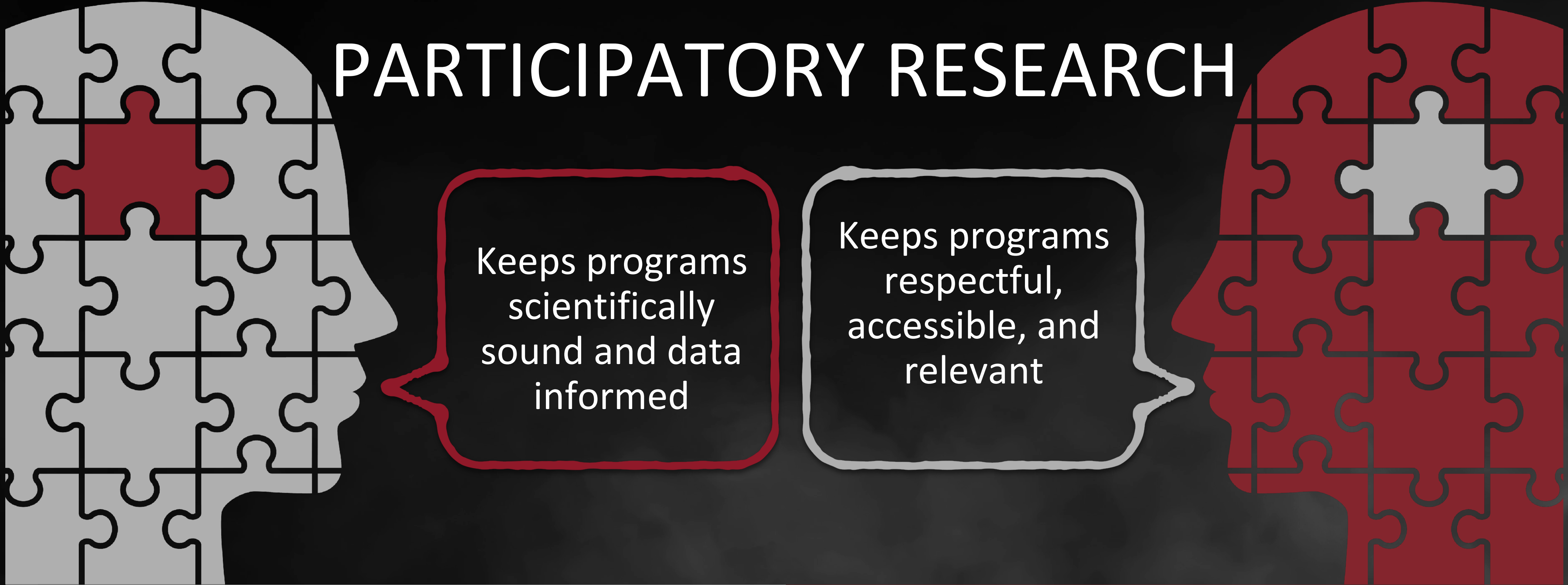
**Problem**



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# COMMUNITY BASED PARTICIPATORY RESEARCH



Keeps programs  
scientifically  
sound and data  
informed

Keeps programs  
respectful,  
accessible, and  
relevant

Research Partner

Community Partner



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Engaging  
Voices at  
Every  
Level



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# AGENDA



WHY: THE GAP



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WHAT: A STUDY IMPLEMENTING  
COGNITIVE PROCESSING THERAPY



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**63.9%** of patients are  
Hispanic

**43%** of patients are  
Spanish-speaking

**80%** of patients  
report a traumatic  
event

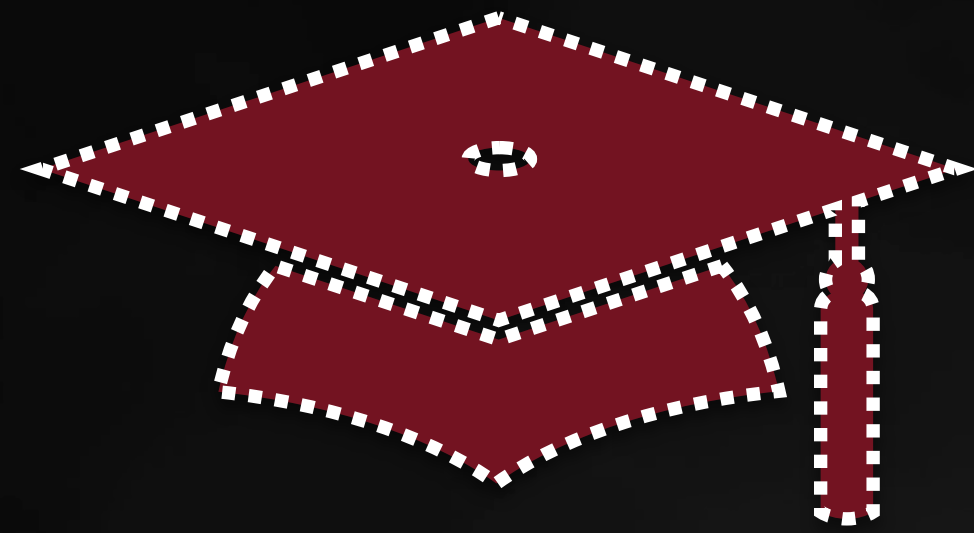
Chelsea,  
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TTS



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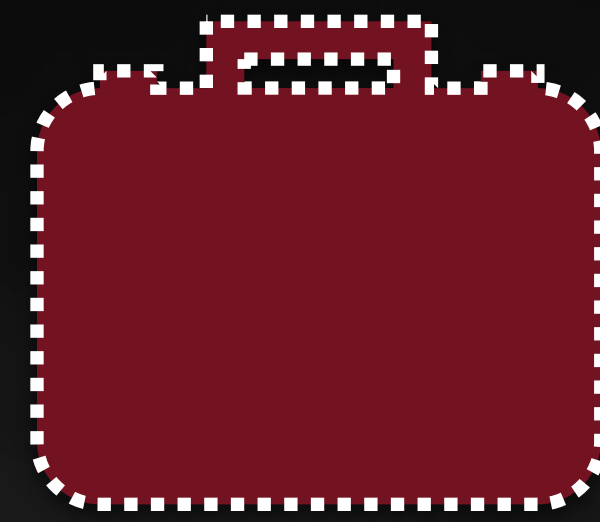
PSYCHIATRY ACADEMY

