



**Removing the barriers to
CBT, one click at a time**

Where are we going wrong?



GP attendees have a
MH disorder in 1995

(Sartorius et al and WHO, 1995)

1 in 20 MH presentations

1 in 5 associated MH concerns

(Magpie Research Group, 2003)

*“...significant proportion of
cases then were, and still are
today, untreated”*

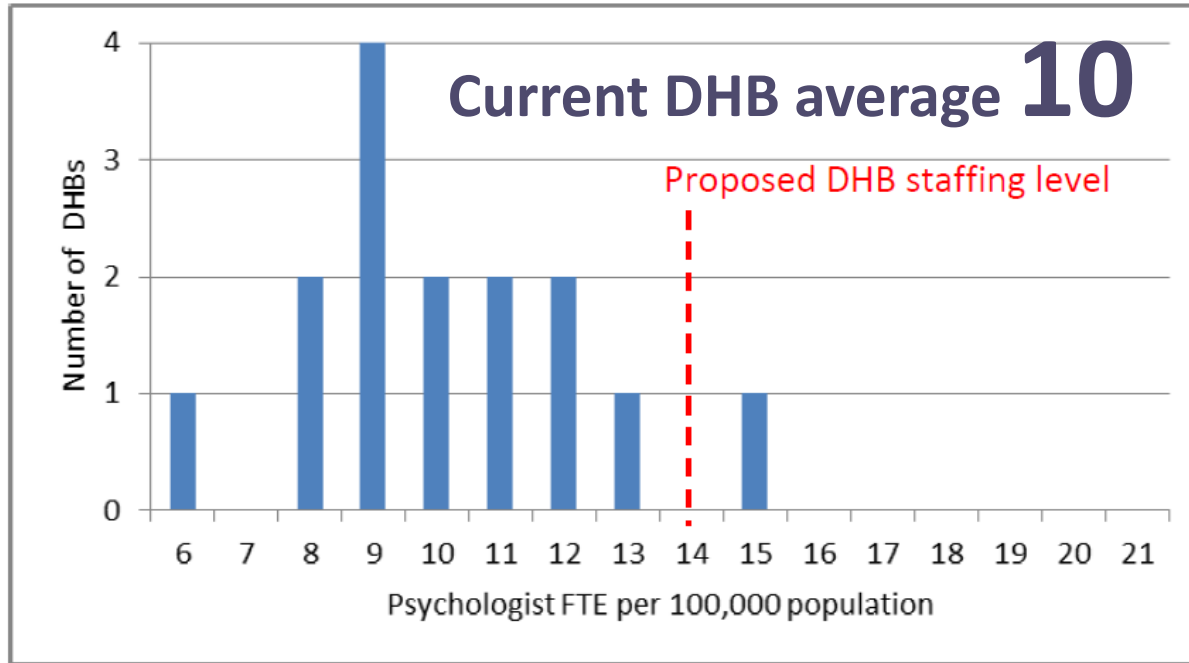
(pg 4, WHO, 2018)

**Lack of availability of EBPT
identified as a major cause**

(WHO, 2018)

Workforce issues and long wait times

Current DHB MH Psychologist Workforce



15 week average wait for adults

11 week average wait in CAMHS

(Psychology Workforce Task Force, 2017)





The search began in 2017

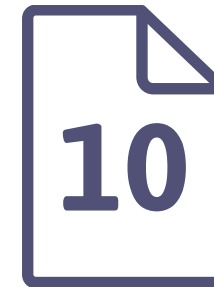


eCBT DMHS
UNSW & St
Vincent's Hospital



RCTs involving
2,000+ patients

Used globally by:
159,000+
people



Academic papers
on effectiveness in
clinical practice

28,000+
clinicians



14
Disorder-specific and
general wellbeing
courses



Over 35,000
registered users
since launch on
12.9.19



Current and future courses

- Depression
- Generalised anxiety
- Staying on Track
- Mixed depression and anxiety
- Social anxiety (*coming soon*)
- Obsessive compulsive disorder
- Panic disorder
- Health anxiety
- Coping with stress
- Post traumatic stress
- Chronic pain
- Insomnia
- Teenage mental wellbeing
- Te ao Māori and Pasifika courses
- Addiction and substance misuse
- eCBT learning module for the workforce
- Trauma-informed recovery course
- Wellbeing microtools

