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Aim:

To evaluate partnership working between NHS Education for Scotland and Penumbra to train third sector staff in Cognitive Behavioural Approaches, a psychological intervention used to support people with mental health problems.

Introduction:

The Psychological Interventions Team within NHS Education for Scotland (NES) facilitates training in evidence based psychological interventions and therapies for people with mental health conditions. The aim is to meet the Scottish Governments Accessibility target of 18 weeks from referral to treatment for psychological therapies or interventions. Recent legislation to integrate NHS and social care services, including third sectors organisations, has prompted greater partnership working to meet people’s mental health needs in different community contexts.

Cognitive Behavioural Approaches to Wellbeing (CBA; 1) is an evidence-based psychological intervention, based upon cognitive behavioural therapy. CBA consists of a variety of tools and techniques which can be delivered by workers and staff who have not been formally trained in a specific psychological therapy (such as CBT), but who can be specifically trained to deliver these tools.

Penumbra is a third sector organisation providing a range of services to people with mental health problems in Scotland. This project evaluates training in CBA for wellbeing provided by NES for Penumbra staff.

Method:

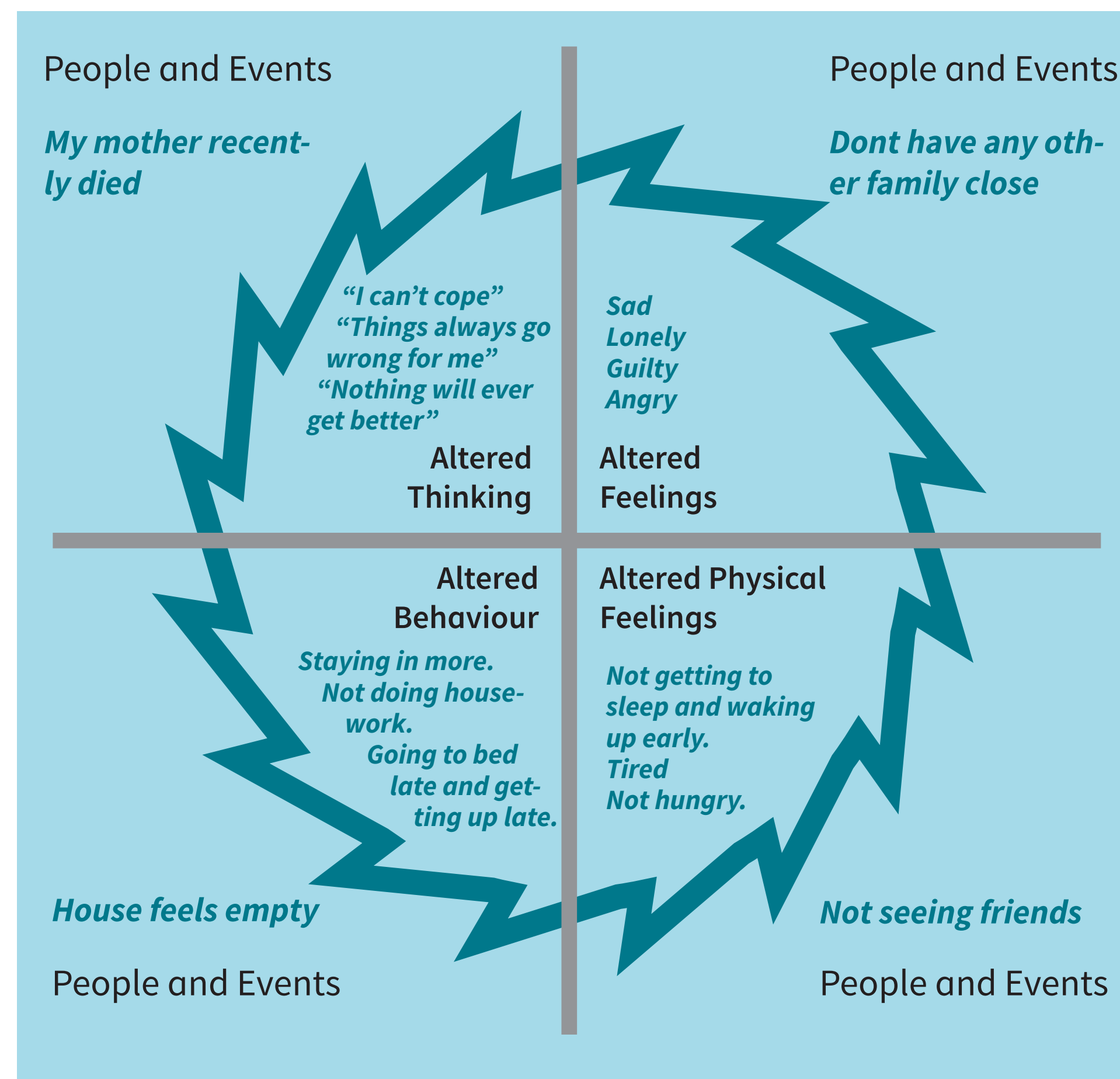
Twenty eight staff from Penumbra were trained CBA in three cohorts. The training consists of two days didactic training with three half-day follow up sessions over two months aimed at putting the training into practice. A number of user-friendly CBA tools were taught as part of the training. These included:

