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Evidence-Based Mental Health

Evidence-Based Mental Health aims to "engage" psychiatrists and psychologists, particularly younger professionals, in the challenge of basing their practice on evidence. It aims to provide material to allow professionals to develop the necessary skills, practice evidence-based mental health in their own practices, and keep up to the latest evidence in the field and the ever expanding suite of evidence-based approaches, joining the growing community of people with active interest in EBMH across the world.

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To further emphasise the point, a study*, found that you'd have to read 227 articles in the Lancet or 118 articles in the New England Journal of Medicine to get the relevant information that would be contained in 1 Evidence-Based Mental Health article.

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*What do evidence-based secondary journals tell us about the publication of clinically important articles in primary healthcare journals?; Kathleen Ann McKibbon, Nancy LWilczynski and Robert Brian Haynes, Sept 2004. Available at BioMed Central: http://www.biomedcentral.com/1741-7015/2/33.

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