



# **Khiron House Annual CORE Outcomes Report 2020**

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**Independent Data report prepared by CORE IMS**

**February 2020**

**A final report for clients recorded in CORE Net not included from previous annual reports**

## The Final Cohort

To be included in the report, clients were required to have a 'Closed' status to indicate the completion or cessation of treatment. Last session dates were recorded to be in 2016 (1); 2017 (1); 2018 (6) and 2019 (2). It was confirmed that none of the clients included in this brief report had been included as clients in previous years reports and were therefore unique inclusions herein. One client attended initially as an outpatient and then subsequently as an in-patient.

### Gender

Overall female to male gender ratio was (8:1) which is more skewed towards an over-representation to female clients than previous years

Table 1: Proportion of gender and inpatient/outpatient status

	All	Inpatient Only	Outpatient Only	Both
Female	8	2	6	0
Male	1	0	1	0
Not Specified	1	0	1	0
Total	10	2	8	0

### Proportion of clients above/below cut-off pre-therapy

8 of the 9 clients were above the clinical cut-off (CORE-Outcome Measure (OM) score of 10) at intake, with 1 clients (10%) reported as below clinical cut-off.

### CORE OM Severity Profiles

8 of the 9 clients had a valid pre-therapy CORE outcome measure completed. The average intake CORE score was 24, which was similar to previous year profiles. This falls at the top end of the *Moderate-to-Severe* CORE severity banding (Barkham et al., 2010), with 7 cases rated as *Moderate* or above.

Table 2: Pre-therapy CORE assessment profile

Simple Score Range	Clinical Category	N	%	Cum %
0 to 5	<i>Healthy</i>	1	10	10%
6 to 9	<i>Low</i>	0	0	10%
10 to 14	<i>Mild</i>	1	10	20%
15 to 19	<i>Moderate</i>	2	20	40%
20 to 24	<i>Moderate-to-Severe</i>	1	10	50%
25 to 40	<i>Severe</i>	5	50	100%

- Note the inclusion of one client as both an outpatient and an inpatient increasing the total number of recorded pre-therapy assessment scores to 10.

## CORE Outcome Profiles

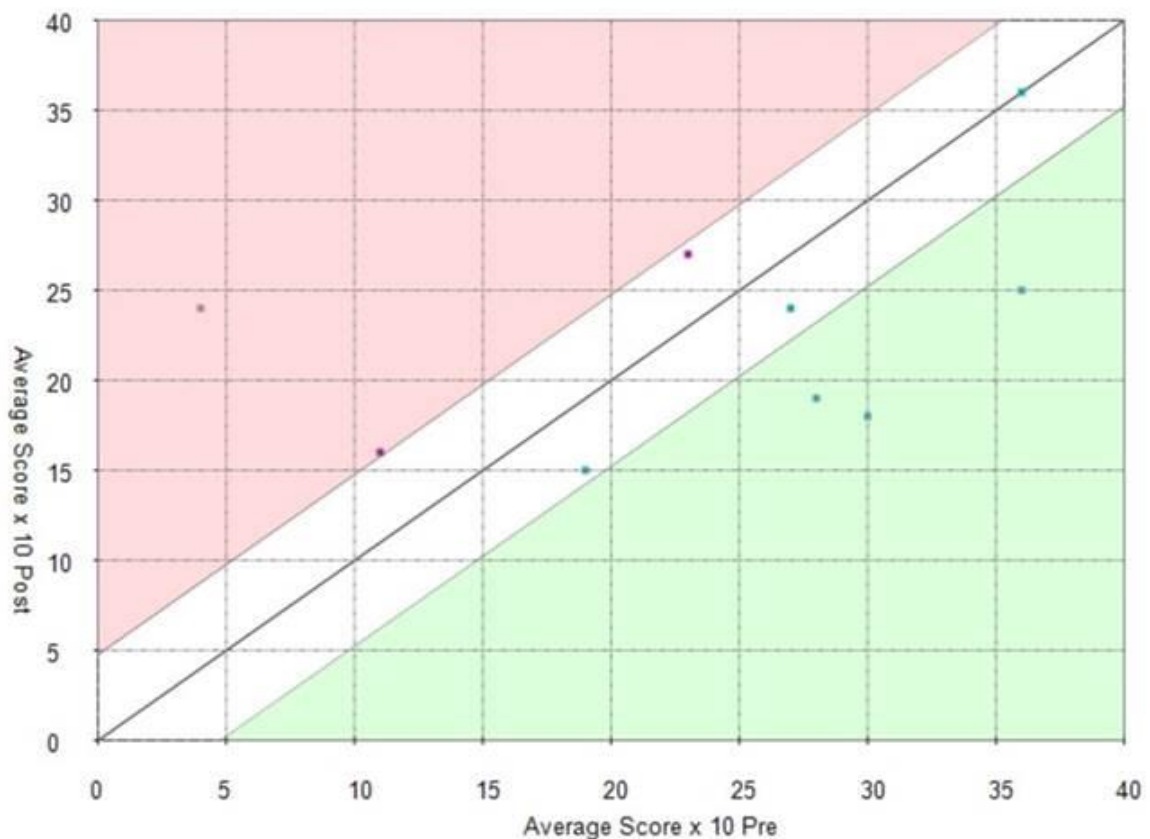
The improvement figures of 33% benchmarks lower than published secondary care comparators of 54% (e.g. Barkham et al., 2001) and lower than previous year client cohorts.