The “Vicious Cycle” which helps people understand how their thoughts, bodily sensations and behaviour can influence their feelings.

Methods to increase enjoyable activities which can have a positive influence over mood.

Participants were asked to complete an evaluation of the acceptability of the training at the end of the third follow up session (Training Acceptability Rating Scale, TARS; 2). A further evaluation was completed at least two months later investigating participant’s confidence in using CBA tools, the frequency in which they used CBA tools, and which tools they found helpful to people they worked with.

The Vicious Cycle



The majority of participants (67%) indicated that they used CBA tools on a weekly basis. No participants indicated that they hardly used the CBA tools at all.

Two of the CBA tools were reported as most popular by participants - Vicious cycle tool and the Make a Plan tool were reported as most helpful by 66% of participants (Table 2).

Table 2. Helpful CBA tools

Helpful CBA tools	Percentage*
Vicious Cycle	66%
Make a plan	66%
Problem solving	33%
Activity planner	33%
Useful coping	33%
Tension control training	33%

* percentage of participants who indicated that they had found certain CBA tools helpful

Comments that participants made as part of the evaluation included:



“the training was very good and has proved useful in my day to day working”

“If I had more time ... I would use it more”

“I liked refreshing some of the skills I already have plus helping give me a greater understanding of the principles that underline CBA”

Conclusions:

Penumbra staff found training in CBA tools highly acceptable and reported high confidence in using the CBA tools. Staff ranged in the frequency with which they used the tools while certain tools were reported as more helpful than others. On the basis of these results, partnership working between Penumbra and NES has proved a success so far.



References:

- (1) Williams C, Martinez R, Drafters R, Ronald L, Garland A. Training the wider workforce in cognitive behavioural self-help: The SPIRIT (Structured Psychosocial InteRventions In Teams) training course. Behav Cogn Psychoth. 2011; 39: 139-149.
- (2) Davis JR, Rawana EP, Capponi DK. Acceptability of behavioural staff management techniques. Behav Intervent. 1989; 4: 23-44.

Thanks to Professor Chris Williams for granting NHS Education for Scotland the use of his copyrighted CBA materials.

My Activity Planner

Use your planner to plan each activity with a balance of activities over the days and week.

	Morning	Afternoon	Evening
Monday	Get up by 9.30am Make breakfast	Go for a walk	Watch a movie
Tuesday	Get up by 9.30am Make breakfast	Do some housework	Read a book
Wednesday	Get up by 9.30am Make breakfast	Go for a swim	Speak to Mary on the phone
Thursday	Get up by 9.30am Make breakfast	Go to the Library	Listen to Music
Friday	Get up by 9.30am Make breakfast	Do some housework	Bake a cake
Saturday	Get up by 9.30am Make breakfast	Visit Mum and go to the shops together Make a meal for us both	Watch TV
Sunday	Get up by 9.30am Make breakfast	Go for a walk with Mary	Do some housework

Results:

The participants indicated a very high level of training acceptability (91%) at the end of the third follow up session (n=16).

Participants reported confidence of using CBA tools was also high after the training, as shown in Table 1.

Table 1. Confidence in using CBA tools

Confidence score*	Mean (standard deviation)
Introducing CBA tools	6.0 (0)
Explaining CBA tools	6.0 (0)
Choosing CBA tools	5.3 (0.6)
Overall	5.7 (0.6)

*Assessed on a likert scale from 1 (low) to 6 (high)

