

The Psychological Therapies Health Integration Team (HIT)

Our Team

We are a team of academics, commissioners, psychologists and other experts, working together to improve the uptake of, access to, and outcomes for psychological therapies.

Aims

- Most common mental health problems, such as anxiety and depression, are managed in primary care. We aim to improve the delivery of psychological care to patients with these common mental disorders.
- More and more people are online and using smart mobile devices. Now is the time to develop and use high quality online materials to support the work of low and high intensity psychotherapists. We also want to innovate, and one of our major themes is the development of online technology to improve access to psychological treatments.

Patient and Public Involvement (PPI)

Involvement of PPI members is key in helping to shape service development and the longer-term goals for the innovative development of psychological treatments through e-modalities.

Achievement

We have established a pool of primary care service-user representatives to help inform both academics, about relevant psychological research (e.g. INTERACT), and clinical/service staff.

In 2017 we have formed a PPI group, the 'Depression Anxiety Patient forum'. This forum has already advised us on the programme to increase access to psychological therapies for hard to reach groups, both in terms of strategy and materials. This forum will continue to meet regularly to advise on HIT activities and research development.

Looking Forward

PPI groups has been helpful in informing the development of the outreach service and we will continue to work with service users. So far 88 service users from the Bristol IAPT have expressed an interest in being involved with the InPsyte HIT.

SilverCloud

We are working on an evaluation of an online therapist supported therapy package (low intensity CBT programme), SilverCloud, within the Improving Access to Psychological Therapies (IAPT) service in Bristol .

Achievement

The preliminary analysis of the treatment outcome suggested that SilverCloud appeared to be clinically effective in reducing symptoms of depression (PHQ-9, <0.01), anxiety (GAD-7, <0.01), and impact on Work and Social Adjustment (W&SAS, <0.01).

Also, SilverCloud tended to be more cost-effective than regular Low Intensity, using less than one third of the clinical time per patient comparing to face-to-face Low Intensity CBT.

Looking forward

The initial analysis is encouraging, and on this basis Bristol IAPT will continue the Silvercloud pilot. We will continue our work as further data accrues and will deliver a more comprehensive analysis later this year.



INTERACT

INTERACT is a 6 year programme of research, led by the University of Bristol, that aims to develop and evaluate a new intervention that will integrate the use of online CBT materials with therapist led CBT for depression. It blends high intensity therapy with innovative use of technology to maintain the effectiveness of face-to- face CBT.

It aims to increase the general availability of CBT and include groups for whom access is difficult. The novel intervention will be developed so that it can be easily incorporated into existing NHS psychological services within the UK.

Achievement

The INTERACT Programme is continuing to progress. We are prototype testing the INTERACT programme. We have built an online therapy platform and are currently testing this in a small group of participants.

Looking Forward

This programme will be followed by an RCT evaluating the clinical and cost-effectiveness of the novel intervention. We are planning to set up a large randomised trial to test the Interact programme in early 2019.

BAME outreach

This programme aims to increase access to psychological therapies for groups who under-utilise psychological therapies services (black and minority ethnic communities, minority cultural and faith groups and hard-to-reach communities). We aim to address a fundamental inequality in the provision of psychological therapy.

Achievement

We have collaborated with Bristol IAPT in setting up an initiative to reach out to members of the BME communities, who are seriously under-represented in psychological services. The walk in BME information sessions provide people with information and psycho-education to make more fully informed decisions about psychological therapies.

Looking Forward

The BME information sessions are ongoing. We also aim to extend these sessions from BME communities to other hard to reach groups e.g. the elderly in care, rural communities and people with long term medical conditions. For example, the Bristol IAPT team has recently trialled the information sessions in an elderly persons care home and a further outreach session has been planned for the Old Vic Theatre School.