Free for all New Zealanders



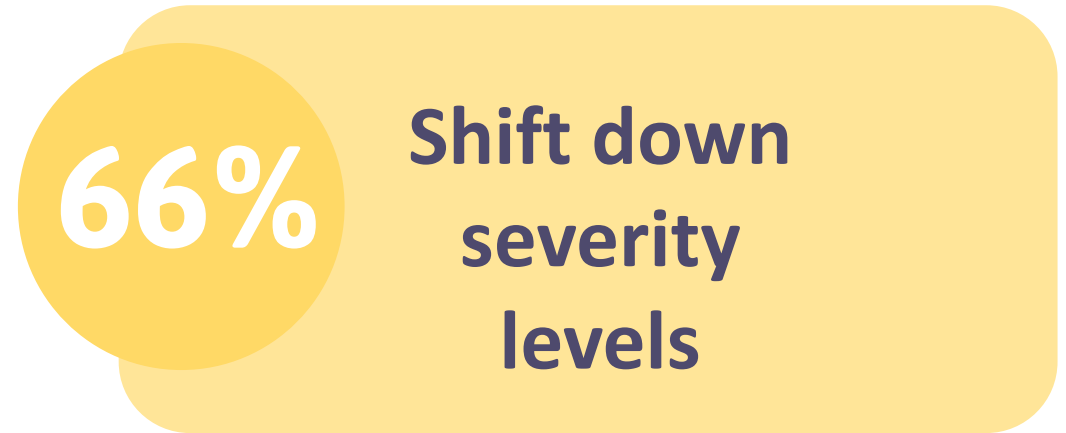
Self-care

– or –



**Prescribed & supervised
by GP or clinician**

Participant outcomes based on K10



* Based on preliminary raw data

Just a Thought completer feedback

87%

**Found it helpful
or extremely
helpful**

91%

**Were satisfied
with the service**

95%

**Would recommend
to a friend, whānau
or colleague**

Registered consumers by DHB region

DHB Region		
Waitemata	3,535	11.3%
Canterbury	3,279	10.5%
Waikato	3,262	10.4%
Auckland	3,195	10.2%
Capital and Coast	2,976	9.5%
Counties Manukau	2,637	8.4%
Southern	2,324	7.4%
Bay of Plenty	1,627	5.2%
Nelson Marlborough	1,177	3.8%
Hutt Valley	941	3.0%
MidCentral	922	3.0%
Northland	853	2.7%
Taranaki	696	2.2%
Hawke's Bay	548	1.8%
Lakes	519	1.7%
Whanganui	380	1.2%
South Canterbury	258	0.8%
Wairarapa	227	0.7%
West Coast	205	0.7%
Tairāwhiti	110	0.4%
Not recorded	1,560	5.0%
Total	31,231	100.0%



