


National Audit of Psychological Therapies for Anxiety and Depression

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Partner organisations

- Managed by the Royal College of Psychiatrists' Centre for Quality Improvement in partnership with:
 - Professional organisations:** BPS, RCGP, RCN, BABCP, BACP, UKCP, BPC
 - Service user organisations:** Mind, Rethink, No Panic, Depression Alliance, The Mental Health Providers Forum, Anxiety UK



National Clinical Audit and Patient Outcomes Programme

- Funded by Department of Health through the Healthcare Quality Improvement Partnership (HQIP)
- 28 current national clinical audits
- Three mental health audits
 - Dementia care in general hospitals
 - Schizophrenia
 - Psychological therapies for anxiety and depression

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Aims

- Provide feedback to individual psychological therapy services regarding their performance in relation to
 - Agreed standards
 - Performance of other services so they can improve service quality
- Provide a national overview of the delivery of care by psychological therapy services

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Four dimensions of quality

Access

Appropriateness

Acceptability

Effectiveness/Outcomes

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Data collection tools

- 1. Service context**
Background information on service
- 2. Therapist Questionnaire**
About training and professional background
- 3. Retrospective case note / database audit**
Including waiting times, diagnosis, treatment provided, outcome measures used and scores
- 4. Service User Survey**
Including information on experience of accessing service and therapeutic alliance (ARM-5)

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Timetable

- Pilot phase completed – 27 services
- Main audit recruitment deadline end Sept - over 400 services in England and Wales
- Main data collection - Current to Feb 2011
- Data analysis and reporting – Feb to Aug 2011

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Main audit data collection to date

- Service context questionnaires submitted
- Therapists all nominated – deadline for submission 20th Dec 2010
- Service user questionnaire distributed on census date between 1st Oct and 15th Nov
- Three month retrospective case note sample period ended 30 November – submission deadline 28 February 2010

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Types of Services (n = 365)


- Sector managing the service:
 - 324 NHS managed
 - 40 Voluntary Sector
 - 9 Private Sector
- 159 primary care, 161 secondary care, 43 both
- 119 working age, 29 older people(65+), 215 both
- IAPT funding:
 - 237 none
 - 80 partly
 - 47 fully



Service size and therapy provision


Size	N (%)
Small (<8 wte)	146 (41)
Medium (8-20 wte)	111 (31)
Large (>20 wte)	98 (28)

Type of therapy	N (%)
High and Low Intensity	242 (66)
High Intensity only	116 (32)
Low Intensity only	6 (2)



High Intensity Therapies

Individual Therapy	No. of Services
CBT	323
Behavioural Activation	213
Person-centred (or other humanistic) therapy	193
Counselling	191
Psychodynamic/Psychoanalytic	189



High Intensity Therapies - Group

Group Therapy	No. of Services
CBT	147
MBCT	70
Psychodynamic/Psychoanalytic	63
Behavioural Activation	47
Problem-solving therapy	39

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Low Intensity Therapies

Individual Therapy	No. of Services
Psychoeducation	212
Signposting/referral facilitation schemes	194
Guided/facilitated self-help	191
Pure self-help (e.g. books on prescription, unfacilitated cCBT)	171
Support and advice regarding medication adherence	162

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Therapies in other languages

- Does your service provide access to therapy in another language than English?

	Yes	No	Left blank
Through therapists	128	190	47
Through interpreters	293	51	21

- 45 services answered 'No' to both

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Therapist Questionnaire

Mean = 21.48
Std. Dev. = 10.554
N = 1,006

Q3 How many hours per week do you work for this service




Professional Registration

- Currently registered with a professional body?
 - Yes = 1128 (77%)
 - No = 328 (23%)
- Most frequently reported:
 - Health Professions Council
 - British Psychological Society
 - British Association of Behavioural and Cognitive Psychotherapies

Provision of High and Low Intensity Therapies (N = 1,490)


- 1,250 (84%) provide one or more HI therapies
Mean 4.67 (3.9), range 1-15
- 619 (42%) provide one or more LI therapies
Mean 4.76 (2.1), range 1-7
- 305 (20%) provide both HI and LI therapies



Most frequent HI therapies

	N
CBT	998
Behavioural Activation	506
Person-centred (or humanistic) therapy	495
Psychodynamic/psychoanalytic therapy	486
Solution-focused therapy	478
Counselling	450


Therapist n= 1,490



Most frequent LI therapies

	N
Psychoeducation	544
Guided/facilitated self-help	486
Signposting/referral facilitation	481
Pure self-help	404
Computerised CBT (facilitated)	300

Therapist n = 1,490




Formal Training Completed

	N (%)
Counselling	319 (72)
Person-centred (or humanistic) therapy	316 (65)
CBT	625 (64)
Psychodynamic/Psychoanalytic	285 (59)



Short workshops (up to 10 days)

	N (%)
Solution-focused therapy	290 (62)
Mindfulness-based cognitive therapy	218 (53)
Dialectical-behaviour therapy	74 (37)
Systemic/family therapy	95 (33)
Interpersonal Therapy	75 (30)



Working with supervision (without training)

	N (%)
Signposting/referral facilitation	117 (25)
Pure self-help	83 (21)
Structure exercise	51 (16)
Computerised CBT (facilitated)	45 (15)
Psychoeducation	69 (13)
Guided/facilitated self-help	62 (13)



No Formal Training Completed

	N (%)
Arts Psychotherapies	78 (54)
Dialectical-behaviour therapy	76 (38)
Interpersonal Therapy	85 (34)
Couples Therapy	81 (33)
Eye movement desensitisation & reprocessing therapy	70 (33)

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Next steps

- Complete data collection - end Feb 2011
- Data analysis and reporting to Aug 2011

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