# THE REALITY OF THE COMMUNITY



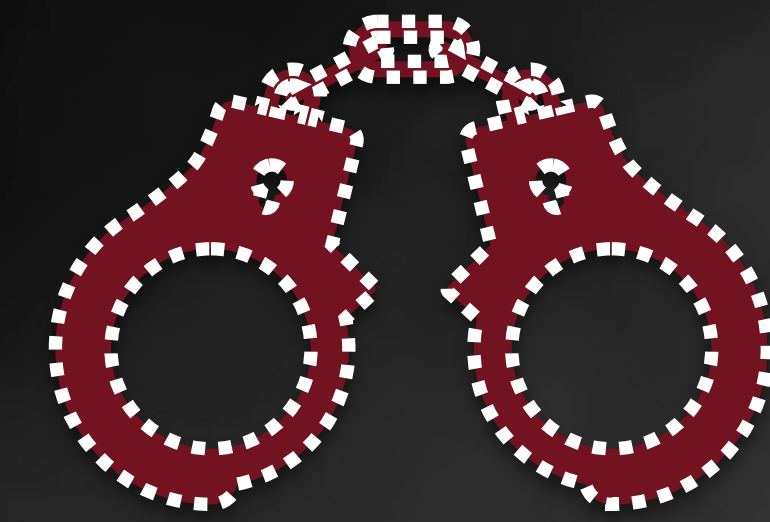
28%

lower graduation rate  
than the MA average



22%

Unemployment  
