



**Psychotherapy & Counselling  
Federation of Australia**

**PACFA REQUEST FOR TENDERS  
FOR LITERATURE REVIEW INTO THE EFFECTIVENESS  
OF EXPRESSIVE ARTS THERAPIES**

**Closing Date: 2 April 2012**

**For Further information contact:**

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# Statement of Requirement

## Overview

PACFA is a national peak body with thirty-one Member Associations that cover eight sections: body oriented psychotherapy; experiential therapy; expressive arts therapy; family/relationship therapy; general counselling and psychotherapy; hypnotherapy; integrative psychodynamic psychotherapy; psychoanalysis/psychoanalytic psychotherapy; and counsellor and psychotherapy educators.

In 2007 PACFA has received funds from an anonymous charitable foundation in order to improve the science of the art and practice of psychotherapy. The PACFA Board has decided to develop literature reviews of the evidence of the effectiveness of each of the therapy modalities in the sections of PACFA. PACFA has funds of up to \$4,000 for each literature review.

## PACFA's Requirements

### Project aim

The aim of this project is to develop an up-to-date, publishable literature review of the effectiveness of expressive arts therapies.

### Required outcomes

The required outcomes for the project are:

- resources (pdf files of journal articles, book chapters, podcasts etc) that demonstrate the effectiveness of expressive arts therapies. The resource list will be posted on the website; and
- a publishable literature review demonstrating the effectiveness of expressive arts therapies.

### Target

The tender will be awarded to the person or group of people who are able to demonstrate the ability to conduct desk research, apply quality criteria for inclusion of research studies in the review, and to write at the desired academic standard.

### Project Methodology

The suggested methodology for the literature review is detailed below. Any proposed changes to the suggested methodology should be detailed in the submission addressing the evaluation criteria.

The purpose of the literature review is to determine the effectiveness of expressive arts therapies through a comprehensive review of available literature and research pertaining to this subject. The researchers will undertake a computer-assisted literature search of relevant databases, articles, journals, books and websites.

Preference should be given (in order) to the following types of material as being of value to accurately informing the literature review:

1. Meta-analysis of randomised controlled trials
2. Randomised controlled trials
3. Controlled studies without randomisation
4. Other type of quasi-experimental studies
5. Descriptive studies, such as comparative studies, correlation-based studies or case-control studies
6. Expert committee reports or opinions, clinical experience or respected authority, or both.

The review should describe the characteristics of relevant studies and their findings and conclusions, as well as compare and contrast relevant studies and findings to determine their veracity. The review should also to identify any knowledge gaps in the research.

In light of the time constraints, where possible, the primary focus should be on literature released in Australia over the last 10 years and internationally in the last 5 years. This timeframe could be extended, however, if there is a gap of effective research undertaken within this timeframe.

The literature review should include one or more summary tables that set out the findings of quantitative outcome studies. It is suggested these tables could include the following (as appropriate):

- Study name and authors
- Year of publication
- Design (e.g. repeated measures or controlled study, with or without randomisation)
- Name of intervention
- Duration of intervention (sessions and time)
- Characteristics of intervention (e.g. whether group or individual, therapist provided or online)
- Number of participants
- Characteristics of participants (any relevant characteristics such as diagnosis, age, cultural background etc.)
- Outcome measures
- Intervention effect size (e.g. intervention size and level of significance)

### **Project deliverables**

Following the awarding of the tender, the person or group will conduct a systematic search of recent literature, using predetermined criteria, will collect copies of all the resources in a suitable format, and will write a 5,000 word literature review that is publishable as a refereed journal article in the Psychotherapy and Counselling Journal of Australia (PACJA) or an equivalent journal. The final project will be delivered within 3 month of execution of the Funding Agreement for the project.

The publishable literature review plus the list of resources in pdf form will be accepted as the final report. The tendered fee will be provided once the project is finalised to the satisfaction of the PACFA Research Committee.

### **Conflict of interest**

It is intended to publish the literature review using the author(s) names with an acknowledgment that the funding for the project was provided by PACFA and an anonymous charitable foundation. Any conflicts of interest need to be declared in the tender application.

### **No contract or undertaking**

This tender is not a contract or an offer of a contract. It is not legally binding. However a funding agreement will be developed for the successful tenderer.

### **Intellectual property**

The funding agreement for the project will specify that PACFA will have ownership of intellectual property arising from the project.

## **Evaluation of tenders**

All tenders will be evaluated by the PACFA Research Committee. In the event of a disagreement, the advice of External Consultants to the PACFA Research Committee will be sought. Currently these advisors are Professor Robert King from QUT, Dr Frances Mackay from UC and Eileen MacDonald from MHCA.

### **Evaluation criteria**

All tenders need to comply with the following evaluation criteria to be considered:

- give contact details including phone number(s) and email address(es) of researcher(s) involved in project;
- demonstrate the capacity within the organisation to conduct the required desk research;
- demonstrate the experience of the researcher(s) in both conducting research and writing for publication;
- list previous referred journal articles and other publications by researcher(s);

- outline the proposed criteria for conducting literature searches, including databases to be searched, key search terms, and dates of publications to be included;
- outline any suggested changes to PACFA's suggested methodology.
- describe inclusion and exclusion criteria for evidence of effectiveness;
- describe inclusion and exclusion criteria in terms of modalities; and
- detail the budget for the project.

### **Lodging tenders**

All tenders can be lodged in .pdf form by email to [maria.brett@pacfa.org.au](mailto:maria.brett@pacfa.org.au) by 4pm on 2 April 2012. If you do not receive email notification of receipt of the tender, it is the tenderer's responsibility to check that it has been received.

The tender must not exceed eight pages (A4 and Times New Roman 12 point font). The tender must include a response to each of the evaluation criteria. The list of publications of the researcher(s) is not included in this page limit.

Late tenders will not be accepted, unless under exceptional circumstances. PACFA reserves the right to extend the deadline for tenders.