

## COMPLEMENTARY THERAPY EVALUATION (Jun 2016)

**Data Recorded from 151 clients engaged in complementary therapy services across all 5 WAVE Project Centres (Apr 2015 – Mar 2016)**

### **Measure Your Medical Outcome Profile (MYMOP)**

The MYMOP is a client-generated, or individualised, outcome questionnaire. It is problem-specific but includes general wellbeing. It is applicable to all clients who present with symptoms, and these can be physical, emotional or social. MYMOP is a validated assessment tool and has been employed in several published studies: *Paterson C.(1996); Paterson & Britten (2000)*

The MYMOP questionnaire is administered to all complementary therapy clients at initial consultation and is then re-administered at the completion of therapy in order to evaluate treatment outcomes.

A change in rating score on the MYMOP is clinically significant when it represents a change that is of importance to the individual client concerned. Using a seven point score such as MYMOP, the clinically minimal important difference for the change score is between 0.5-1.0. This means that any change below '0.5' does not represent a change of any importance to the client, and any change above '1' does. *[Guyatt GH, Juniper EF, Walter S, Griffith L, Goldstein RS. Interpreting treatment effects in randomised trials. British Medical Journal 1998;316:690-693.]*

Statistical analysis was completed to investigate treatment outcomes for client **Symptoms, Activities** and **General Wellbeing**. This analysis highlighted clinically significant outcomes for reduced symptom distress, improved capability to complete activities of daily living, and general client wellbeing.

**The analysis also determined a clinically significant improvement in the overall MYMOP profile of clients engaged in complementary therapy.** These results are presented in Table 1 and are in accordance with the positive client feedback recorded for the overall therapeutic process, relief of distress and improved coping skills.

Table 1: Clinical Statistics (Treatment Outcomes)

MYMOP SCORES	Before treatment	At follow-up	Change in score	
	Average	Average	Change	95% confidence interval
Symptom 1	5.2	2.96	2.24*	<b>Sig (2-tailed) .000*</b>
Symptom 2	4.8	2.83	1.97*	<b>Sig (2-tailed) .000*</b>
Activity	5.1	3.17	1.93*	<b>Sig (2-tailed) .000*</b>
Wellbeing	4.4	2.64	1.76*	<b>Sig (2-tailed) .000*</b>
MYMOP profile	4.90	2.91	1.99*	<b>Sig (2-tailed) .000*</b>

The analysis above highlights clinically significant improvement in client reported symptoms over the course of therapy (*Refer to Chart 1, pge 3*). This pattern of symptom reduction and relief from distress is similar to previous analysis completed in November 2014 and September 2015.

There is an increased positive effect evident in this analysis as highlighted by a significantly increased score change for the overall MYMOP profile (1.99\*).

This significant improvement is also evident in measures of ‘Activities of Daily Living’ (Refer to Chart 2, page 4), and self-reported measures of Wellbeing.

This positive impact of the WAVE Complementary Therapy service is also confirmed by the clinically significant improvement in the overall client MYMOP profile.

