

Dear colleague,

the next Bergen biostatistical seminar will be given by:

Arne Kodal, Department of Clinical Medicine, University of Bergen

Wednesday 20 Jun 2018, 11.00-12.00

Title: Advances in Research Designs for Evidence-Based Practice: The Use of Stepped Care and SMART designs (Sequential Multiple Assignment Randomized Trials) in the Treatment of Anxiety Disorders in Youth

Abstract:

Based on the requirement of Evidence-Based Practice in the field of anxiety treatment in youth, treatment approaches have predominantly been investigated within the framework of Randomized Controlled Trials (RCT). Treatments have commonly been examined as fixed interventions, in which a pre-determined manualized treatment is held up against a comparative group. However, recent calls have been made for the use of more adaptive interventions that are more tailored to the specific youth. An ordinary RCT is not suited to develop and provide sufficient evidence to support adaptive treatment interventions. A Sequential Multiple Assignment Randomized Trial (SMART) provides one avenue of research, which does allow for the development and research into adaptive interventions. Furthermore, the efficient use of treatment resources to meet the many and varying needs of youth with anxiety disorders is a perpetual issue. The use of Stepped Care has been proposed as a viable solution, which attempts to balance resource usage up against patient response. Currently, the evidence to support this approach is lacking. Stepped Care can be examined within a SMART design and can also inform the adaption of treatment. SMART methodology and Stepped Care is applicable to field of youth anxiety disorders but are easily transferable to many other fields of treatment research with human subjects. Specific examples of these methods in the research on anxiety disorders in youth are provided.

Place: Centre for Clinical Research, Armauer Hansen's House, Haukeland University Hospital, Bergen (room 337 "Bjørgvin").

The seminar is open for everyone interested.

Hopefully, a free lunch will be served after the seminar. Please notify kkf@helse-vest.no within **Friday 15 Jun 12.00** if you will join us for the lunch.

Welcome!

Geir Egil Eide
Centre for Clinical Research
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