

## **National Clinical Audit of Anxiety & Depression**

### Spotlight Audit of Psychological Therapies

#### Analysis

#### **In this document you will find:**

- An overview of the type of services who registered for the audit;
- Case record demographics;
- Service user survey demographics;
- Therapist survey demographics;
- A list of the most frequent therapies provided.

## Registrations

232 services (some of which encompass more than one service) registered from 50 Trusts.

Service Type	N (%) Services
Community Mental Health Teams (CMHT) and Recovery Teams	117 (50%)
Secondary care psychotherapy/psychology service (non-specialist)	47 (21%)
Other*	26 (13%)
Inpatient mental health service	25 (11%)
Specialist Services (Anxiety/Depression, Trauma, Bipolar)**	14 (6%)
Crisis Resolution/Home Treatment team	3 (1%)

\*Includes: Clinical Health Psychology, Arts Psychotherapies and Mixed Services

\*\*Includes: specialist psychotherapy services, bipolar services, anxiety/depression services, trauma services

## Audit of Practice

4462 (after cleaning) case records were submitted.

## Service User Survey

662 service user surveys were submitted.

### Service User Survey Completion by Trust

<b>NQL</b>	2	<b>RJ8</b>	0	<b>RRP</b>	5	<b>RWK</b>	95	<b>RXT</b>	0
<b>NR5</b>	11	<b>RLY</b>	18	<b>RT1</b>	10	<b>RWR</b>	20	<b>RXV</b>	3
<b>R1A</b>	6	<b>RMY</b>	13	<b>RT2</b>	54	<b>RWV</b>	1	<b>RXX</b>	24
<b>R1C</b>	2	<b>RNK</b>	7	<b>RTQ</b>	11	<b>RWX</b>	29	<b>RXY</b>	12
<b>R1L</b>	0	<b>RNN</b>	0	<b>RTV</b>	0	<b>RX2</b>	40	<b>RYG</b>	2
<b>RAT</b>	21	<b>RNU</b>	9	<b>RV3</b>	56	<b>RX4</b>	8	<b>TAD</b>	6
<b>RDY</b>	5	<b>RP7</b>	0	<b>RV5</b>	9	<b>RXA</b>	6	<b>TAF</b>	10
<b>RGD</b>	39	<b>RPG</b>	14	<b>RVN</b>	16	<b>RXE</b>	11	<b>TAH</b>	4
<b>RH5</b>	5	<b>RQY</b>	30	<b>RW4</b>	0	<b>RXG</b>	8	<b>TAJ</b>	0
<b>RHA</b>	7	<b>RRE</b>	0	<b>RW5</b>	0	<b>RXM</b>	21	<b>RCP</b>	5

## Service User Survey – Demographics

Age*	N (%)
18-25	38 (6%)
26-35	75 (12%)
36-45	94 (15%)
46-55	135 (22%)
56-65	88 (14%)
>65	194 (31%)
Ethnicity**	N (%)
White	557 (89%)
Mixed/Multiple	14 (2%)
Asian	29 (5%)
Black	17 (3%)
Other	8 (1%)
Gender***	N (%)
Male	208 (33%)
Female	418 (67%)
Non-binary/Other	<6 (<1%)

\*Unknown for 38 Service User respondents

\*\*Unknown for 37 Service User respondents

\*\*\*Unknown for 33 Service User respondents

## Therapist Survey

1453 therapists surveys were submitted.

### Therapist Survey completion by Trust

<b>NQL</b>	7	<b>RJ8</b>	2	<b>RRP</b>	41	<b>RWK</b>	47	<b>RXT</b>	35
<b>NR5</b>	16	<b>RLY</b>	13	<b>RT1</b>	24	<b>RWR</b>	0	<b>RXV</b>	8
<b>R1A</b>	16	<b>RMY</b>	37	<b>RT2</b>	40	<b>RWV</b>	8	<b>RXX</b>	68
<b>R1C</b>	10	<b>RNK</b>	27	<b>RTQ</b>	23	<b>RWX</b>	101	<b>RXY</b>	30
<b>R1L</b>	42	<b>RNN</b>	22	<b>RTV</b>	12	<b>RX2</b>	143	<b>RYG</b>	13
<b>RAT</b>	18	<b>RNU</b>	46	<b>RV3</b>	103	<b>RX4</b>	34	<b>TAD</b>	19
<b>RDY</b>	9	<b>RP7</b>	0	<b>RV5</b>	35	<b>RXA</b>	6	<b>TAF</b>	39
<b>RGD</b>	34	<b>RPG</b>	34	<b>RVN</b>	55	<b>RXE</b>	12	<b>TAH</b>	13
<b>RH5</b>	20	<b>RQY</b>	14	<b>RW4</b>	11	<b>RXG</b>	31	<b>TAJ</b>	13
<b>RHA</b>	29	<b>RRE</b>	11	<b>RW5</b>	16	<b>RXM</b>	29	<b>RCP</b>	0

