ACCESSIBLE DEPRESSION AND ANXIETY PSYCHOLOGICAL THERAPIES FOR LONG-TERM CONDITIONS (ADAPT FOR LTCS)

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AIMS: The training enables Clinical Associates in Applied Psychology in participating boards to provide adapted Cognitive Behavioural Therapy for anxiety, depression and co-occurring LTCS in Primary Care settings. This project contributes towards NHSScotland’s 2020 Vision with respect to Quality of Care: Improving our approach to supporting and treating people who have multiple and chronic illnesses (p. 9, 2013).

EFFECTIVE TREATMENT

Improve the physical and mental health of people with LTCS by providing brief Cognitive Behavioural Therapy (CBT) interventions for anxiety and/or depression to 100 people in Primary Care settings.

30% RATES OF MEDICALLY UNEXPLAINED SYMPTOMS

67% showed improvement in anxiety scores

Holistic Approach

We aim to promote parity in physical and mental health care by training staff in the competencies to incorporate goals relating to the whole person including their long term conditions.

20% CLINICAL LEVELS OF DEPRESSION AND ANXIETY

21% CLINICAL LEVELS OF DEPRESSION AND ANXIETY

9% WANT PSYCHOLOGICAL THERAPY

COLLABORATION

Increase collaborative working between mental health and physical health specialists in Primary Care settings, third sector resources and involve people with lived experience.

7% HEALTH ANXIETY

7% HEALTH ANXIETY

ACCESSIBLE PSYCHOLOGICAL THERAPIES IN PRIMARY CARE

WHY?

It is estimated that in a typical day in general practice waiting rooms:

- 45/100 seen
- Average Therapist contact 3-4 hrs
- 67% showed improvement in anxiety scores
- Depression improved 78%
- 56% moderate to considerable improvement in quality of life
- 100% satisfaction

KEY ACHIEVEMENTS

- End of treatment data available for 18 people
- 67% showed improvement in anxiety scores
- Depression improved 78%
- 56% moderate to considerable improvement in quality of life
- 100% satisfaction

EVIDENCE

- Materials used with kind permission by Coventry, P. et al. (2015). Integrated Primary Care for Patients with Mental and Physical Multimorbidity: Cluster Randomised Controlled Trial of Collaborative Care for Patients with Depression Connected with Diabetes or Cardiovascular Disease, British Medical Journal, 350: h638.

REFERENCES

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