

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

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ADAPT FOR LTCS HOW?

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 Behaviour Therapy (CBT) interventions for anxiety and/or depression to 100 people in Primary Care settings.²

HOLISTIC APPROACH

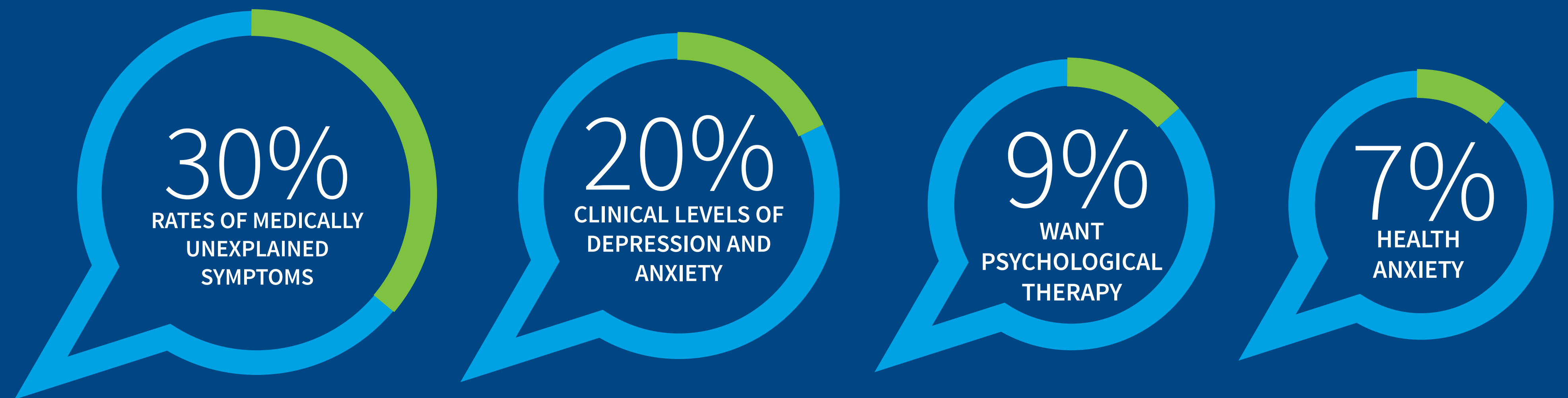
We aim to promote parity in physical and mental health care by training staff in the competencies³ to incorporate goals relating to the whole person including their long term conditions.

