

Evaluation of online therapy within IAPT services at scale through integration

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Improving Access to Psychological Therapy (IAPT)

- Mild to moderate common mental health disorders
- National minimum dataset
- Session by session recording of PROMS
- 70% of all IAPT referrals in 2015 recorded in **iaptus**



Improving Access to Psychological Therapies



- 1.2 Million patients referred to IAPT in 2015
- Meeting 15% of need
- Waiting time standard
- Less than 1.5% of IAPT referrals used cCBT

Support for online therapy



“
Technology has the potential to transform mental health service delivery through earlier detection and diagnosis and by making effective interventions available to more people.*
”

* Chief Medical Officer's Annual Report 2013

Benefits of online therapy



More patient
choice



Reduce waiting
times



Measurable
outcomes



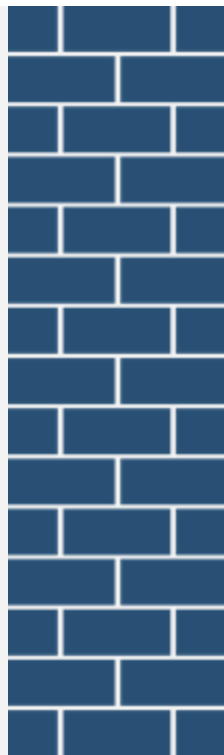
More patients
treated



Joined up
care

Barriers to uptake

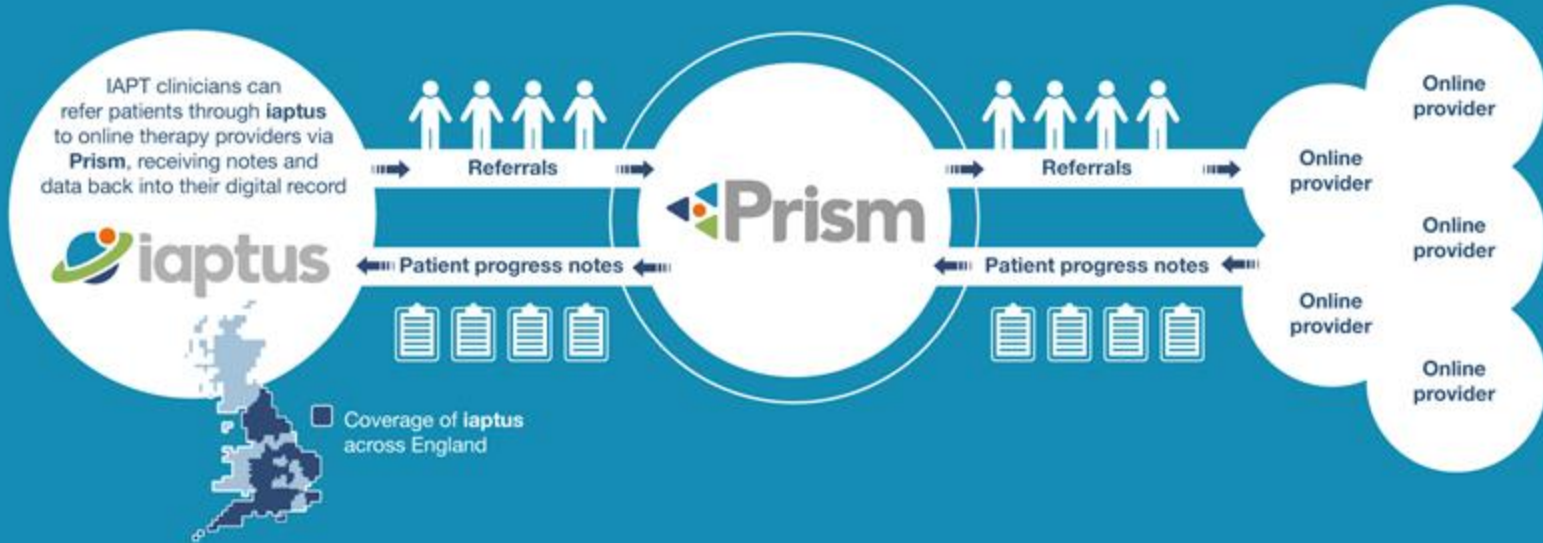
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Public



