



# Scientific perspectives on Gentle Teaching

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# Research methodology for the evaluation of individualized GT interventions

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# Research?

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- ▶ Definition: A detailed study of a subject, especially in order to discover (new) information or reach a (new) understanding (Cambridge dictionary)
- ▶ Documentation of GT – what does it do?
- ▶ Elaboration and generation of new ways of practicing GT – what works, why, for whom and when?



# Aims

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- ▶ How many individualized GT interventions can be documented within a scientific framework?
- ▶ What type of methodology is suitable for evaluating GT interventions?



# Arguments

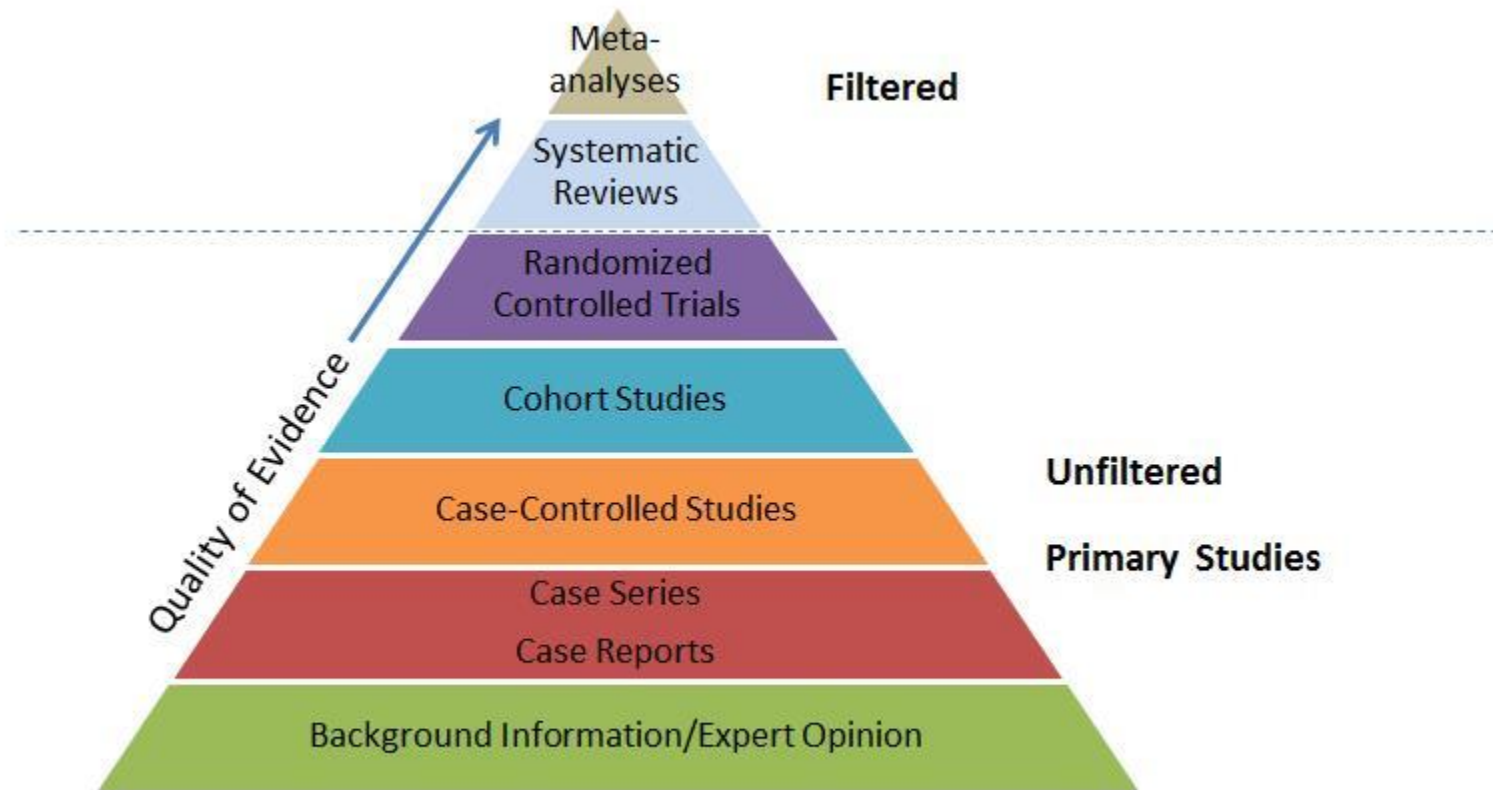
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- ▶ Propose a circular model of evidence in relation to GT research
- ▶ Suggest a personalized and context-dependent element of GT outcome measurement



# Hierarchy of evidence

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# What is the research question?

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- ▶ Different methodologies suitable to address different research questions
- ▶ Efficacy: What can an intervention do under ideal and strictly controlled circumstances?
- ▶ Effectiveness: What does an intervention do in daily routine settings?