rate in May 2020



78%

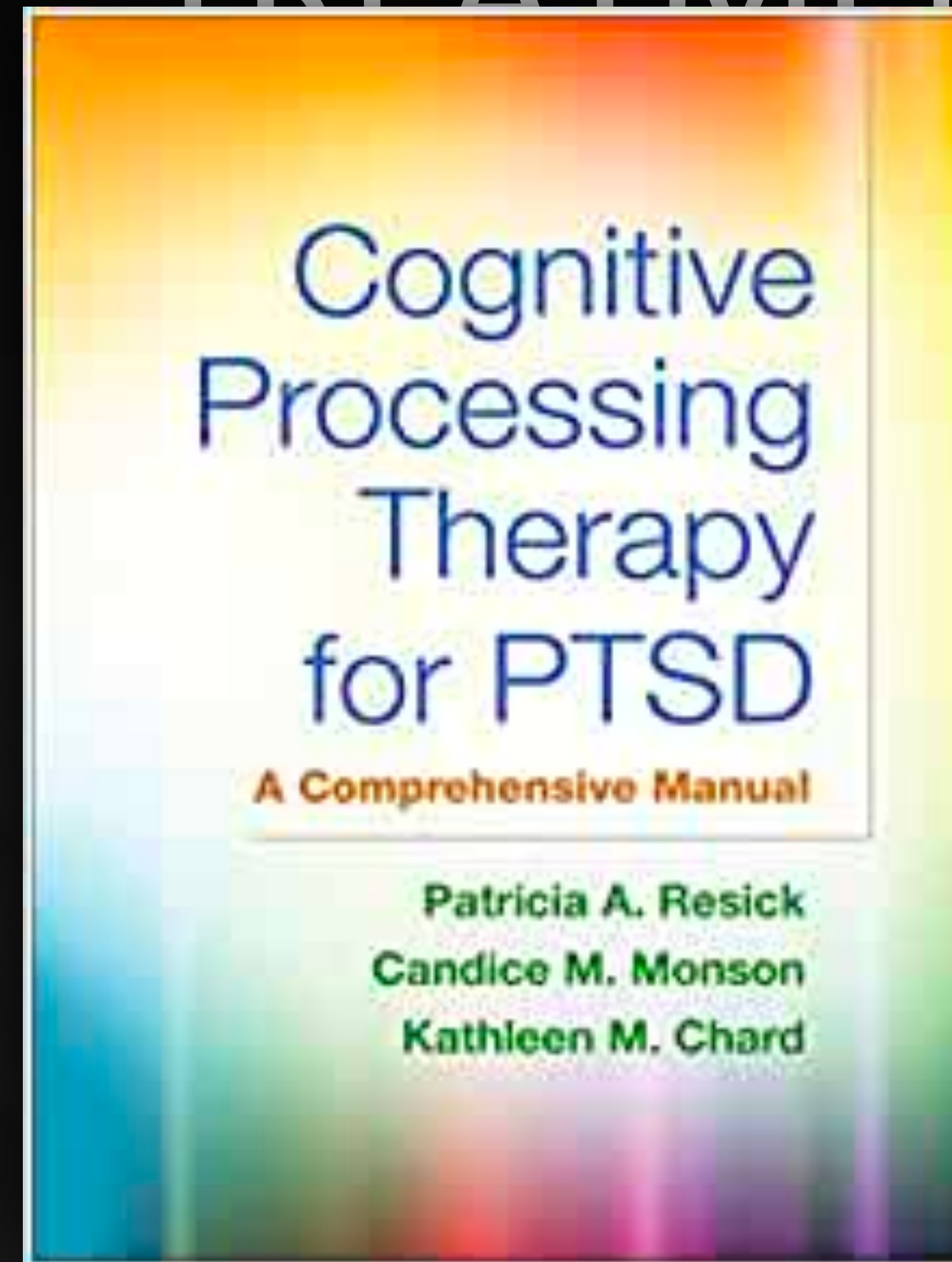
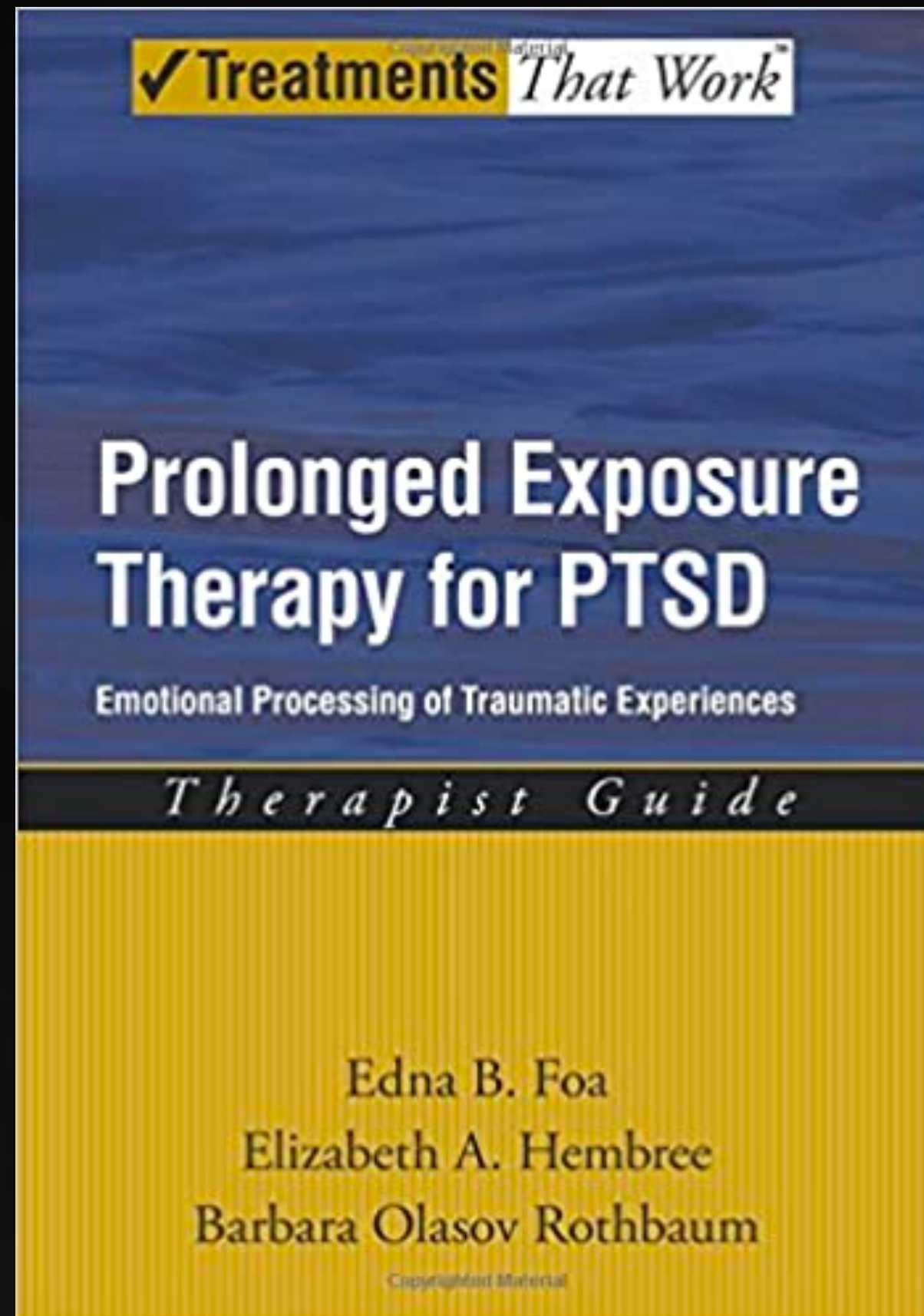
Higher rate of violent  
crime than the US  
average



