

Quality Appraisal Tool for Narrative Exposure Therapy (NET-QA)

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Background

Narrative Exposure Therapy (NET) is an evidence based trauma focused intervention for individuals who have experienced multiple complex traumas (Schauer et al., 2005) and can be delivered in the context of major social uncertainty such as refugee camps. The ABUHB trauma pathway are considering whether and how NET can be implemented in services. However, whilst exploring the literature it became apparent that there are inconsistencies in the quality and descriptions of methodology within NET research, making implementation strategy a challenge. Quality appraisal tools are helpful to evaluate interventions (Al-Jundi & Sakka, 2017) and to draw comparisons across studies.

Objectives

To design and trial a Quality Appraisal Tool for use with NET interventions.

To use this tool to evaluate a sample of studies.

Method

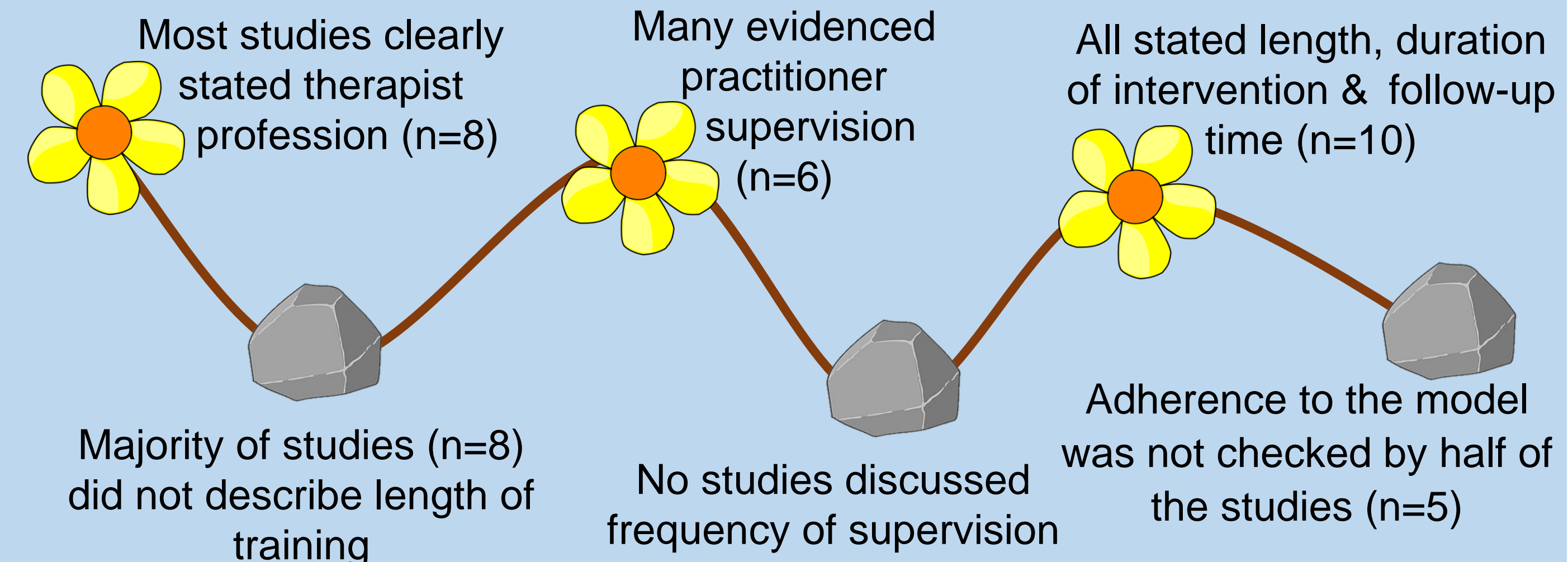
1. A Quality Appraisal Tool was developed, capturing relevant details regarding the implementation of NET.

2. 10 papers were randomly selected from a clinically driven literature review and were evaluated using the tool.

Study and citation:	Yes	No	Unsure
1. Was it clear who was carrying out the intervention? <i>Was the individual a mental health professional or a paraprofessional?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Notes:	Notes:	
2. Was the length of the practitioner training clearly stated? <i>How long was the training?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3. Was it evidenced that there was appropriate practitioner supervision? <i>What was the frequency of the supervision?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Notes:	Notes:	
4. Was there adherence to the model checked? <i>Independently? By whom?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Notes:	Notes:	
5. Core components of NET: <i>Is the assessment clearly stated? Clinical interview? Measures?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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6. Core components of NET: <i>Is the psychoeducation clearly stated? Details?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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7. Core components of NET: <i>Is the lifeline clearly stated?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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8. Core components of NET: <i>Are the pebbles/flowers/sticks clearly stated? Adaptations?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Notes:	Notes:	
9. Core components of NET: <i>Is the processing/exposure clearly stated? Cognitive, physical, links between now and past?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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10. Core components of NET: <i>Is the write-up and presenting of the event after each processing clearly stated? Method? Translator? Signed?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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11. Core components of NET: <i>Did participants receive a written biography at the end?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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12. Was the duration of session clearly stated? <i>What was the duration?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Notes:	Notes:	
13. Were adaptations clearly described? <i>If yes, detail. If no adaptations, leave blank.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Notes:	Notes:	
14. Was the length of intervention stated? <i>How long was the intervention?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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15. Was there a follow-up? <i>How many months?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Notes:	Notes:	
16. Was it stated where the study took place? <i>Online? Geographic location? Inpatient? Outpatient?</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Notes:	Notes:	
17. Was it clear whether the intervention was in a group or individual?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Notes:	Notes:	Notes:	

Project Results

	Neuner et al. (2010)	Dittmann et al. (2011)	Hensel-Dittmann (2020)	Park et al. (2020)	Kangaslampi (2019)	Peltonen & Kangaslampi (2019)	Crombach & Elbert (2015)	Robljant et al. (2019)	Hermenau et al. (2011)	Lely et al. (2019)	Kaltenbach et al. (2021)	Thorp (2018)	Morkved & Thorp (2018)
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Conclusions

1. The NET-QA was an effective tool for comparing interventions in the NET literature. The authors propose that researchers should use this tool to improve the quality and consistency within future research into the effectiveness of NET, with the aim of expanding its effective implementation in existing healthcare systems.
2. Results from this pilot of the NET-QA indicated that overall, there were inconsistencies in the amount of detail given for length of practitioner training, supervision for practitioners, frequency of supervision and whether the intervention was checked for adherence to the model. However, the literature consistently explained intervention length, duration and the time of the follow-up.

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