

CADTH RAPID RESPONSE REPORT: SUMMARY OF ABSTRACTS

# Day Treatment Programs for Adults with Mental Health Disorders: Guidelines

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## Research Question

What are the evidence-based guidelines regarding the use of day treatment programs for adults with mental health disorders?

## Key Findings

No evidence-based guidelines were identified regarding the use of day treatment programs for adults with mental health disorders.

## Methods

### Literature Search Methods

A limited literature search was conducted by an information specialist on key resources including MEDLINE via Ovid, PsycINFO via Ovid, the Cochrane Library, the University of York Centre for Reviews and Dissemination (CRD) databases, the websites of Canadian and major international health technology agencies, as well as a focused internet search. The search strategy was comprised of both controlled vocabulary, such as the National Library of Medicine's MeSH (Medical Subject Headings), and keywords. The main search concepts were day treatment programs and mental health disorders. Search filters were applied to limit retrieval to guidelines. The search was also limited to English language documents published between Jan 1, 2015 and Aug 5, 2020. Internet links were provided, where available.

### Selection Criteria and Summary Methods

One reviewer screened literature search results (titles and abstracts) and selected publications according to the inclusion criteria presented in Table 1. Full texts of study publications were not reviewed. The Overall Summary of Findings was based on information available in the abstracts of selected publications. Open access full-text versions of evidence-based guidelines were reviewed when abstracts were not available, and relevant recommendations were summarized.

**Table 1: Selection Criteria**

<b>Population</b>	Adults with mental health disorders (e.g., anxiety disorders, depression, schizophrenia, personality disorders, PTSD)
<b>Intervention</b>	Day treatment programs that include a variety of programming (e.g., life skills, budgeting skills, psychological skills and treatment [e.g., coping skills, mindfulness, CBT, DBT])
<b>Comparator</b>	Not applicable
<b>Outcomes</b>	Recommendations regarding best practices (e.g., guidance regarding appropriate patient populations, the types of programming that should be offered, treatment protocols)
<b>Study Designs</b>	Evidence-based guidelines

CBT = cognitive behavioural therapy; DBT = dialectical behavioural therapy; PTSD = post-traumatic stress disorder.

## Results

No evidence-based guidelines were identified regarding the use of day treatment programs for adults with mental health disorders.

References of potential interest that did not meet the inclusion criteria are provided in the appendix.

## **Overall Summary of Findings**

No relevant literature was found regarding use of day treatment programs for adults with mental health disorders; therefore, no summary can be provided.

## **References Summarized**

### **Guidelines and Recommendations**

No literature identified.

## Appendix — Further Information

### Previous CADTH Report

1. Thompson W, Adcock L. Intensive day treatment programs for mental health treatment: a review of clinical effectiveness, cost effectiveness, and guidelines. Ottawa: CADTH; 2017 Sep. (CADTH rapid response report: summary with critical appraisal).  
<https://www.cadth.ca/intensive-day-treatment-programs-mental-health-treatment-review-clinical-effectiveness-cost>

### Additional Reference

2. Mental Health Commission of Canada. Compendium of Good Practices for Improving Seniors Mental Health in Canada. Ottawa: Health Canada; 2019.  
[https://www.mentalhealthcommission.ca/sites/default/files/2020-04/seniors\\_compendium\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-04/seniors_compendium_eng.pdf)  
*See: 4. Geriatric Psychiatry Day Hospital Services, p.14*