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# LIMITED USE OF EVIDENCE-BASED TREATMENTS



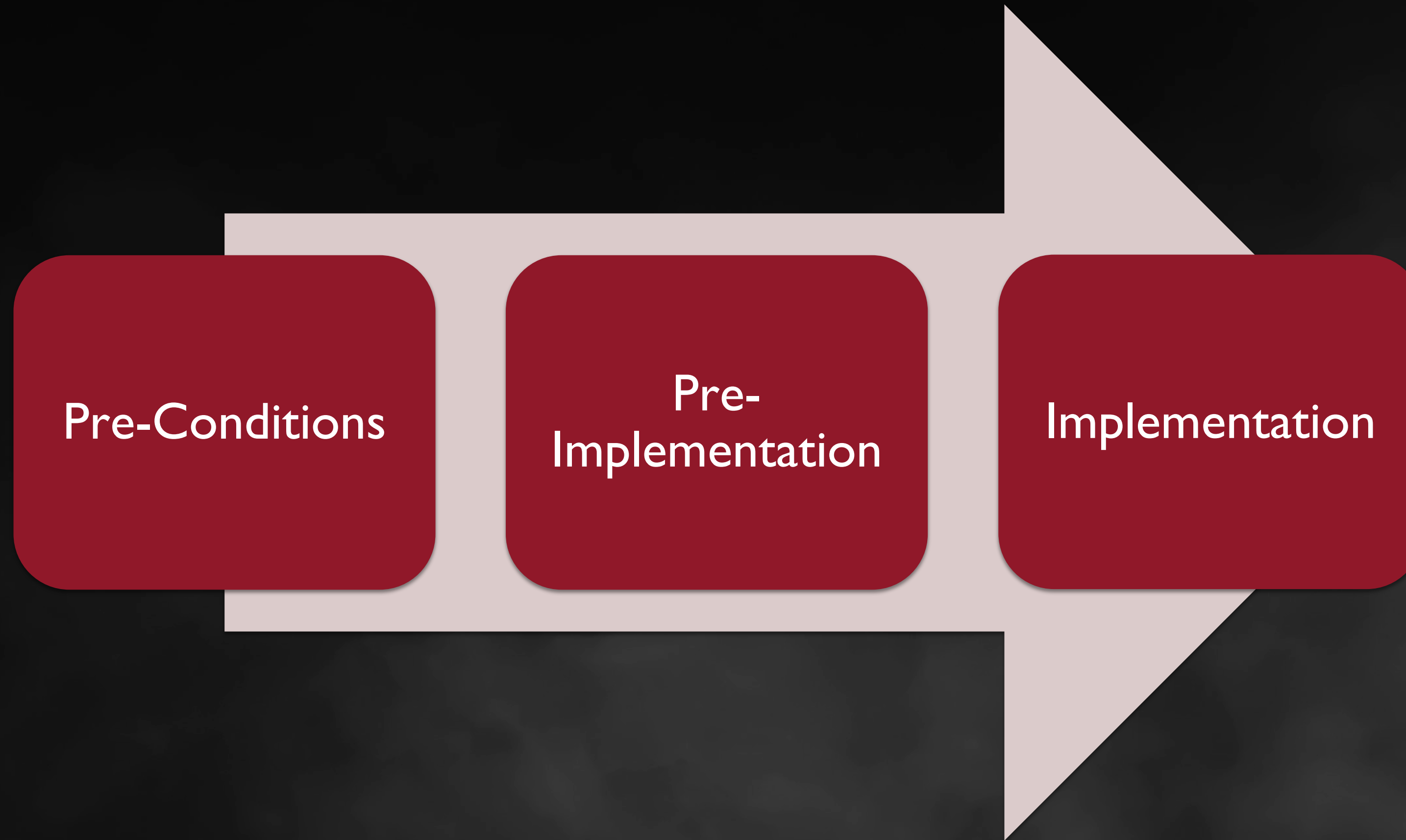
MIN  
D  
THE  
GAP



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**Implementation Process:**  
Replicating Effective Programs (REP) Framework



**Formative Evaluation:**  
Organization, Provider, Patient



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**Variables:**  
CFIR

**Implementation Process:**  
Replicating Effective Programs (REP) Framework

Define the  
Variables in the  
REP

Pre-Conditions

Pre-  
Implementation

Implementation

**Formative Evaluation:**  
Organization, Provider, Patient



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PSYCHIATRY ACADEMY

**Variables:**  
CFIR

**Implementation Process:**  
Replicating Effective Programs (REP) Framework

**Outcomes:**  
Proctor

Define the  
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REP

Pre-Conditions

Pre-  
Implementation

Implementation

Implementation  
and client  
outcomes

**Formative Evaluation:**  
Organization, Provider, Patient



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# Providers' Perspectives of Factors Influencing Implementation of Evidence-Based Treatments in a Community Mental Health Setting: A Qualitative Investigation of the Training–Practice Gap

Luana Marques

Massachusetts General Hospital, Boston, Massachusetts and  
Harvard Medical School

Louise Dixon

University of California, Los Angeles

Sarah E. Valentine, Christina P. C. Borba,  
and Naomi M. Simon

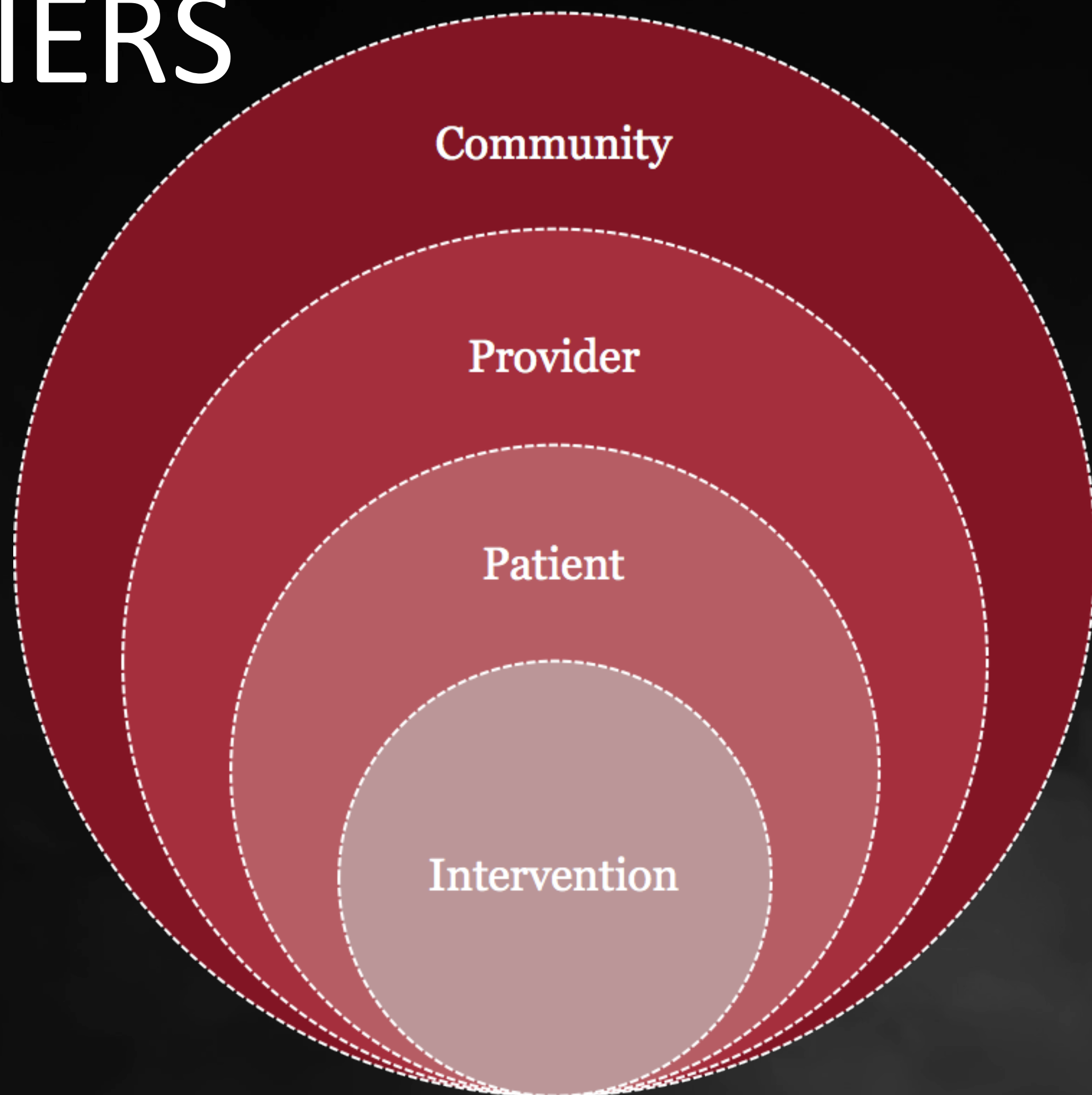
Massachusetts General Hospital, Boston, Massachusetts and  
Harvard Medical School