**Chart 1: Complementary Therapy - Client Reported Symptoms (MYMOP)**

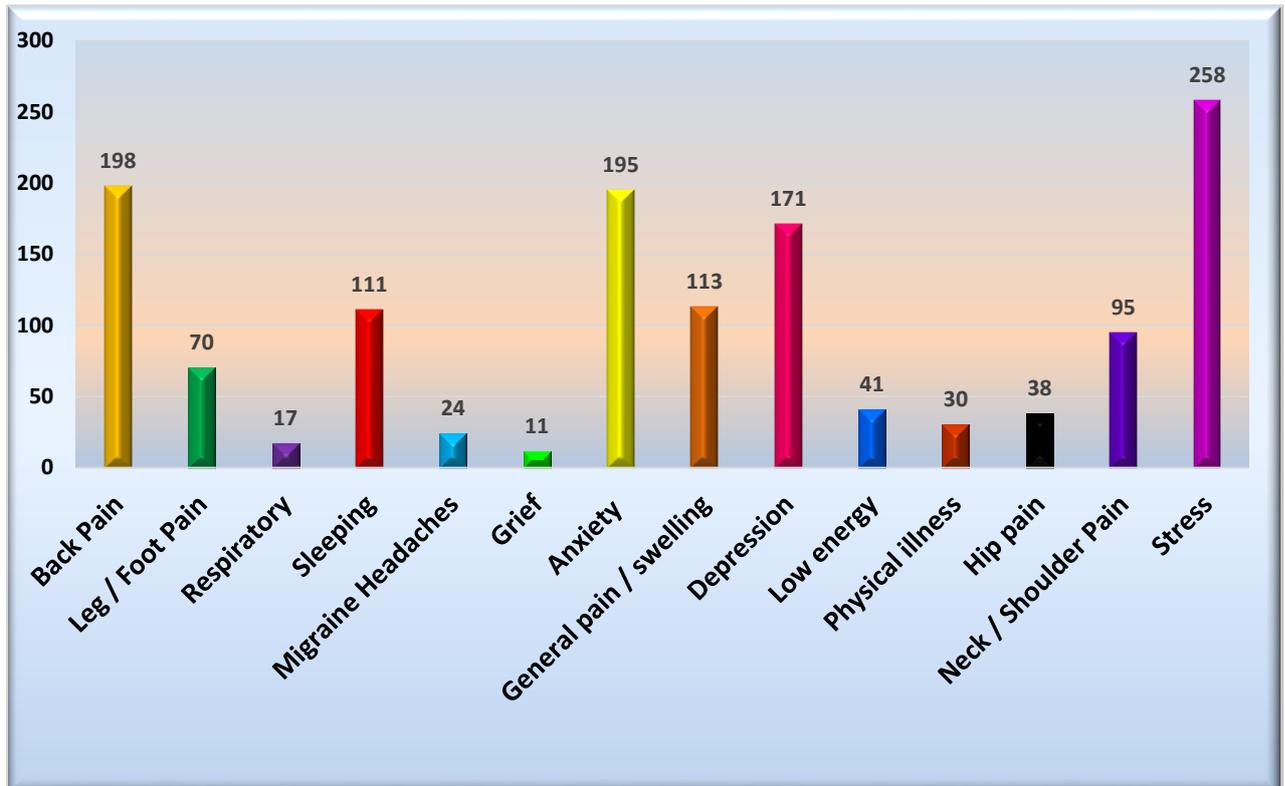


Chart 1 above represents a combination of client reported symptoms over the last three evaluations (Nov 2014 / Sep 2015 / Jun 2016). The most commonly reported symptoms of distress amongst our client group are ‘Stress’ (258 clients); ‘Back Pain’ (198); ‘Anxiety’ (195); and ‘Depression’ (171).

These results highlight the relationship between symptoms of psychological and physical distress and the important role of complementary therapy in relief from distress for both symptom areas.

Sleeping problems continue to be a commonly highlighted symptom by individuals receiving WAVE complementary therapy services. Physical pain is also a commonly reported symptom at various bodily sites (ie. back, head, neck/shoulder, general).

In combination, physical symptoms account for approximately 53% of all client reported symptoms.

