

# The effectiveness of pharmacotherapeutic s and behavioral interventions research p...

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Guidelines are operational standards set to streamline a particular field of expertise by recommending approaches to be observed though not necessarily mandatory. Unlike the guidelines, standards are set rules that are necessary and have a mechanism of enforcement (Townsend, 2014). The treatments of psychosocial disorders are behavioral interventions and Pharmacotherapeutic treatment. Currently, the trends in the practice of mental health demands informed choices of scientifically validated and proven therapy by research (Muñoz and Mendelson, 2005). The level of effectiveness from these interventions is, therefore, very important to provide psychiatric diagnosis.

According to (Mohr, 2009), estimation of treatment effects is represented by a standardized test known as a randomized control trial (RCT). The effectiveness of a treatment means that there is assurance for the effects due to an administered intervention. On the other hand, controlled clinically contextualized alternative interventions lack assurance. Apart from the professional experience by the health care, the use of methods of research in evaluating the effectiveness of interventions is the best tool.

Helsinki Psychotherapy gives an account of a scientifically supported evidence that a short-term psychodynamic therapy is very efficient in the panic disorder management, mood disorder and borderline personality disorder (Muñoz and Mendelson, 2005). In addition cognitive-behavioral therapy (CBT), is scientifically supported in the treatment of several psychosocial disorders, for instance, the late-life generalized anxiety disorder. There is proof that it is a very effective method in solution focused group coaching program.

There are evidence-based practices today arrived through systematic review of studies done both in the past and present. As a result, there are established principles for determining treatment effectiveness such as randomized clinical trials, multiple setting replications of results and consistency of experimental findings (Townsend, 2014). This effort of ensuring all the practices in mental disorders treatment are evidence-based must go hand in hand with patients' health enhancement.

## References

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