

***Integrating Digitally Enhanced Routine Outcome Monitoring in Psychotherapeutic Practice:  
Preliminary Evidence from an Implementation Study***

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**Abstract:**

Several innovations in psychotherapy have demonstrated efficacy in controlled settings, yet their integration into routine clinical practice remains inconsistent and limited. This gap stems not only from the inherent complexity of therapeutic work but also from the absence of structured implementation strategies capable of adapting such innovations to diverse real-world settings. The growing use of digital tools adds an additional layer of complexity, introducing challenges related to infrastructure, practitioner skills, and regulatory frameworks. In Italy, where psychotherapeutic practice is fragmented across settings and approaches, these issues are particularly pronounced.

Among the innovative approaches developed to enhance clinical effectiveness, Routine Outcome Monitoring (ROM) is a structured method based on the systematic collection of patient-reported data to support clinical decision-making and evaluate progress over time. Despite its well-documented benefits, ROM is rarely adopted in Italian psychotherapy. This study investigates the implementation of ROM through the digital platform Mindy, which supports data collection, feedback delivery, and clinical documentation.

The implementation protocol is based on the Consolidated Framework for Implementation Research (CFIR), a comprehensive model designed to identify contextual factors that influence the adoption of innovations. A pilot phase was conducted through three semi-structured interviews with psychotherapists working in public, private, and hybrid settings. These interviews served to refine the protocol and assess the applicability of selected CFIR constructs.

The study is currently progressing to a broader phase of data collection involving 30 psychotherapists. The qualitative analysis will be complemented by quantitative data collected using the Evidence-Based Practice Attitude Scale 36 (EBPAS 36), enabling a mixed-methods approach. This design aims

to produce a detailed understanding of the conditions that support or hinder the implementation of digitally enhanced ROM in Italian psychotherapeutic practice.

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