Making the digital care record work hard to support uptake of online therapies



Online therapy provider partners



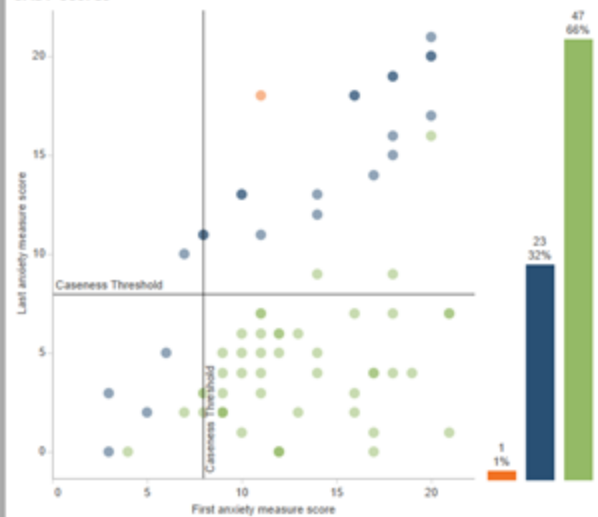
Comparative analysis

First and last anxiety measure and PHQ scores for referrals which have completed treatment and ended in the period

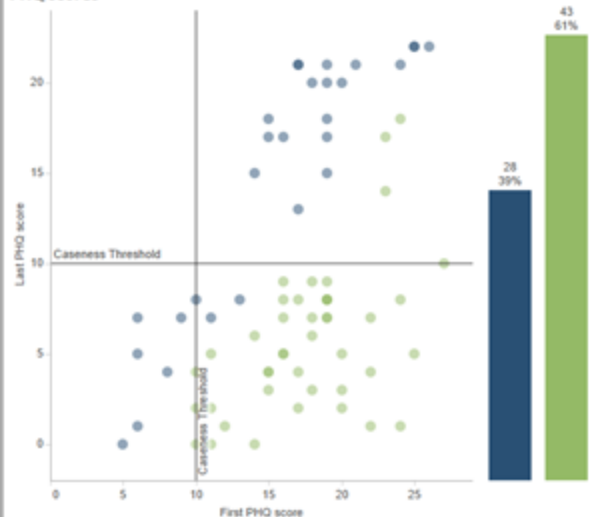


Period Start Date: 01/04/2015 | Period End Date: 30/06/2016 | Select Patient Consent: All | Treatment type: (All) | CCG: (All) | Type of appt: All Appointments
 Referral team: (All) | Allocated therapist role: Interpersonal Psycho... | Allocated therapist: (All) | Anxiety measure: GAD7

