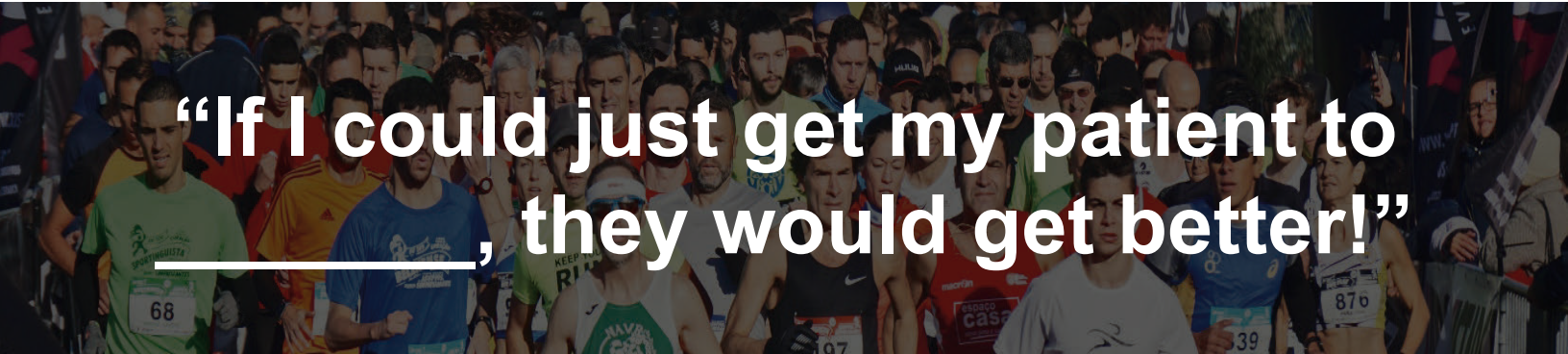




Psychology Awareness 2021

Issue # 3




“If I could just get my patient to, they would get better!”

Right treatment
Right patient
Right time

Psychologists at the Provincial Adult Tertiary and Specialized Eating Disorders Program found that **patient readiness for change** was the **best predictor of treatment outcomes**. This led to the development of a **Menu of Treatment Options**:

What can I do?

1. Be curious about patient wishes and ask about their hopes for treatment.
2. Try not to make assumptions about what is best for them.
3. Match treatment type and intensity to patient goals and readiness.
4. Consider lower intensity quality of life treatment for those less ready.
5. Consult with a psychologist.

Readiness	Treatment Actions
Low	Engagement, education, and quality of life
Moderate	Address barriers to recovery
High	Support recovery 

Before, intensive treatment matched the needs of only 25% of patients referred. **Now**, treatment matches needs of patients, resulting in better outcomes, lower dropout and less relapse.

The best outcomes are achieved when treatment type and intensity are matched to patient readiness.