

## Evidence-Based Practice

### The five critical steps of EBP (Irwin, 2005)

1. Convert the need for information into an answerable question
2. Identify the best evidence with which to answer that question
3. Critically appraise the evidence
4. Apply the results of this appraisal in clinical practice
5. Evaluate your performance

### Checklist of questions for determining the validity and importance of evidence from treatment studies (Tompkins and Lustig, 2001)

- Are convincing rationales and hypotheses provided?
- Are the research questions answerable?
- Do the participants represent the group(s) they are meant to represent?
- Are participants sufficiently described for assessing the believability, replicability, and generality of the results?
- Are procedures, conditions, and variables adequately described?
- Are procedures, conditions, and variables reliable and valid?
- Is the behavior sample adequate?
- Are precautions taken to reduce potential, even unknowing bias, on the part of the participant and the examiner? (appropriate blinding)
- Are the data interpreted appropriately?
- Are maintenance and generalization programmed into and probed in the study?
- Are individual participant characteristics related to the reported outcomes?
- Is there some attempt to evaluate the clinical meaningfulness or importance of changes attributed to the experimental manipulation?