### Types of professionals who responded to the survey

Type of professional	% (N) of core professionals
Clinical Psychologist	45% (646)
Psychodynamic/Psychoanalytic Psychotherapist	8% (114)
Counselling Psychologist	7% (106)
Cognitive Behavioural Therapist	6% (88)
Arts Psychotherapist	5% (72)
Nurse/Mental Health Nurse	4% (61)
Psychological Therapist	3% (38)
Occupational Therapist	2% (35)
Medical Psychotherapist	2% (30)
Psychiatrist	2% (25)
Systemic/Family Therapist	1% (21)
Cognitive Analytic Therapist	1% (19)
Counsellor	1% (7)
Social Worker	0.4% (6)
Graduate Mental Health Worker	0.2% (3)
Other	7% (94)
Trainee	6% (88)

'Other' Type	% of the 94 Other Professions
Assistant Psychologist	71.3% (67)
Other Psychotherapist	10.6% (10)
Psychology Intern/Student	3.2% (3)
Support Worker	3.2% (3)
Forensic Psychologist	2.1% (2)
(Psycho)therapy assistant	2.1% (2)
Clinical Lead	1.1% (1)
Dialectical Behavioural Therapist	1.1% (1)
Drama Therapist	1.1% (1)
EMDR Practitioner	1.1% (1)
Group Analyst	1.1% (1)
Occupational Therapy Assistant	1.1% (1)
Mixed Professions	1.1% (1)

Trainee Type	% of the 88 Trainees
Clinical Psychologist	53.4% (47)
Psychoanalytic/Psychodynamic Psychotherapist	9.1% (8)
Counselling Psychologist	8% (7)
Psychiatrist	6.8% (6)
CBT Therapist	5% (4)
Assistant Psychologist	3% (3)
Psychotherapist	3% (3)
Medical Psychotherapist	3% (3)
Medical Student	2% (2)
Group Analytic therapist	1% (1)
Integrative Arts Psychotherapist	1% (1)
Systemic Therapist	1% (1)
Psychodynamic Counsellor	1% (1)
CAT Practitioner	1% (1)

## Most Frequent Therapies

Therapy	Total N (%)	Individual N	Group N	Family N
Cognitive Behavioural Therapy (CBT)	1730 (39%)	1551	173	6
Other Therapy	881 (20%)	650	215	16
Psycho-education	632 (14%)	438	184	10
Mindfulness	341 (8%)	198	141	2
Dialectical Behavioural Therapy (DBT)	305 (7%)	145	159	1
Compassion Focused Therapy (CFT)	277 (6%)	203	74	0
Integrative Psychotherapy	275 (6%)	255	17	3
Acceptance and Commitment Therapy (ACT)	257 (6%)	188	68	1
Behavioural Activation	255 (6%)	224	30	1
Cognitive Analytic Therapy (CAT)	203 (5%)	197	5	1
Long-term Psychodynamic/Psychoanalytic Therapy	201 (5%)	157	44	0
Art Psychotherapies (e.g. Art, music, movement)	197 (4%)	99	98	0
Short Term Psychodynamic/Psychoanalytic Therapy	191 (4%)	172	17	2
Guided/Supported Self-help	182 (4%)	134	46	2
Applied Relaxation	167 (4%)	104	63	0
Eye Movement Desensitisation and Reprocessing (EMDR)	164 (4%)	163	1	0
Signposting/Referral Facilitation Schemes	134 (3%)	111	21	2
Systemic/Family Therapy	124 (3%)	36	3	85
Problem Solving Therapy	118 (3%)	91	26	1
Counselling	98 (2%)	89	5	4
Mindfulness Based Cognitive Therapy (MBCT)	87 (2%)	29	58	0
Solution Focussed Therapy (SFBT)	86 (2%)	62	17	7
Humanistic/Person Centred Therapy	82 (2%)	71	10	1
Mentalisation Based Therapy (MBT)	73 (2%)	30	43	0
Facilitated Cognitive Behavioural Therapy (CBT) based self-help	50 (1%)	36	14	0
Structured Exercise	41 (1%)	17	24	0
Interpersonal Psychotherapy (IPT)	40 (1%)	38	2	0
Support and advice in adherence of psychotropic/prescribed medication	22 (<1%)	20	2	0
Non-facilitated Self-help (e.g. books on prescription, unfacilitated cCBT etc.)	21 (<1%)	21	0	0
Narrative Exposure Therapy (NET)	20 (<1%)	20	0	0
Behavioural Couples Therapy	12 (<1%)	4	1	7
Dynamic Interpersonal Therapy (DIT)	9 (<1%)	9	0	0