# Standardized / individualized

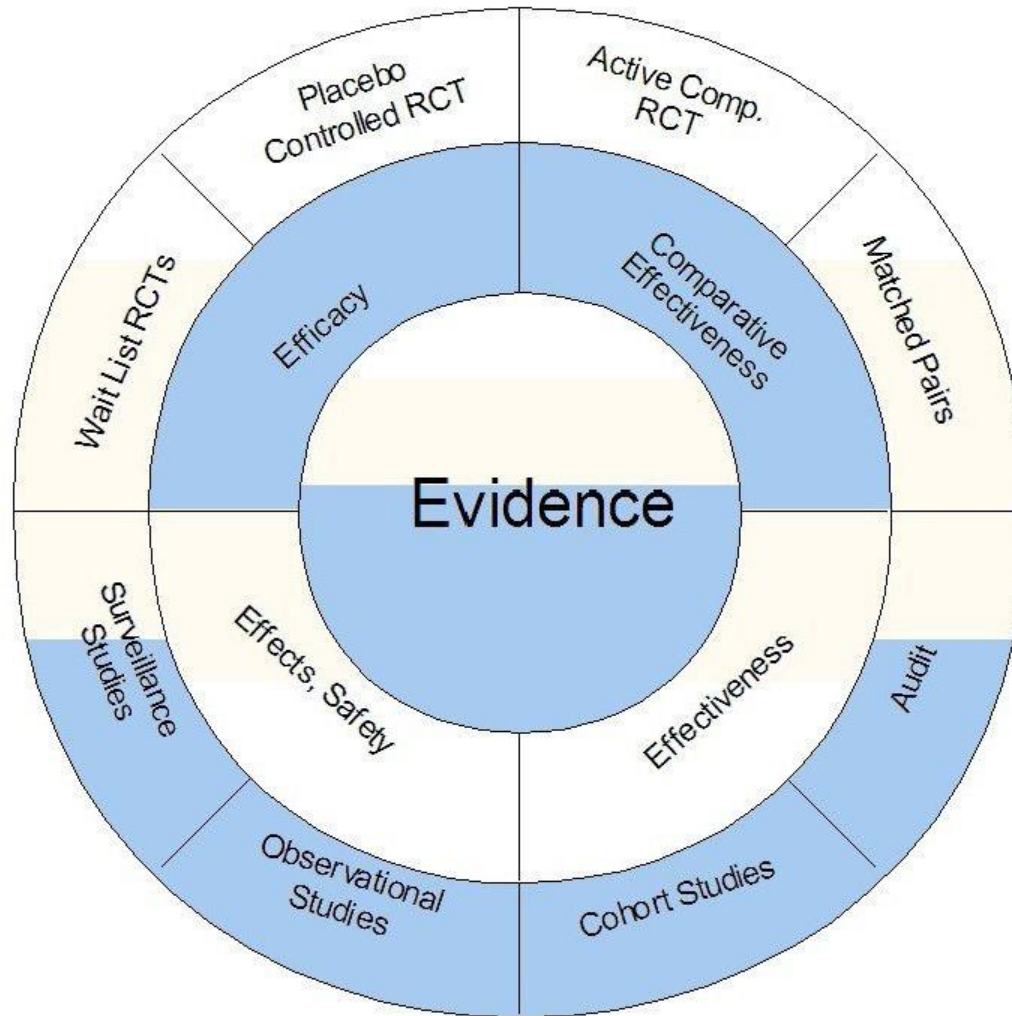
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- ▶ GT interventions are individualized and do not readily subject to standardization – makes little sense to consider evidence of GT outcome in a classical hierarchical manner
- ▶ A circular model of evidence informed by equipoise methods relevant for the outcome in question is proposed seeking to evaluate both effectiveness and efficacy





# Circular model of evidence (Wallach et al., 2006)



# Complexity of GT

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- ▶ GT interventions viewed as complex systems
- ▶ Demands research methodology with attention to process, context, and outcomes
- ▶ Complex and multifaceted processes may not be captured by one approach alone, e.g. by predefined categories of questionnaires alone
- ▶ A personalized and context-dependent element of GT outcome measurement is suggested



## Personalized and context-dependent outcome

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- ▶ Goal/problem relevant for the individual combined with quantification by rating scale of that specific goal/problem.
- ▶ Allows for statistical dokumentation of clinically relevant changes of a personalized problem
- ▶ Data collection made easy by registration tools such as Sekoia



# Methodology for GT research

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- ▶ Combine and triangulate relevant methods depending on the research question – e.g. qualitative interviews and quantitative outcome methodology viewing GT evidence in a circular manner
- ▶ Combine standardized outcome measures such as Quality of Life with personalized and context-dependent outcomes allowing for documentation of clinically relevant outcomes.



## In summary:

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- ▶ Documentation and elaboration of GT practice is recommended
- ▶ A circular model of evidence in relation to GT research is proposed
- ▶ A personalized and context-dependent element of GT outcome measurement is recommended

