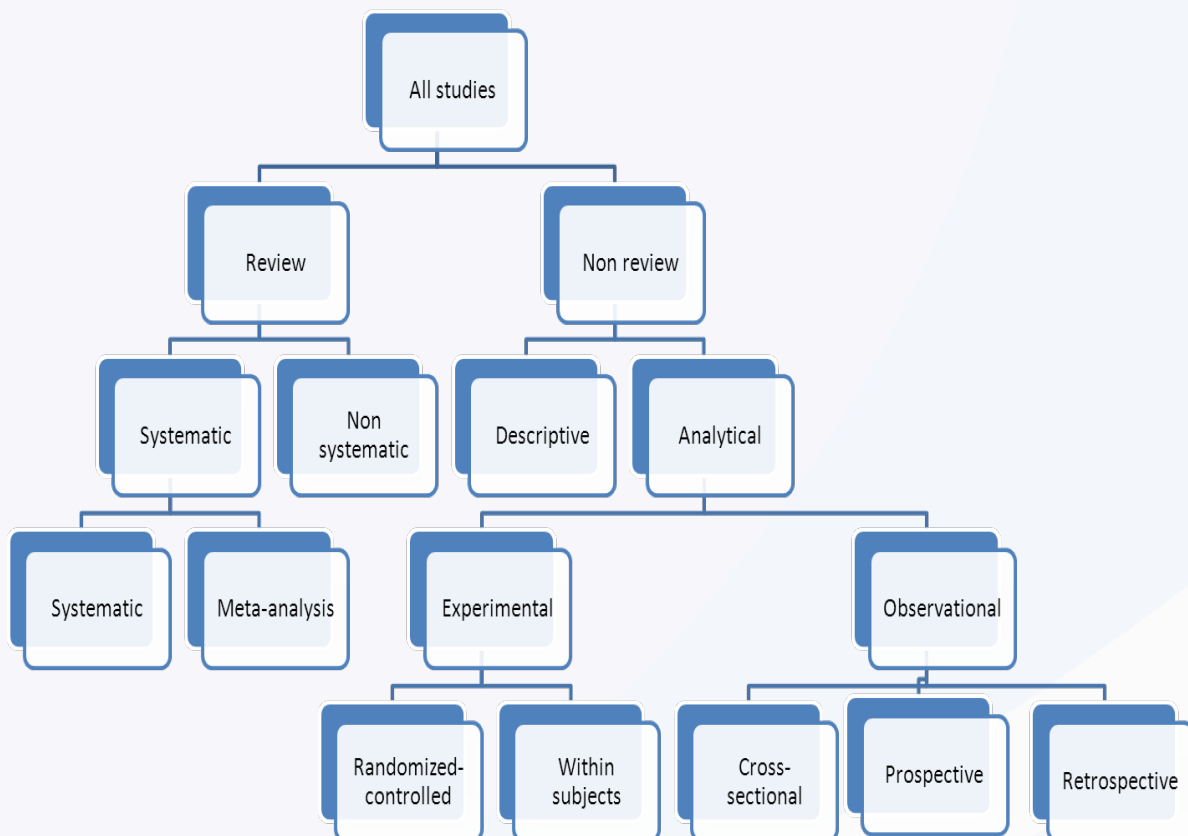




RESEARCH METHODOLOGY AND THE DIFFERENT TYPES OF EVIDENCE IN PSYCHOMOTOR DEVELOPMENT, EDUCATION AND THERAPY

The European Forum of Psychomotricity, (Commission of Science and Research) made a document with an overview of the different research methodology and the different types of evidence including guidelines “how to interpret this evidence?”

1. Types of research





2. Types of evidence

In agreement with the international literature the commission Science and Research proposes rules for interpreting the literature.

The use of types of evidence (evidence based, best practice,...) and the implementation of these types in our field will gain of importance.

The commission adapted the list in a more acceptable way for all colleagues in the field of psychomotor education and therapy.

Why this work?

- ⊙ To evaluate and to categorise research articles on their merit and to evaluate the degree of importance of the conclusions in the article.
- ⊙ To guide, to help and to give clinicians anchor points in their decision/choice to use a certain psychomotor intervention for problem X with goal Y.

Table 1. "The consensus of level of evidence" is a tool for evaluating psychomotor interventions and articles.

Type 1

Randomised controlled trial, meta-analyses including at least some randomised studies and randomised clinically comparative research studies of good quality (randomised, double blind, checked trials) with sufficient size and consistency;

Type 2

Controlled clinical trials of inferior quality [pseudo-randomisation; no random allocation; insufficient size; other comparative research (prospective or retrospective study non-randomised: cohort study, case-control study)];

Type 3

Non-comparative research; pre-post study without controls

Type 4

Opinions of respected authorities based on clinical experience; Reports of expert committees. Descriptive studies (e.g. cross-sectional; surveys; qualitative designs; case studies)

This table is based on the Cochrane review database.



Table 2. How to interpret results of the different types of evidence in clinical practice?

1. The conclusions of the data supported by investigations of articles of type 1 could be translated as “**It has been shown that...** “
2. The conclusions of the data supported by investigations of type 2 (conducted by at least two independently studies) could be translated as “**It is plausible that...**”
3. The conclusions of the data supported by one research of type 2, or 3 could be translated as “**There is an indication that...**”
4. On the basis of the opinion of experts, for example the members of the expert group the conclusions could be translated, as “The expert group believes that”

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