

Checklist of Key Implementation Processes for Psychological Treatments

From: Singla, Kohrt, Patel, et al., *Annu Rev Clin Psychol.* 2017. 13:149–81
Psychological Treatments for the World: Lessons from Low- and Middle-Income Countries

To overcome problems with limited information on elements and implementation of mental health services in LMIC, it is recommended that authors of trials systematically report the following details of service delivery:

1 Where?

- Treatment setting(s)
- Rationale for the setting(s)
- Barriers and facilitators related to the setting(s)

2 What?

- Theoretical orientation
- Treatment class
- Treatment components
 - ➔ Specific elements
 - ➔ Nonspecific elements
 - ➔ In-session techniques
- Description of adaptations for specific context or target group

3 Who?

Delivery agent

- Who delivered the treatment?
- Selection criteria
- Rationale for the selection
- Demographics: age, gender, experience
- Barriers and facilitators related to the choice of delivery agent
- Compensation for the delivery agent
- Certification processes

Expert

- What, if any, was the role (or were the roles) of the expert specialist?

4 How?

Training

- Who conducted training?
- How long was the of training? (no. hours)
- What was the format of the training? (eg., didactics, practice, apprenticeship model)
- What were the procedures for assessing competence?

Supervision

- Who conducted supervision?
- What was the format of the supervision?
 - ➔ In-person or remote
 - ➔ Group versus individual
- What supervision methods were used? (eg., case reviews)

Treatment characteristics

- How was treatment delivered? (what format?)
 - ➔ In-person or remote
 - ➔ Group versus individual
- How long was the treatment? (intended duration versus actual)
- How many sessions?
 - ➔ Intended versus actual
 - ➔ Minimum and maximum
 - ➔ Booster sessions
- How long were the sessions?
 - ➔ Intended versus actual
 - ➔ Minimum and maximum
- Were sessions delivered in a temporal sequence?
- Was the treatment manualized? (provide URL)
- How was the quality of therapy assessed?
- What is the number or percentage of individuals who completed the entire treatment package?