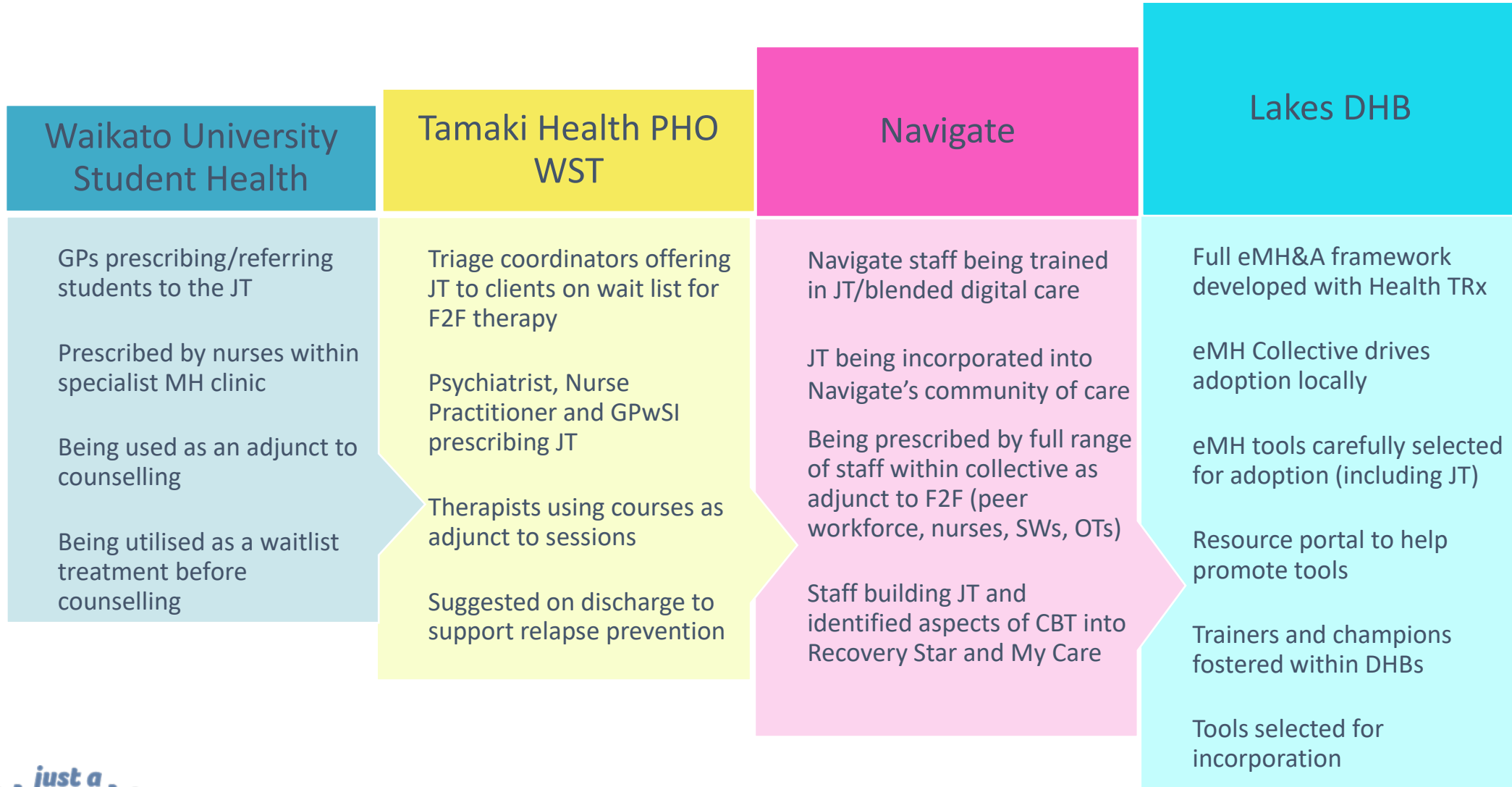
* Based on preliminary raw data

eCBT can help close the current evidence-practice gap in secondary care

- *High fidelity* to face-to-face CBT.
- *Supports people on psychology wait lists.*
- *Increase consumer access to CBT* by numerous members of the MDT including peer workforce.
- *Enhance focus of psychological treatments.*
- *Easily integrated* into within a blended care model.
- *Effect sizes equivalent* to face-to-face therapy.
- *Opens the door* to other JT courses (approximately ½ our registered consumers go on to do more courses).
- **Available across transitions** between primary care and secondary services.



