

Table Top Discussions on Self-help Materials

Summary Feedback

1. What internally developed materials do you use for Step 2 guided self-help?

Feedback:

- Islington: Low mood and depression, stress and worry, panic
- Rotherham: None
- Doncaster: None
- Barnsley: Anxious, exam stress
- Grimsby: Depression
- Psychoed: Interventions - Booklet, standard treatment
- Health minds – depressing focused course and booklets
- Exam stress – Improving low mood; Improving anxiety and Improving LSE
- Improving LSE
- Working males – professionals
- Would it be helpful to have a pool of resources for the attendees of the Forum?
- Healthy minds course – clinical lead
- Worry group
- Improving wellbeing courses/workbook
- LTC/Chronic pain
- Camden – older adults, depression, anxiety, stress
- Feeling good group – 6 sessions

2. What externally sourced materials do you use for Step 2 guided self-help?

Feedback:

- CEDAR
- Get self-help
- Northumberland
- Mind booklets
- Psychology online
- (CCI) step 3
- Reach out -? Not used anymore
- Psychotherapy tools
- Get self help
- Chris Williams - LTTF
- Tim White
- RPCC
- Get self-help – 5 areas: Thought Diaries, Overcoming Series, The Sharp

- Exeter and Cedar
- Stress Control
- Mood juice
- Silvercloud
- Psychology Tools
- Reach out
- University of Exeter
- Get self-help – diary
- University of East Anglia
- Sharp
- Barnsley material
- Reach out material

3. What are the advantages and disadvantages of using internally developed materials for Step 2 guided self-help?

Feedback:

- Structured – reducing variations and drift, stick to model
- Protocol – Support sleeping decisions or un-visualised approach – step by step
- UCL – Evaluation – updates
- Out of date groups
- Local – inclusive
- Ensuring fidelity to step 2 model
- Standardising care? /cost/benefit
- Who's developed it? Tried and tested
- Age-reading, learning ability
- At risk of not being updated
- Advantage: Use example to area; easy read –tailor reading age; translated easily; staff could pick up prescribed treatment within service and prevent drift
- Disadvantage: repetition/time consuming; not evidence based; small amount of input

4. What are the advantages and disadvantages of using externally sourced materials for Step 2 guided self-help?

Feedback:

- Reliable
- Price
- Drift
- Limited in use of visual resources – audio resources/visual
- Learning styles are limited/don't ask this
- Not considering diversity
- At risk (stress control) of not being updated

- Evidence based, easily available
- Not locally, different treatment/therapist drift

5. What percentage of guided self-help materials that you use are internally developed and what percentage are externally developed? Which do you prefer?

Feedback:

- External preferred
- Group – Internal
- Individual – External
- Books prescription
- 70% external 30% Internal
- Mixed views according to previous experience
- More external – 60% external, 40% internal. Table opinion

6. Does your service have a process of evaluating self-help material? If yes please outline the process.

Feedback:

- No
- LLCL
- Adaptations
- Compliments art work
- Clinical leads
- Links to University
- Project group(s)
- Questionnaires to practitioners
- IAPT GSH – Self-help review tool
- Good practice guidance on the use of self-help materials within IAPT services
- Approved list of materials

7. What translated materials do you use?

Feedback:

- Get self-help
- Northumberland
- MPS
- London/Belfast, royal college, Psychology tools
- Deliver classes/group
- Interpreter services
- MDs in different languages

- Psychology Tools
- Royal College of Psychiatrists
- Mind – What are the actual stats for the community and area
- Get self help
- Mind website
- RCP
- Get self help

8. Are there any specific self-help materials you use to engage specific patient populations? (e.g. older adults, perinatal etc.)

Feedback:

- CEDAR
- Pains Toolkit
- LD – get self help
- Own adaptations
- UEA – Older People
- LTC specific – GeDH + Silvercloud
- CEDAR
- BA (Soc)
- Older adults – larger print
- Silvercloud student
- Perinatal booklet
- Perinatal course