**Chart 2: Complementary Therapy - Activities of Daily Living (MYMOP)**

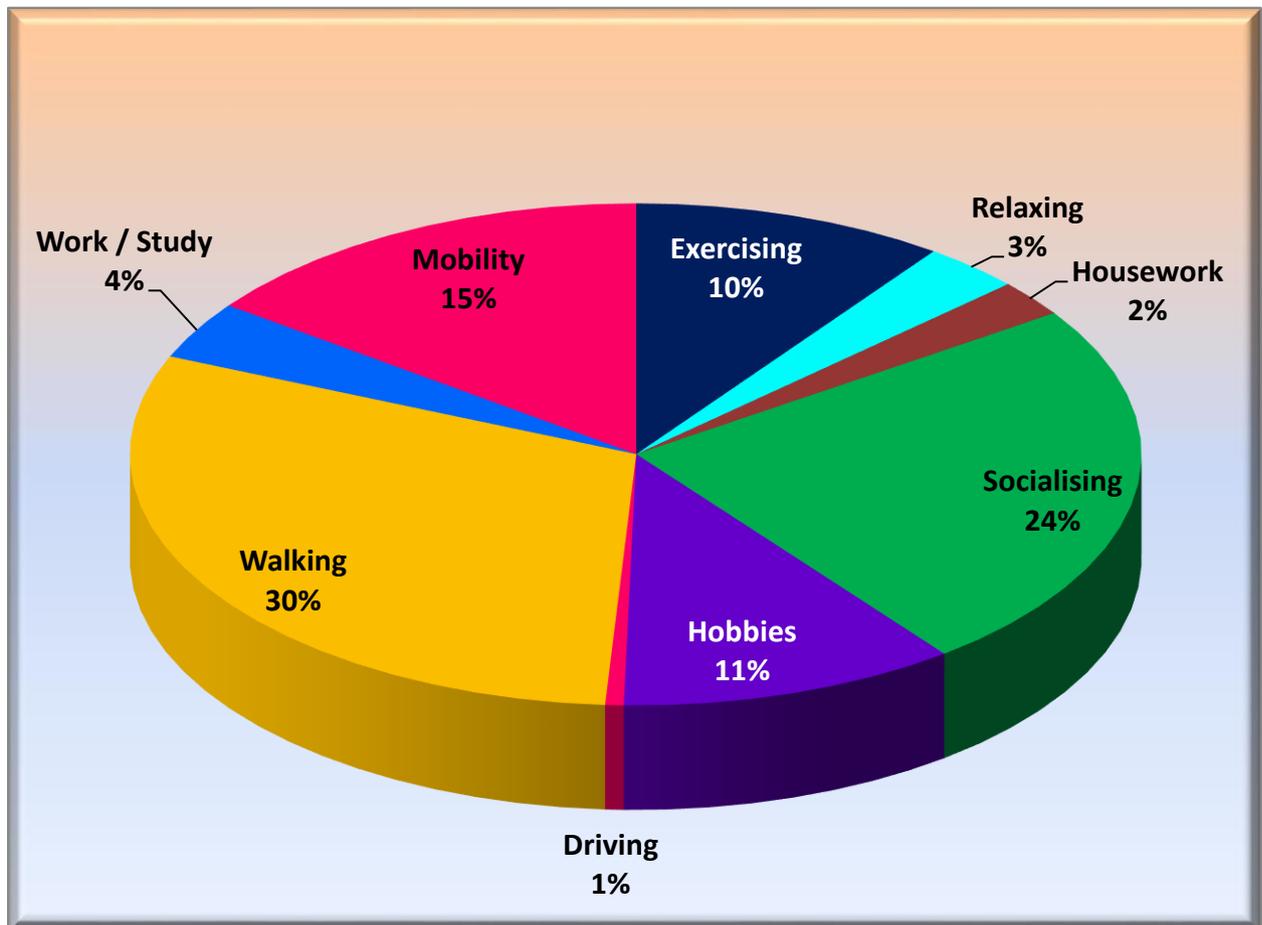


Chart 2 above illustrates the Activities of Daily Living that clients felt most restricted with participating in due to their symptoms. The most commonly reported symptoms continue to be associated with barriers to 'Walking,' 'Socialising' and 'Mobility.' This result is in accordance with previous analyses.

Therapy feedback analysis (MYMOP) indicated that a clinically significant number of clients were able to return to these activities or at least feel more comfortable when participating, as a result of therapy.

**References**

[Guyatt GH, Juniper EF, Walter S, Griffith L, Goldstein RS. *Interpreting treatment effects in randomised trials. British Medical Journal* 1998;316:690-693.]

Paterson C. *Measuring outcome in primary care: a patient-generated measure, MYMOP, compared to the SF-36 health survey. British Medical Journal* 1996; 312:1016-20

Paterson C, Britten N. *In pursuit of patient-centred outcomes: a qualitative evaluation of MYMOP, Measure Yourself Medical Outcome Profile. J Health Serv Res Policy* 2000;5:27-36.