Evidence-based Behavioral Practice in China

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Background: The concept of "evidence-based practice" has became more and more popular for not only clinicians but also policy makers and behavioral health has been more and more related to people's life. Office of Behavioral and Social Sciences Research has set up Evidence-Based Behavioral Practice (EBBP) project in 2006, however, contemporary China is not good at it and facing many these problems as a result of dramatic diseases.

Objectives: To describe the current status and development of evidence-based behavioral practice in China.

Methods: We found systematic review or randomized controlled trials in behavioral health by Chinese researchers. Three databases of CNKI (China National Knowledge Infrastructure/Chinese Academic Journals full text Database), VIP (a full text database of China) and CBM disc (China Biomedicine Database Disc), National Natural Science Foundation of China and Chinese Clinical Trial Registry were electronically searched using the term "behavioral health practice or behavioral practices or behavioral sciences or behavioral research" from 1978 to 2011.

Results: There were less than 500 papers discussed with behavioral practice based on evidence-based practice in Chinese academic journals. 5.69% funding of department of life sciences in National Natural Science Foundation of China have been provide to behavioral health practice (Neurological, cognitive and psychological).

Conclusions: The concept of "evidence-based decision-making" has been widely accepted in China. Initially such behavioral health interventions must be tested on randomized controlled trials and assessed by culturally competent professionals to determine their suitability and effectiveness for implementation in China. The methodology of conducting high quality efficacy and effectiveness research as well developing high quality reviews in all fields of the behavioral practice should be promoted urgently in China. More combination, more communication and more funding are factors on the development of EBBP.