Implementation champions





Prescription vs referral rates

- 9,495 consumers at registration chose "Referral by a healthcare worker"
- 4,806 prescriptions sent
 - 📄 2,338 prescriptions picked up (49%)
- Prior data has shown
 - ⊕ Nurses were top prescribers (27%)

Privacy and dignity

“Great initiative *making help easy to access anonymously*”

“I also liked that *I got to do things on my own*. I found this *empowering*.”

“I like there is no other person involved so it is *only myself I am needing to please*. I can give more honest answers *without fear of judgement or reaction* from another person”.

Accessibility barriers removed

“I found finding help quite difficult. When I went to my GP, they referred me to services I had to pay for at \$180 per session - ***I just couldn't afford that.***”

“I wouldn't have had any treatment if it wasn't for this course, so thank you.”

"I would like to thank you for making this course available. I have been told I would ***benefit from CBT many times, but because it's expensive*** to do I haven't been able to get the help”.

Continually enhancing wellbeing

“I come back to your resources often to reinforce my learning”.

“I found it helpful to have the **information accessible in one place**. This made it easier for me to **revisit if I needed to explore anything further** or clarify something”.

“I am now able to stop myself and do a little thought challenging activity. I mix it with a breathing strategy, and it helps significantly”.

Increasing understanding

“I ***came to understand*** how I was feeling and ***what I could do about it.***”

“***I learned heaps*** about thinking distortions, boundaries and self-esteem through the lessons.”

“I feel like it’s helping me ***recognise unhelpful habits*** and give me ***alternative tools***”.

Advice that is practical and appreciated

“I appreciate the ***solid advice***.”

“Thank you again for all the ***wonderful resources*** and reading, it has helped a lot.”

“Having a ***site to go to for advice and explanations*** has given me a positive start to following this programme”.

Structured and flexible

“I appreciated that the *lessons were bite size* and came with a *summary* and resources so *I could practice between lessons*”.

“The lessons were *practical and not overwhelming*”.

“I found my online course helpful, because *all I had to do was tell myself to follow the instructions* and for once was not having to try and ‘figure everything out’ by myself”.

“I liked the opportunity to *complete the course at my own pace*”.

Connection and validation

“I felt like I was *part of something bigger* and that *other people experience similar symptoms*. As a result, *I felt understood and validated*. I felt like I could get through because others had. *I felt supported*”.

“This course *took away much of my shame and guilt* about how I was feeling”.

“I think this course was *amazing at a time I really needed to understand why* I was feeling the way I was”.

Complimentary and integratable

“This tool has been a *great addition* to counselling, rest, self-care and medication.”

“I’ve had CBT sessions before with a therapist. The course *helped me to remember what I’d learnt* and really understand the concepts.”

“Doing the first lesson has *reminded me of the skills my previous counsellor taught me*, but I had completely forgotten them. By relearning them I am confident that I will be able to lessen these thoughts a lot, very quickly”.

Effective and hope- generating

“I began to *see that it could be managed*. I felt a lot more *hopeful* and less burdened.”

“It made such a *huge difference* to my life.”

“I love that *I now have the strategies I need*.”

“*I am aware* of what my triggers are”.

“*I learnt a lot about myself* and that *I can actually cope*”.

Prescriber feedback

“The results have been **effective** and helped those with anxiety and low mood and especially helpful during covid lockdown period”.

“Patients report this has been a **great online intervention** when we have been unable to refer to face to face”.

“Many patients report they **prefer this intervention** as they do not have to build a relationship with a counsellor”.



Prescriber feedback

“I have seen patients **successfully recover** when accessing this great online therapy solution”.

“This tool supports to **bridge this gap** and means that our Tangata Whaiora are able to **access cost-effective and readily available psychological based support with no barriers**”.

“The ability of the person to choose between either the self-help or prescribed **options allow for autonomy** over their health care which is **empowering**.”



Register and check it out now!

www.justathought.co.nz

For further information email:

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