Shannon Wiltsey Stirman

U.S. Department of Veterans Affairs, Palo Alto, California and  
Stanford University



# BARRIERS



## Community

- Poverty
- Ongoing violence
- Stigma

## Provider

- Misconception of EBTs
- Anxiety/avoidance
- Burnout

## Patient

- Immediate needs
- Stigma
- Cognitive limitations

## Intervention

- Time-limited
- Non-personalized
- Time consuming to learn



**Variables:**  
CFIR

**Implementation Process:**  
Replicating Effective Programs (REP) Framework

**Outcomes:**  
Proctor

Define the  
Variables in the  
REP

Pre-Conditions

Pre-  
Implementation

Implementation

Implementation  
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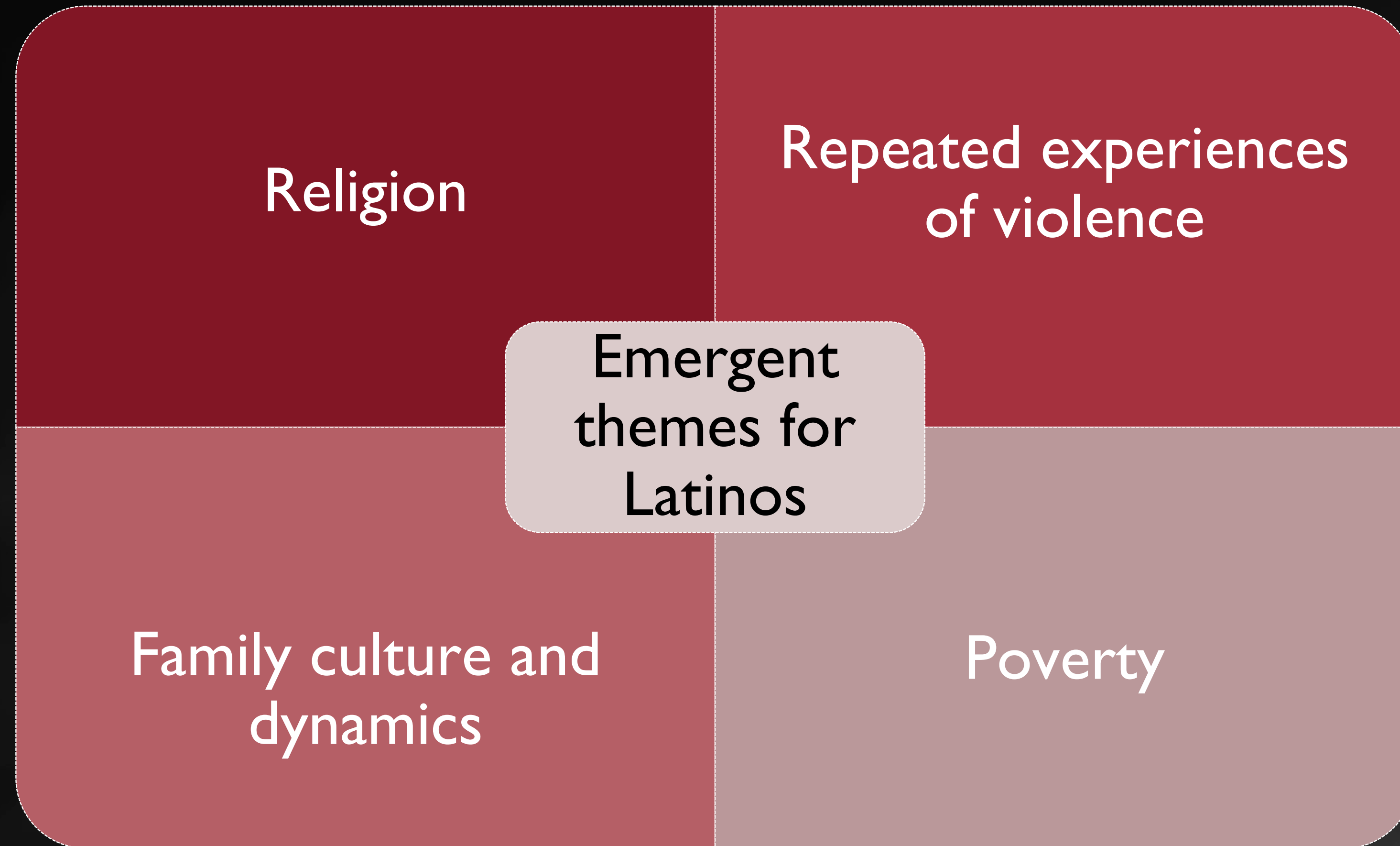
**Formative Evaluation:**  
Organization, Provider, Patient



