Assignment 3 - The Article

Developing and Testing a Web-Based Provider Training for Cognitive Behavioral Therapy of Insomnia.

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Why? What problem are the author(s) trying to solve?

The authors are trying to make cognitive behavioral therapy for insomnia (CBT-I) more accessible and effective for health providers especially for the military.

Because the most common solution is prescription hypnotics which has good result in the short term but in the long run it will major implications such as slowed cognitive processing and reaction time.

For the military this solution can improve the day-to-day work for patients dramatically and in more cost effective and accessible way.

How? What method has been used to answer the question?

The way they attacked this problem was to make web application called CBTIweb.org.

This is a web-based training course for behavioral health providers to learn cognitive behavioral therapy for insomnia (CBT-I).

The course was designed by specialists in user-centered web design and the content was developed by experts in CBT-I and military behavioral health.

The course was refined through alpha and beta testing and feedback from CBT-I naive behavioral health providers.

A pilot study was also conducted to compare the effectiveness of CBTIweb.org to an in-person workshop.

The course consists of multiple modules, each with video introductions, learning objectives, step-by-step instructions for implementing techniques, video demonstrations, homework assignments, cultural considerations, discussion of common clinical challenges, and pre- and post-tests.

What is the result from the method?

The authors developed a web-based training platform called CBTIweb.org for cognitive behavioral therapy for insomnia (CBT-I) and tested its effectiveness.

They found that it was easy to navigate and use, with high levels of usability and satisfaction among trainees.

They also conducted a pilot comparison study and found that the CBTIweb.org platform was equally as effective in promoting knowledge acquisition for providers as an in-person workshop.

These findings suggest that CBTIweb.org is a suitable training platform for CBT-I naive behavioral health providers and could help increase the availability of CBT-I treatment for people with insomnia by reducing provider training burden and cost.

Further research is needed to confirm these findings.

What is the validity of the result according to the author?

The study procedures were reviewed and approved by the Medical University of South Carolina Institutional Review Board and the U.S. Army Medical Research and Development Command Office of Research Protections.

Does the research solve the problem/answer the question?

The research solves the intended issue by making the CBT-I more accessible for health providers and just as effective as in-person workshops but in a more cost-effective solution.

What are to be done next? future work? and why?

Future research will work on translating this training to other languages and extending this web-based platform to the treatment of other sleep disorders (e.g., nightmares) and populations (e.g., pediatric populations with insomnia).

And lastly something from you. What do you think and why? If you make claims support those with evidence or logic.

The purpose of this research has many benefits both for the patient and the health provider, treatment without relying on medical supplements for result that only gives positive result in the short term.

For the health providers they get a scalable source of information that can be accessible all around the world.

They have done alfa and beta testing on the course on CBT-I for the web application and started to do a pilot testing to use the web application as a training platform.

What I could find was that the result was only positive but since only in pilot testing it needs future testing to be complete.

But since U.S. Army is involved, I don't see this project being cancelled any time soon since this will benefit them the most since this insomnia problems are a huge problem for them.

And the validity is secured by having a third-party reviewer in the Medical University of South Carolina Institutional Review Board and the U.S. Army Medical Research and Development Command Office of Research Protections.