**Decision-Making Process in Evidence-Based Treatment**

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**Introduction**

According to Sackett's approach, evidence-based decision-making in treatment involves sound clinical reasoning, scientific proof, and the client's preferences and values. There are various health system components such as service availability, assistive features, and treatment that significantly influence the decision-making process as a counselor (Christoph, 2020). That also includes the spectrum of corporate services such as professionals, training level, and diagnostic availability. In such cases, the organizational service and health system units have been proposed to counseling as a significant factor in the decision-making process under the evidence-based treatment. The influence of the two systems enhances the decision-making process transparency and acceptance from the healthcare practitioners, including the counselors.

**Decision-making process for evidence-based treatment**

The selection process of the most effective and efficient evidence-based treatment model follows a particular decision-making process to ensure acceptance and transparency of the model. According to the medical fraternity, external evidence on the safety and effectiveness of therapeutic, restorative, and preventative programs should be the foundation of clinical decision-making (Christoph, 2020). The same criteria and method apply when selecting a suitable evidence-based treatment model. A collaborative procedure allows clients to make medical decisions with professionals, taking into account the most satisfactory scientific proof and the client's interests.

Precisely, the decision-making process first states the problem as an idea to act on. The essence and meaning of available models are identified through goals or objectives definition. After that, an intensive data collected program is rolled out to ascertain the validity and complexity of each model from a healthcare professional. The process established all possible constraints to the process to ensure maximum transparency of the process. Once the comprehensive data is fully collected and analyzed, a suitable method is selected regarding the environmental influence, personal preferences, and scientific evidence backings (Christoph, 2020). Finally, the most practical and feasible model is implemented through the provision of appropriate resources. Also, a follow-up mechanism is established to monitor, review, and evaluated the model under consideration. The process attracts organizational and health system features that influence the set-up process for the entire evidence-based treatment model.

**Importance of qualitative and quantitative reports in decision-making**

Quantitative and qualitative research reports play a significant role in decision-making, especially while using an evidence-based approach. The qualitative research report delivers a wealth of information about real people and circumstances. That is because the participant’s observation and course offer a diverse view of behavior. The system used to retrieve data in qualitative research is considered one of a kind (Daniel, 2016). Qualitative reports are, therefore, well-suited for giving factual and descriptive information because they rely on the researcher collecting non-numerical primary data such as words and images and acting as an instrument. Further, the qualitative research approach considers human cognition and behavior in society and examines a variety of situations to comprehend and appreciate them. The behavior that covers thoughts, interaction, norms, composition, and reasoning is central in the decision-making process and examination of evidence-based phenomena.

Quantitative reports, on the other hand, employ the statistical findings as a component for managing resources and time, which are vital factors in the decision-making process. In some ways, a quantitative research approach might be considered scientific. Using statistical data for study explanation and analysis saves the decision-makers time and effort that would otherwise be spent describing their findings (Daniel, 2016). Further, the qualitative method employs a problem-solving criterion that forms the basis of decision-making by applying scientific techniques in data analysis and presentation. That makes it possible to generalize the available approaches for treatment in a healthcare situation. It is possible to generalize interactions with a single group. The interpretation of research findings, while similar, does not have to be viewed as a mere coincidence. Similar understanding must be replicated in the decision-making process to avoid conflict on the best evidence-based treatment approach.

**Characteristics of effective writing and publication in counseling**

Like other social scientists, psychologists and counselors study the human mind or behavior and pose questions about what forces create patterns in it; they employ systematic approaches to analyze and predict human characteristics. Rather than asserting absolute truths, psychologists make probabilistic statements about human behavior. The primary goal of counseling and psychology writing and publication is to express these probabilistic statements, as well as the evidence-based research results that back them up (UMT, 2015). Most of the counseling and psychological writing is characterized by argument, thesis, and evidence. These produce research papers that reflect various features.

The foundational features in these writing and publications are problem formulation or definition, conduction of literature review to understand the research problem, formulation of a hypothesis, and identification of variables whether dependent, intervening, or independent (UMT, 2015). Further, a research design is formulated, a study conducted and results analyzed and interpreted suitably using appropriate equipment. These features closely resonate with the decision-making process criterion, which seeks to solve a problem at hand. The process aims at gathering sufficient and necessary information concerning the problem, make an informed decision of a suitable solution, and implement it. In both cases, the method of writing and publication, that is, psychology and the decision-making process, complement each other concerning tools or equipment applied. In both scenarios, plain language is foundational as scientific writing and publication provide precision and brevity in making complicated ideas accessible to readers (UMT, 2015). Generally, psychology and counseling, being empirical fields, accepts recorded and meticulously gathered evidence for the decision-making process.

**Importance of research in the treatment**

It is critical to research to determine which treatments are most effective for patients. It is also essential in the development of new medicines and ensuring that existing treatments are used to their full potential. Research can bridge knowledge gaps and change the way healthcare practitioners work by providing solutions to previously unknown questions. Research plays a key function in the diagnosis or discovery of health problems (PAT, 2020). For instance, mental health practitioners assess symptoms to obtain a mental illness diagnosis. When a mental health practitioner works with someone who may have a mental disorder, they will identify, with the client's help, what signs the client has, how often the problems have been present, and how their life has been impacted. In many circumstances, the expert will seek the client's health history from family members to acquire a complete picture (PAT, 2020). These diagnoses contribute significantly to the decision-making process of understanding the patient's problem and judging the best treatment approach. The approach may be attributed to existing treatment methods garnered in a research or study.

**Conclusion**

Evidence-based decision-making in treatment involves sound clinical reasoning, scientific proof, and the client's preferences and values. A concise selection process of an effective evidence-based treatment model follows a specific decision-making process to ensure acceptance and transparency of the model. Therefore, understanding must be replicated in the decision-making process to avoid conflict on counselors' best choice of evidence-based treatment approach.

**References**

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