



## Research Review

Date of Review: 02/27/19

Article Topic: What is an evidence-based program? What makes a program evidence-based?  
Is a program based on evidence the same as an evidence-based program? What is the  
difference between an evidence-based program and practice-based program?

Article Link:  
(if applicable) <http://www.projectenhance.org/aboutevidencebasedprograms.aspx>

Citation:  
(if applicable) N/A

## Summary of Research Review

**Practice-based program** – A practice-based program is one based on practice/anecdotal evidence that comes from the *community* or public in the form of testimonies (e.g. This program works great, it really helped to reduce my grief), *field practice* (e.g. I have used this program with my clients and it really improves their life), *widespread and historical use* (e.g. this program has been used for over 40 years and is translated in multiple languages, etc.), or simple outcome-based or open-ended evaluation by a user/field expert in the community (i.e. a CGRS asks clients are you satisfied with the program or a Therapist asks clients would you recommend this program to others?). However, this type of program has not (yet) been evaluated for its effectiveness.

**Practice/Anecdotal evidence** – Refers to anecdotal data or information obtained from field experts in their practice (e.g. CGRS, clinicians, psychologists, bereavement coordinators, pastors, etc.), user consensus (e.g. grievors, friends and family who have completed the GRM, media endorsement or sponsorship, etc.), or some type of simple outcome-based or open-ended evaluation by a user/field expert in the community.

**Evidence-based program** – An evidence-based program is one based on scientific or empirical evidence that comes from research conducted on the program with approval from an Institutional Research Review Board (IRB). This evidence assesses the effectiveness of the program to do what its designed to do (i.e. The GRM is designed to reduce grief). The effectiveness of the program is demonstrated using a study design with sufficient scientific rigor, preferably multiple independently replicated randomized or time series control designs. Use of these study designs increases confidence that the outcomes observed in the study are the result of the program, as opposed to bias or some other unknown or external factor that might be contributing to the change or outcomes observed.

**Scientific/Empirical evidence** – Refers to scientific or empirical data or information obtained from research using replicated randomized or time series control designs that has been conducted by a qualified researcher who has a PhD or MD or some other advanced degree from a research or academic institution (e.g. university or medical school) that has been subjected to IRB approval.

**Program based on Evidence** – A program based on evidence is one based on scientific evidence or empirical knowledge gained from previous research, and/or evaluative-type information obtained from field practice. However, this type of program has not (yet) been evaluated for its effectiveness.

- **NOTE:** Unfortunately, many **programs based on evidence** AND **practice-based programs** market themselves as *evidence-based*, which is quite misleading and can be confusing for grievors when looking for effective programs. Although they are using the literal sense of the term, these programs truly are not *evidence-based* because they have not (yet) been evaluated for their effectiveness.

## Relevance to The Grief Recovery Method® or Related Products

Prior to research conducted by Kent State University (KSU), the GRM was a **practice-based program** AND a **program based on evidence**. Other programs that currently meet this category are [Grief Share](#), [Resolve through Sharing](#), [Good Grief](#), Healing Hearts, Good Mourning Grief, [Grief Relief](#), Growing and Thriving through Grief now called [A Safe Place to Grieve](#)...among many others currently available to grievors.

Now, *however*, since the research has been conducted by KSU to establish the GRM program's effectiveness:

**The GRM IS an evidence-based program.**

## Basic Talking Points of the Research Review

- An **evidence-based program** is a program based on scientific, empirical data obtained through research conducted by a qualified researcher from a research or academic institution that has been subjected to IRB approval.
- What makes a program *evidence-based* is scientific research that has been conducted to establish the program's effectiveness.
- A **program based on evidence** is **NOT the same** as an **evidence-based program**.
- The difference between a *program based on evidence* and an *evidence-based program* is that a program based on evidence incorporates scientific or empirical knowledge in the practice or development of the program but has not (yet) been evaluated for its effectiveness; whereas an evidence-based program is one based on scientific or empirical evidence that has been evaluated for its effectiveness.
- A **practice-based program** is **NOT the same** as an **evidence-based program**.
- The difference between a *practice-based program* and an *evidence-based program* is that a practice-based program is based on anecdotal data or information obtained by field experts through their practice or users of the program within the community that has not (yet) been evaluated for its effectiveness; whereas, an evidence-based program is based on scientific or empirical data obtained through research conducted by a qualified researcher in a research or academic institution that has been subjected to IRB approval AND has been evaluated for its effectiveness.
- Many **programs based on evidence** AND **practice-based programs** mislead grievors and market themselves as *evidence-based*
- **Programs based on evidence** AND **practice-based programs** are **NOT** evidence-based because they have not (yet) been evaluated for their effectiveness.
- Prior to the research conducted by Kent State University (KSU), the GRM was a **practice-based program** AND a **program based on evidence**.
- Now, *however*, since the research has been conducted by KSU to establish the GRM program's effectiveness:

**The GRM program IS evidence-based.**

**The GRM IS an evidence-based program.**

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