GAD7 scores



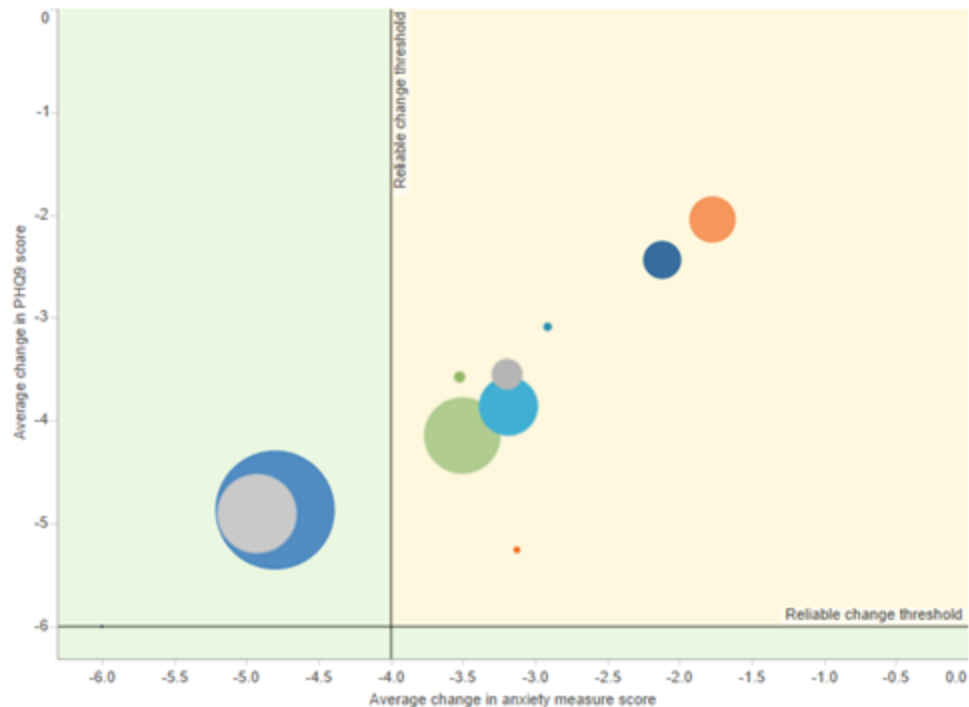
PHQ scores



■ Reliable deterioration ■ Reliable improvement
■ No reliable change

■ No reliable change ■ Reliable improvement

Comparative analysis

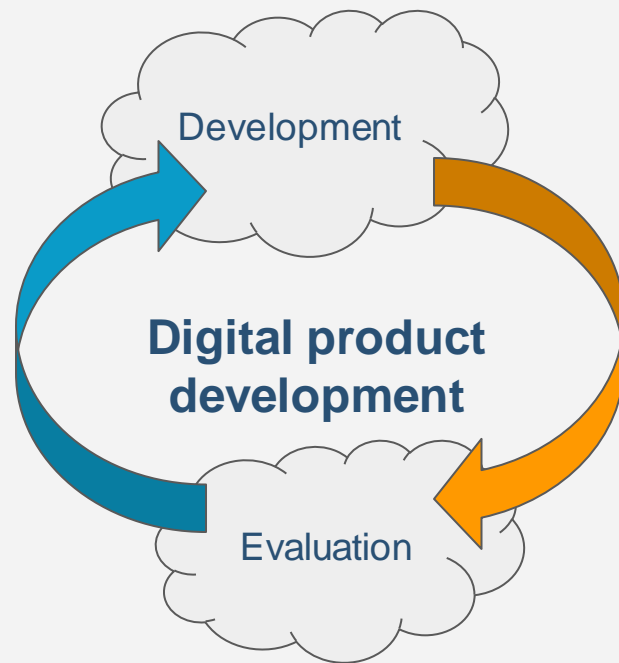


	Avg. Diff ADSM Score	Avg. Diff PHQ9 Score	Number of referrals ended
Null	-3	-4	568
Behavioural Activation (Low Intensit..	-3	-5	8
Cognitive Behaviour Therapy (CBT)	-5	-5	2,312
Counselling for Depression	-3	-4	158
Couples Therapy for Depression	-4	-4	21
Guided Self Help (Book)	-5	-5	1,023
Interpersonal Psycho therapy (IPT)	-3	-3	12
Non-Guided Self Help (Computer)	-6	-6	1
Other High Intensity (not specified a..	-4	-4	955
Other Low Intensity	-2	-2	237
Psychoeducational peer support	-2	-2	354
Grand Total	-4	-4	5,649

- Non-Guided Self Help (Comput..
- Interpersonal Psycho therapy (I..
- Counselling for Depression
- Psychoeducational peer support
- Other High Intensity (not specifi..
- Cognitive Behaviour Therapy (...)
- Behavioural Activation (Low Int..
- Couples Therapy for Depression
- Other Low Intensity
- Null
- Guided Self Help (Book)

Online therapy - evaluation opportunities

- Near real time analysis of digital therapies outcomes
- Patient level (integrated care record)
- Population level (large sample sizes)
- Compare modalities - online, f2f, blended
- Rapid evaluation of new interventions ('online RCTs')



Delivering online cCBT at Step 2 in Talking Therapies (IAPT)

Judith Chapman, Clinical Head of Service and Clinical Director

The challenges

- Is online a lesser treatment than F2F?
- How to bust this myth?
- Do we have agile enabled workforces?
- How will we expand our reach effectively?
- What does service evaluation show?
- What do our clients say?

Stages of Implementation

1. Set up a SilverCloud Working Party

- Involving Senior Management, PWP leads and PWPs
- Responsible for developing SilverCloud pathways and guidance
- Conducting training

2. Develop protocols and guidance for using online sessions

- Diary management for online sessions (allocated time etc.)
- Risk management in online sessions
- Processes for disengagement

3. Provide training

- Focus on content, processes, expectations of PWPs and case studies/role plays

Stages of Implementation

4. Set clear expectations for usage

- Set targets for number of clients on SilverCloud for each PWP in the first 3 months of using this
- Monitor in line management

