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## Analysis Of New Zealand Mental Health Clinical Outcomes Data.

### Abstract

The reasons for the use of outcome measures are numerous, but the primary benefit is so that clinicians can systematically measure an individual consumer's recovery and change over time. This information can then be used towards improving the care and the services that clinicians provide to consumers by adapting their own clinical practice or by seeking to influence other sectors.

The New Zealand Mental Health Research and Development Strategy is funding several projects that may assist in the measurement of outcomes in the New Zealand mental health sector in the medium and long terms. One of these projects is the Mental Health Classification and Outcomes Study (CAOS), which has generated a significant amount of clinical outcomes data as a secondary output of the casemix classification development.

This paper presents the findings from the analysis of the CAOS outcomes data with specific reference to Maori and Pacific populations, and offers recommendations for the future use and development of the outcome measures in the New Zealand service delivery environment.

This is the first time that this kind of analysis has been undertaken in New Zealand, and the findings assume greater importance given current national activity around the implementation of the HoNOS outcome measure into all District Health Board sites.

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