COLLABORATION

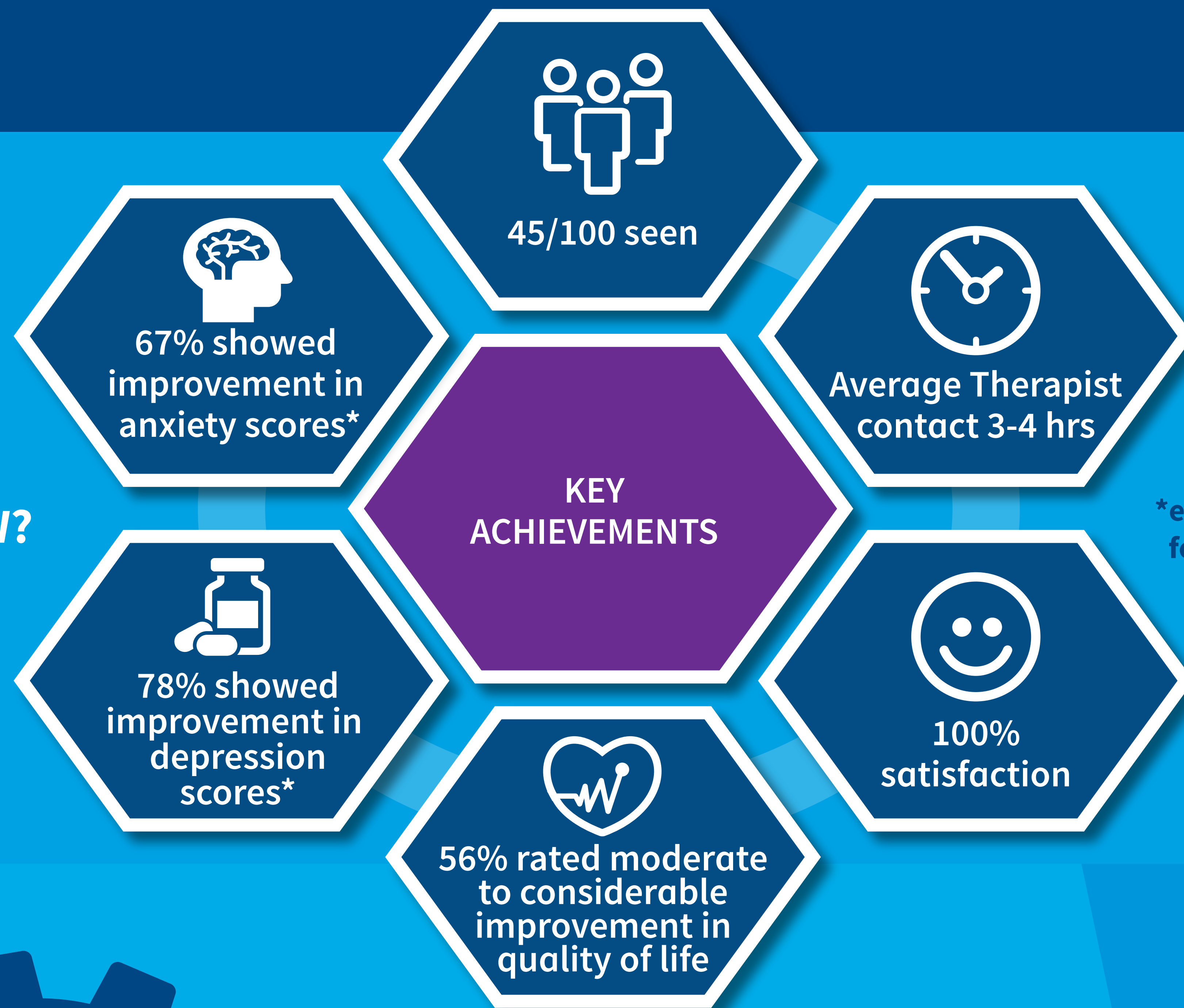
Increase **collaborative working** between mental health and physical health specialists in Primary Care settings, third sector resources and involve people with lived experience.

ACCESSIBLE PSYCHOLOGICAL THERAPIES IN PRIMARY CARE WHY?

It is estimated that in a typical day in general practice waiting rooms¹:



ADAPT FOR LTCS WHAT DO WE KNOW?



*end of treatment data available for 18 people



“This is crucial to my role and developing my overall understanding of the impact of LTCs
Psychological Therapist,
NHS Grampian

“Speedy access to service, patient journey is almost seamless.
Service Lead, NHS Lanarkshire

“It is a small proof of concept study but well conducted and evidenced with transferable learning...’
Reviewer, NHSS conference

“I noticed a big difference having only been here once last week, I felt listened to for the first time, which allowed me to see the changes that I needed to make and motivated me to make them
Patient

ADAPT FOR LTCS: WHERE NEXT?

Expand access by:

- Training more staff in CBT and LTC competencies
- Increase engagement in other boards
- Extend to other LTCs
- Supporting continued monitoring of outcomes

REFERENCES

- ¹ Neal, E and Gregory J, (2017) Screening for medically unexplained symptoms in General Practice, Paper presented at the annual British Association of Behavioural and Cognitive Psychotherapy Conference, Manchester, UK
- ² 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 Comorbid with Diabetes or Cardiovascular disease. *British Medical Journal*, 350: h638.
- ³ Roth, A.D. & Pilling, S. (2015). A Competence Framework for Psychological Interventions with People with Persistent Physical Health Conditions. London: University College London. The Scottish Government (May 2013). Route Map to the 2020 Vision for Health and Social Care. Edinburgh: The Scottish Government.