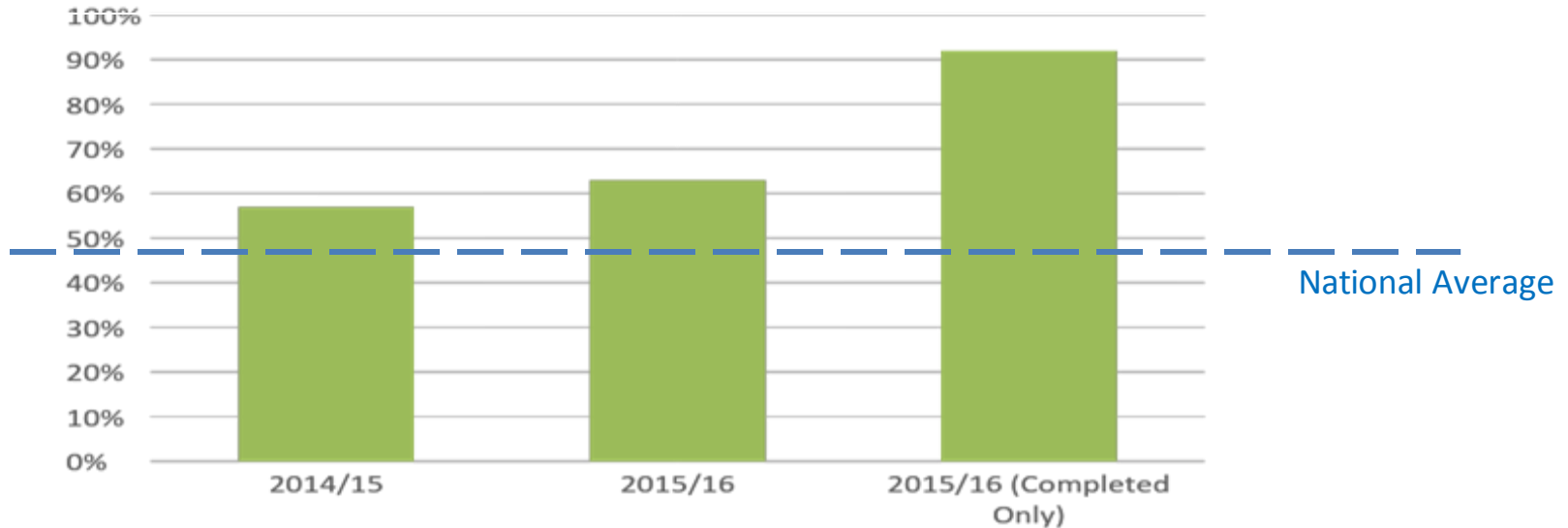
5. Keep it on the radar

- Regular training based on learning from use so far
- Communication to the team about levels of usage
- Feedback on SilverCloud data to the team

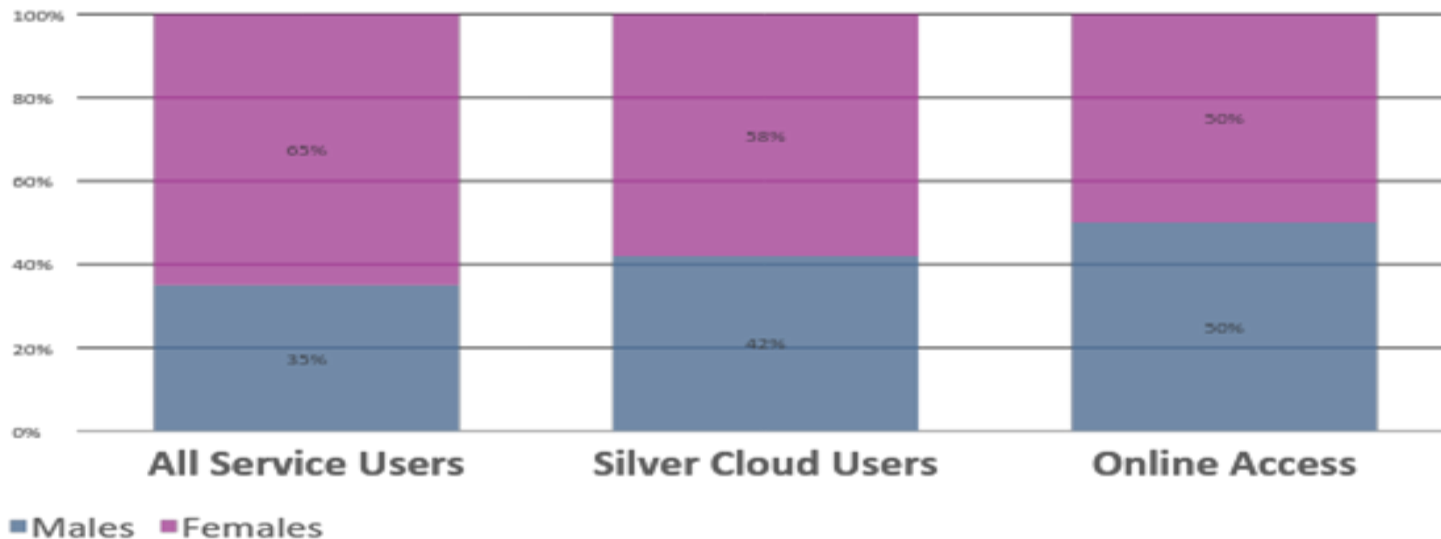
Our outcomes

- **Number of clients on SilverCloud**
 - 40% of all step 2 clients
- **Engagement Rate**
 - As effective as individual Guided Self Help
 - Transparency supports engagement & follow up
- **PWPs can hold significantly higher caseloads**
 - Wait times being met

Berkshire Healthcare Recovery Rates for SilverCloud based online Therapy



Ratio of Female to Male Clients by Entry Route



**We'd welcome your ideas on
the evaluation opportunity...**

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