

# A Systematic Literature Review and Meta-Analysis of Randomized Control Trials on the Influence of Shared Decision-Making on Patients' Satisfaction Among Mental Healthcare

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## INTRODUCTION

Measuring the patient's satisfaction with care provide insights about healthcare quality on the daily basis, previous studies stated satisfaction with care establishes positive relationship with healthcare system, then it shows reflexes on patient health outcomes. For strengthening patients' healthcare provider relation requires effective communication, trust, and respecting patients' autonomy in accordance with the modern ethical codes. The concept of shared decision-making (SDM) works as predominant methods with intention of prioritizing the patients' autonomy. Thamson et al. conducted a systematic literature review to find out the intervention characteristics among psychiatry and vitger et al. also reported the outcome associated with involving the patients in SDM intervention in comparison to usual care procedure. Both studies discussed about patients' satisfaction as secondary outcomes and vitger focused only on the digital intervention of SDM So, measuring the patients' satisfaction with care gives an idea about the how patients perceived their care, they felt about the quality of care, and how much they satisfied with health improvement with the involvement of SDM and their relation with HCP.

## OBJECTIVE

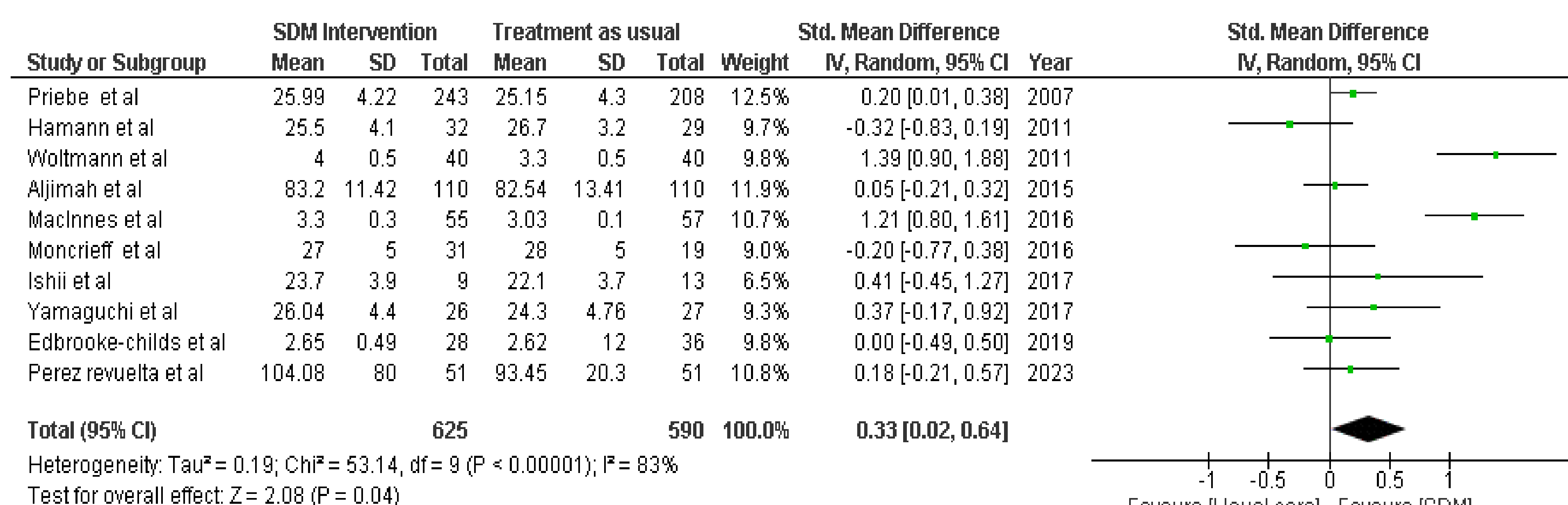
To assess how the Shared decision-making (SDM) as intervention influences the patients' satisfaction.

## METHOD

- An extensive literature search was conducted to identify the studies relevant to the study objective through various databases, the search duration of the literature is limited to Sep 2023 for only English language.
- Only RCTs , studies which introduced SDM as an intervention through any approach i.e. Decision aids and online practice services etc, patients with psychiatric disorder at least 50% within the study population, the intervention applied either on patients or healthcare providers, studies reported patients health outcome satisfaction, either it is care planning or overall satisfaction and literatures published other than English were excluded.
- The statistical analyses conducted by the Review Manager v 5.3.5, the pooled estimation of patient satisfaction between the SDM intervention and usual care measured with continuous outcome reported by individual studies with random effect model, standard mean difference along with inverse variance measurement.
- The Cochrane Collaboration's Risk of Bias tool was used for measurement of the methodological quality of the included studies

## RESULTS

- A total of ten studies included in meta-analysis with population N=1215. The results of pooled analysis with 95% CI, the random effect model revealed that the concept of SDM as intervention shown a significant effect on the overall patient's satisfaction regarding their care (SMD)=0.33, CI: 0.02, 0.57, p=0.04), with showing heterogeneity across the trails ( $\chi^2=53.13$ ,  $p<0.01$ ,  $I^2=83\%$ ).
- Patients those exposed to the intervention>3 months illustrates significant effect of SDM on patients' satisfaction (SMD)=0.47, CI: 0.06, 0.88, p=0.03) in comparison to those with <3 months of exposure.
- The pooled estimation of satisfaction was nonsignificant among European (SMD) = 0.20, CI: -0.19, 0.59, p=0.32), Asian countries (SMD)=0.13, CI: -0.09, 0.36, p=0.25). Along with this male dominant population studies, female dominant studies also resulted with nonsignificant effect on patients' satisfaction with intervention (SMD)=0.65, CI: -0.07, 1.37, p=0.07), (SMD)=0.03, CI: -0.25, 0.31, p=0.82).
- Studies which were electronic based have shown positive association of SDM intervention as with non-electronic based intervention (SMD)=0.50, CI: 0.02, 0.99, p=0.04) with significant heterogeneity ( $\chi^2=42.16$ ,  $p=0.00$ ,  $I^2=88\%$ ).



Forest plot for overall patients' satisfaction with SDM intervention

## CONCLUSION

- This study results found the SDM as an intervention have a positive associated effect on the patient's satisfaction among mental healthcare, and few important influencing factors were also reported in the subgroup analysis, , these findings were in the same line with other previous studies and meta-analysis where they tested only digital interventions. At sub group analysis patients who exposed to the intervention>3 months found as significant influencing factor in this study where other studies found no significant association but in comparison those study findings were have less have heterogeneity

## REFERENCES

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