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S03 – Employing Implementation Science Research to Enhance Access to Evidence-Based Mental Health Care: Lessons for Canada from Asia-Pacific Research Collaborations

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S03 – Employing Implementation Science Research to Enhance Access to Evidence-Based Mental Health Care: Lessons for Canada from Asia-Pacific Research Collaborations

Thursday, Oct. 19

10:45 – 11:45 (1 hr)

Meeting Room: Port Alberni (4th floor – North Tower)

Jill K. Murphy*, PhD; Raymond Lam, MD, FRCPC, FCAHS; Kenneth Fung, MD FRCPC MSc DFAPA D; Josephine Pui-Hing Wong, RN, BScN, MScN, PhD; Leena Chau, PhD (C); Jill Murphy, PhD, MA

CanMEDS Roles:

1. Scholar

At the end of this session, participants will be able to: 1) Understand the importance of implementation science (IS) for promoting uptake of evidence-based practice; 2) Understand the role that international collaborative research plays in knowledge exchange that is beneficial for Canadian clinicians and researchers; and 3) Understand how IS research can be employed in a practical way to mitigate barriers to evidence-based practice across several contexts.

Access to evidence-based mental health care is a global challenge, with the “know-do” gap, whereby research evidence is not translated into clinical practice and policy change, contributing to this disparity. Implementation science (IS) is the scientific study of methods, strategies, and processes that promote the adoption and sustained use of evidence-based practice (EBP). IS is recognized as essential to ensuring that research evidence leads to real-world improvements in the delivery of EBP, ultimately resulting in improved mental health outcomes.

In this symposium, we present findings from three IS studies based on collaborations between Canadian researchers and colleagues in the Asia-Pacific: Barriers and facilitators to the use of measurement-based care for depression in China and Canada; Implementing acceptance and commitment to empowerment (ACE) to improve student mental health in Jinan, China, and; Fidelity and adaptation testing of a digital depression intervention in Vietnam: a mixed-methods implementation study. The findings from these studies include, as follows: 1) barriers and facilitators of the uptake of standard and technology-enhanced measurement-based care for depression among clinicians and patients in China and Canada, 2) the use of an established IS framework (RE-AIM) to overcome several implementation challenges in the context of the pandemic, and 3) considerations for balancing fidelity with flexibility when adapting intervention cross-culturally and from in-person to digital delivery. Drawing on these findings, we will reflect on lessons learned for the Canadian context, recognizing that IS research evidence from other contexts has great potential to inform improved uptake of EBP in Canada.

References:

1. Murphy JK, Maulik PK, Dobson K, et al. Advancing implementation science measurement for global mental health research. *Can J Psychiatry* 2022;67(6):428–431.
2. Chambers DA, Pintello D, Juliano-Bult D. Capacity-building and training opportunities for implementation science in mental health. *Psychiatry Res* 2020;283:112511.

August 9, 2023 / 10:45-11:45 (<https://www.cpa-apc.org/category/1045-1145/>), Annual Conference 2023 (<https://www.cpa-apc.org/category/annual-conference-2023/>), Symposium (<https://www.cpa-apc.org/category/symposium/>), Thursday (<https://www.cpa-apc.org/category/thursday/>)



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