Table 5: Recovery and improvement rates

Clinical Outcomes	N	%	Cum %
Reliable AND clinically significant change (e.g. recovery)	0	0%	0%
Reliable Improvement	3	33%	33%
No reliable change	4	44%	77%
Deterioration	2	22%	99%

Plotting outcomes on a scatter plot helps profile individual change profiles. Clients in the green area meet the criteria for improvement (n=3), clients in the white area of the diagonal tramlines meet the criteria for no reliable change (n=4), clients in the pink area meet the criteria for reliable deterioration (n=2).

Figure 1: Clients Outcomes 2020



## CORE IMS Systems Methodology

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As a leading outcome measure in UK clinical practice, the CORE-OM consists of 34-items designed to help measure psychological distress and change. Structurally, it taps the domains of subjective well-being (4 items), problems (12 items), life functioning (12 items), and risk (6 items: 4 risk to self items and 2 risk to others items). Particular features of the CORE-OM include a balance of high (18) and low (16) intensity items to capture a broader intensity of affect and impact, positive (8) and negatively keyed items (26), and items focusing on both risk to self and to others.

CORE-OM clinical scores are calculated as the mean of completed items multiplied by 10, so clinically meaningful differences are represented by whole numbers. Thus, scores and their respective change range between 0 to 40. The CORE-OM's recommended *clinical cutoff score* is 10 and helps discriminate between a clinical sample and a general population sample to facilitate the measurement of clinical *recovery*. A reliable change index of 5 points helps assess statistically significant change – and is termed *improvement*.

Operationally used for outcomes profiling, clients that have pre- and post-therapy (COREOM) scores that change by 5 or more points are considered (statistically) *improved*, whilst clients that have change scores of at least 5 points and final scores below the cut-off of 10 are deemed *recovered*.

The CORE-OM is complemented by a Therapy Assessment Form to help provide a standardised summary of the clients' presentation and an End of Therapy Form to help provide a summary of the treatment provided along with a summary of clinical outcomes from the practitioners' perspective. The full suite of measurement tools is collectively known as the CORE System.

To help collate CORE System data for rigorous independent analysis, Khiron House uses CORE Net as specialist software supporting CORE outcomes management across UK clinical practice.

For further information and access to resources, including the CORE IMS Systems benchmarks, please visit <http://www.coreims.co.uk/>