

## Clinical decision making in routine care for people with a diagnosis of severe mental illness (CEDAR) Study – A Summary

**CEDAR** is an EU-funded study being carried out across 6 European countries (Denmark, Germany, Hungary, Italy, Switzerland and UK). It is a two-phase study, investigating the quality and scope of clinical decisions made in the routine care of people with a diagnosis of severe mental illness (SMI). We want to improve understanding of the experience of clinical decision making (CDM) from both clinician and service-user perspectives. We want to know whether this varies over time and type of decision, and if it is positively related to positive treatment outcome for people with SMI. The study's goal is to improve the provision of mental health care to promote self-management and empowerment in mental health care practice. We are now in **Phase 2** of the study.

### **Phase 1 – Instrument Development**

Three brief measures were developed to assess CDM style (CDMS), CDM process (CDRC), and CDM involvement and satisfaction (CDIS), from both service user and clinician perspectives. The UK was responsible for developing the CDIS measure (and Germany the CDMS and CDRC measures). The CDIS development involved:

1. **Focus Groups (1 with service users, 1 with clinicians)** – To gather thoughts and views on involvement and satisfaction with CDM to inform instrument development.
2. **Pilot Study (10 service users and paired clinicians)** – To trial the newly developed CDIS measure.
3. **Focus Groups (1 with service users, 1 with clinicians)** – To validate the English translation of the CDRC and CDMS measures.

### **Phase 2 – Prospective Observational Study**

The observational study is now taking place across the 6 European countries. It is looking at the decision-making processes, therapeutic relationship, and clinical outcome with an eye to recovery via bi-monthly assessments with service users and their paired clinicians over a one year period. 92 service users and their paired clinicians are being recruited from Croydon services.

#### ***Staff Involvement;***

- Identifying appropriate service users to take part in the study.
- Completing TAG assessment for each service user identified.
- Completing assessments at baseline and one year later.
- Completing brief bi-monthly assessments.

#### ***Service User Involvement;***

- Interview at baseline and one year later about CDM.
- Completing brief bi-monthly assessments.

If you have any questions about the **CEDAR** project please contact one of the researchers on the project:

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