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# PILOT TESTING CPT



# ITERATIVE REFINEMENT: CULTURAL ADAPTATION

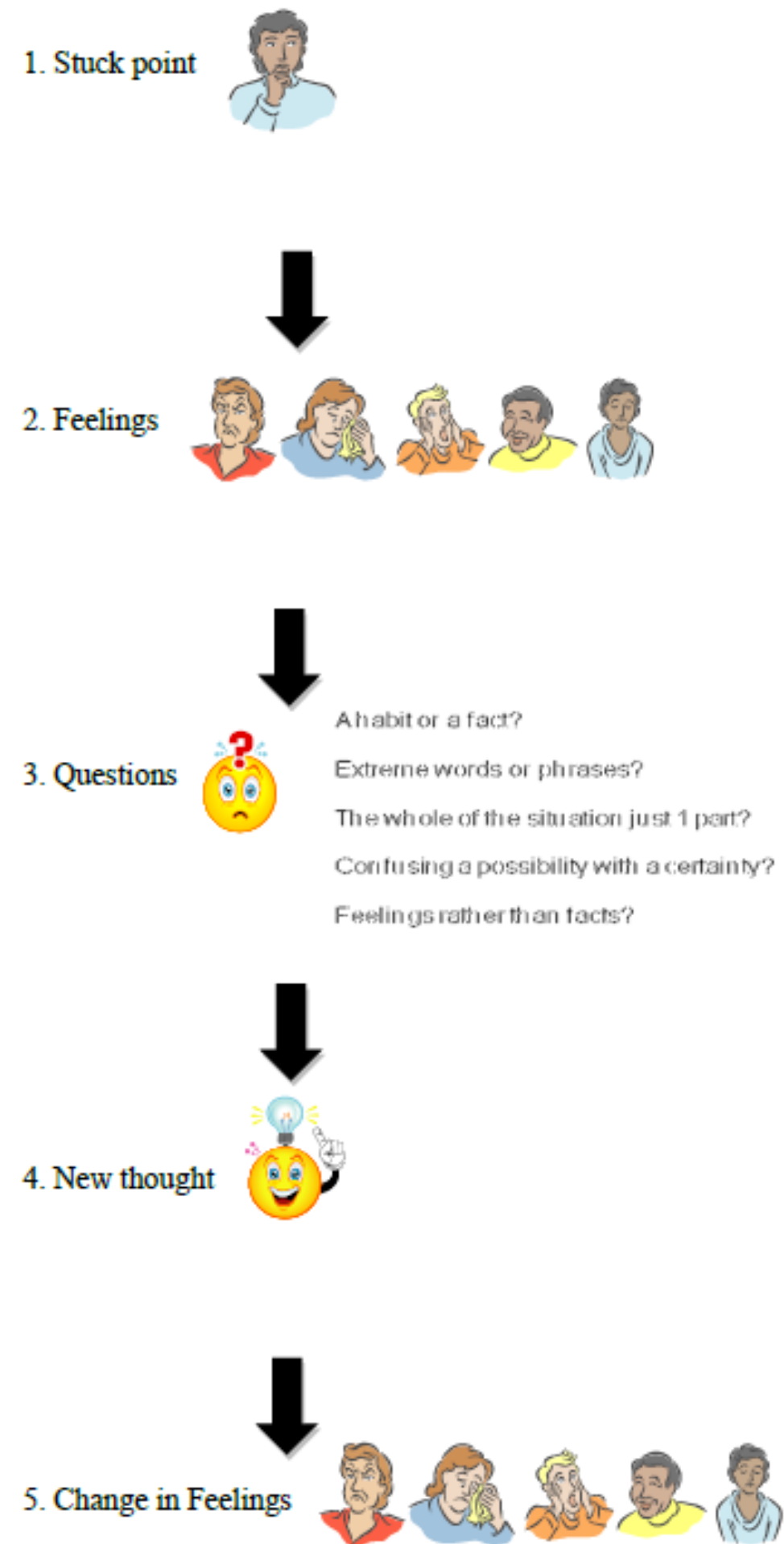


## Challenging Beliefs Worksheet

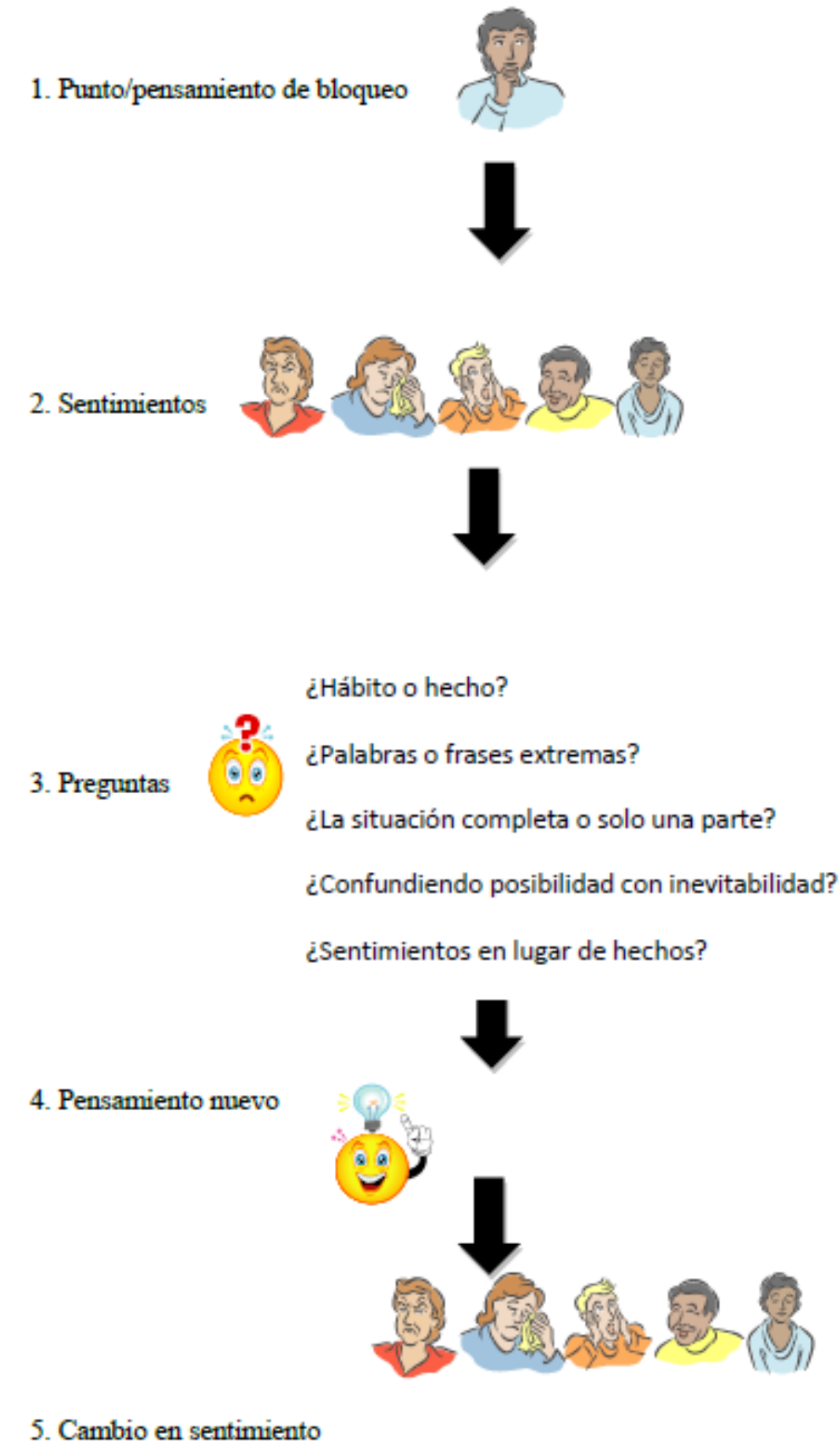
A. Situation	B. Thought/Stuck Point	D. Challenging Thoughts	E. Problematic Patterns	F. Alternative Thought(s)
Describe the event, thought or belief leading to the unpleasant emotion(s).	Write thought/stuck point related to Column A. Rate belief in each thought/stuck point below from 0-100% (How much do you believe this thought?)	Use Challenging Questions to examine your automatic thought from Column B.  Consider if the thought is balanced and factual or extreme.	Use the Patterns of Problematic Thinking Worksheet to decide if this is one of your problematic patterns of thinking.	What else can I say instead of Column B? How else can I interpret the event instead of Column B?  Rate belief in alternative thought(s) from 0-100%
	<div style="background-color: black; color: white; text-align: center; padding: 2px;"><b>C. Emotion(s)</b></div> Specify sad, angry, etc., and rate how strongly you feel each emotion from 0-100%	Evidence For?  Evidence Against?  Habit or fact?  Not including all information?  All or none?  Extreme or exaggerated?  Focused on just one piece?  Source dependable?  Confusing possible with likely?  Based on feelings or facts?  Focused on unrelated parts?	Jumping to conclusions:  Exaggerating or minimizing:  Ignoring important parts:  Oversimplifying:  Over-generalizing:  Mind reading:  Emotional reasoning:	<div style="background-color: black; color: white; text-align: center; padding: 2px;"><b>G. Re-rate Old Thought/Stuck Point</b></div> Re-rate how much you now believe the thought/stuck point in Column B from 0-100%  <div style="background-color: black; color: white; text-align: center; padding: 2px;"><b>H. Emotion(s)</b></div> Now what do you feel? 0-100%



### Changing Beliefs and Feelings Skill



### Cambiando creencias y sentimientos



**Variables:**  
CFIR

**Implementation Process:**  
Replicating Effective Programs (REP) Framework

**Outcomes:**  
Proctor

Define the  
Variables in the  
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Implementation

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Implementation  
and client  
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**Formative Evaluation:**  
Organization, Provider, Patient



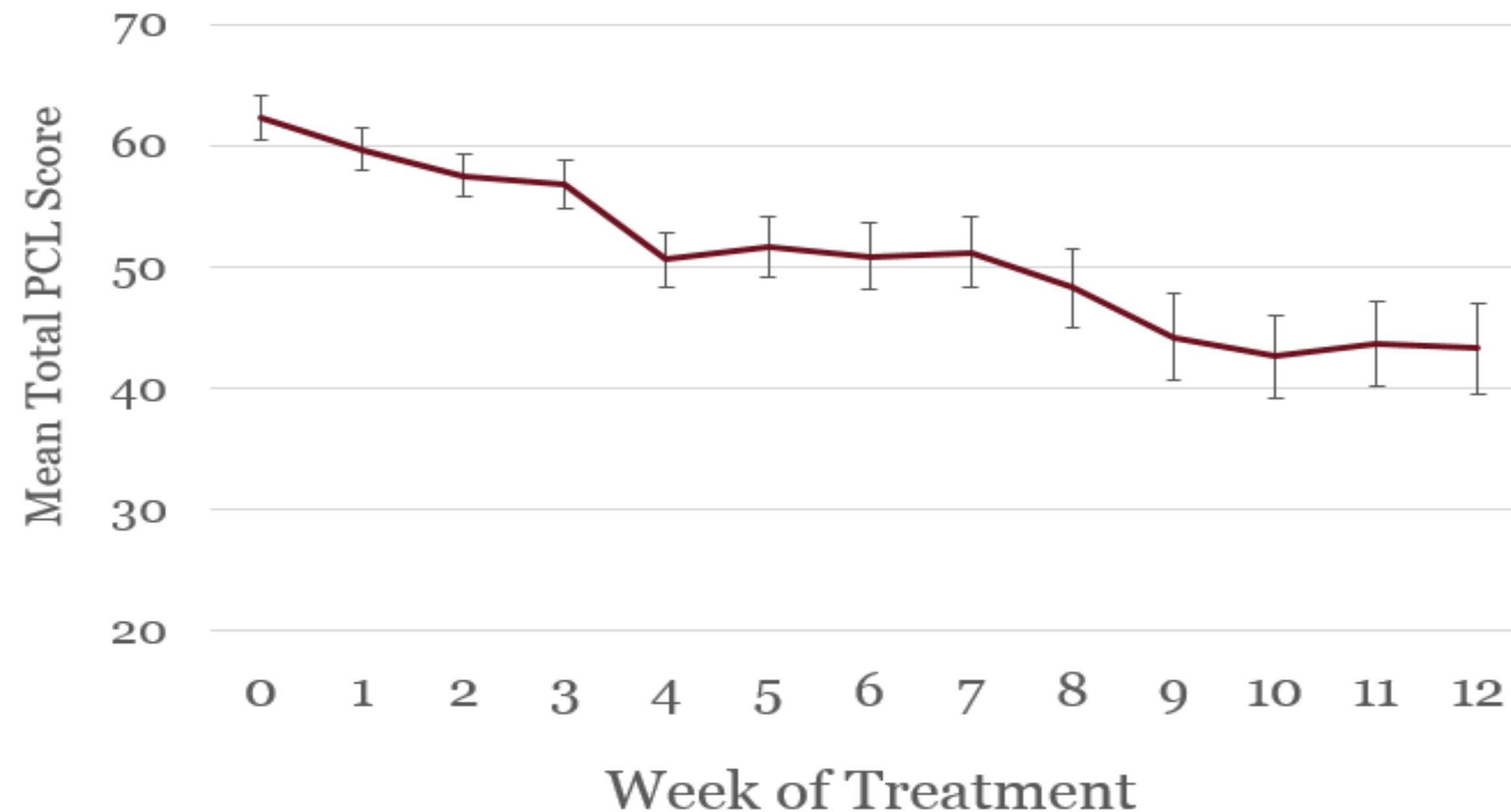
# PATIENT-LEVEL OUTCOMES

## Results

### Patient Level Outcomes

Of patients attending session 12, 50% lost their provisional PTSD diagnosis

Mean Total PCL Scores by Week of Treatment



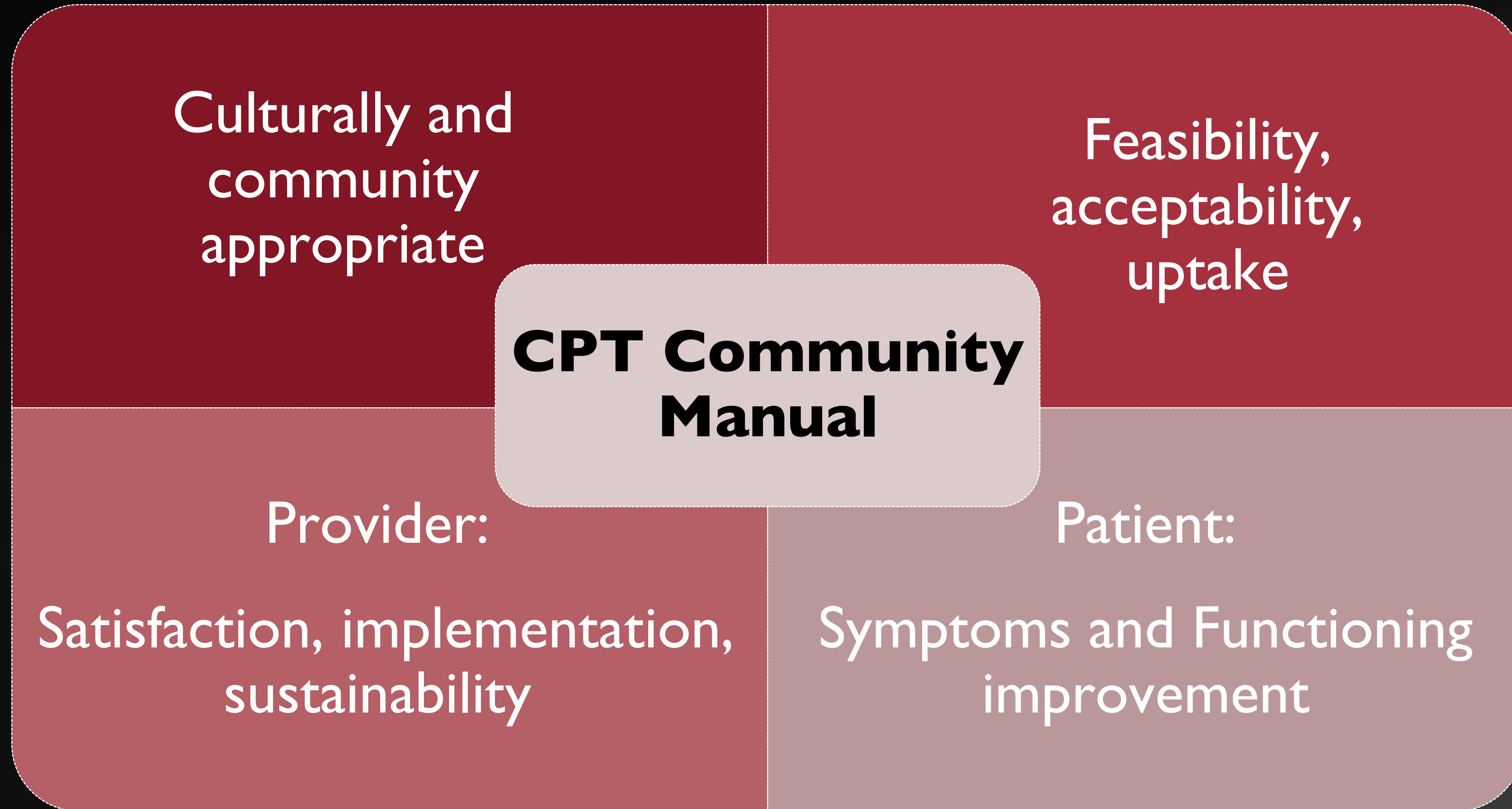
# PROVIDER MODIFICATIONS

Fidelity-  
Consistent  
Modifications

Reductions in  
depressive  
symptoms and PTSD



# FINAL PRODUCT



# THANK YOU

Dr. Luana Marques



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