Psychological Therapies / IAPT Workstream

Evidence-Based Practice Update

July 2013

The following articles are now available and may be helpful to inform your daily practice and achieve improved outcomes for IAPT service users. This evidence-based practice update has been produced for the IAPT workstream in partnership with our host Trust (Cambridgeshire and Peterborough Foundation Trust – CPFT).

Many of the articles listed below are available to NHS staff through their Athens accounts or to CPFT staff on the shelf at Fulbourn Library. To sign up for an Athens account, go to http://www.library.nhs.uk and click on “Register for NHS Athens”. If you are having problems with your Athens account, do not work for CPFT, or would like a copy of one of our print articles, please contact the library by phone on 01223 884 440 or by email at fulbourn.library@cpft.nhs.uk for further advice or assistance. Articles made available are for your personal work or educational use.

The full abstracts for the citations below are included on the IAPT website:

http://www.rcpsych.ac.uk/workinpsychiatry/qualityimprovement/managedclinicalnetwork/iaptworkstream/resourcelibrary.aspx

Cognitive Behaviour Therapy for Anxiety & Depression

Maintenance cognitive-behavioral therapy and manualized psychoeducation in the treatment of recurrent depression: A multicenter prospective randomized controlled trial.
Citation: The American Journal of Psychiatry, June 2013, vol./is. 170/6(624-632), 0002-953X;1535-7228
Author(s): Stangier, Ulrich, Hilling, Christine, Heidenreich, Thomas, Risch, Anne Katrin, Barocka, Arnd, Schlosser, Ralf, Kronfeld, Kai, Ruckes, Christian, Berger, Hartmut, Roschke, Joachim, Weck, Florian, Volk, Stephan, Hambrecht, Martin, Serfling, Richard, Erkwoh, Ralf, Stirn, Aglaja, Sobanski, Thomas, Hautzinger, Martin
Source: PsycINFO
Full Text: Available from American Journal of Psychiatry in Fulbourn Hospital Library

Workplace depression: Personalize, partner, or pay the price.
Citation: The American Journal of Psychiatry, June 2013, vol./is. 170/6(578-581), 0002-953X;1535-7228
Author(s): Greden, John F
Source: PsycINFO
Full Text: Available from American Journal of Psychiatry in Fulbourn Hospital Library

Increase in work productivity of depressed individuals with improvement in depressive symptom severity.
Citation: The American Journal of Psychiatry, June 2013, vol./is. 170/6(633-641), 0002-953X;1535-7228
Source: PsycINFO
Full Text: Available from American Journal of Psychiatry in Fulbourn Hospital Library

Safety of antidepressants in adults aged under 65: Protocol for a cohort study using a large primary care database.
Citation: BMC Psychiatry, May 2013, vol./is. 13/, 1471-244X (May 10, 2013)
Author(s): Coupland, Carol, Morriss, Richard, Arthur, Antony, Moore, Michael, Hill, Trevor, Hippisley-Cox, Julia
Source: PsycINFO
Psychological Therapies / IAPT Workstream


Research setting versus clinic setting: Which produces better outcomes in cognitive therapy for depression?
Citation: Cognitive Therapy and Research, June 2013, vol./is. 37/3(605-612), 0147-5916;1573-2819
Source: PsycINFO

Self-help Interventions

Initial open trial of a computerized behavioral activation treatment for depression.
Citation: Behavior Modification, May 2013, vol./is. 37/3(259-297), 0145-4455;1552-4167 (May 2013)
Author(s): Spates, C. Richard, Kalata, Alyssa H, Ozeki, Satoshi, Stanton, Cory E, Peters, Sofia
Source: PsycINFO

Treating depression and depression-like behavior with physical activity: An immune perspective.
Citation: Frontiers in Psychiatry, February 2013, vol./is. 4/, 1664-0640 (Feb 4, 2013)
Author(s): Eyre, Harris A, Papps, Evan, Baune, Bernhard T
Source: PsycINFO

Group Work

Effectiveness of a cognitive behavioural group therapy (CBGT) for social anxiety disorder: immediate and long-term benefits
Citation: Cognitive Behaviour Therapist, Volume 6, 2013, e5
Author(s): Odhran McCarthy, David Hevey, Amy Brogan, Brendan D. Kelly
Source: Published online by Cambridge University

Non-CBT Modalities

Couple therapy for depression.
Citation: Journal of Clinical Psychology, May 2012, vol./is. 68/5(526-535), 0021-9762;1097-4679 (May 2012)
Author(s): Whisman, Mark A, Beach, Steven R. H
Source: PsycINFO

Multi-modality: A new approach for the treatment of major depressive disorder.
Citation: International Journal of Neuropsychopharmacology, July 2013, vol./is. 16/6(1433-1442), 1461-1457;1469-5111 (Jul 2013)
Author(s): Richelson, Elliott
Source: PsycINFO

Treatment for chronic depression using schema therapy.
Citation: Clinical Psychology: Science and Practice, June 2013, vol./is. 20/2(166-180), 0969-5893;1468-2850
Author(s): Renner, Fritz, Arntz, Arnoud, Leeuw, Ina, Huibers, Marcus
Source: PsycINFO

Long Term Conditions / Medically Unexplained Symptoms

Therapy of post-stroke depression - A systematic review.
Citation: Die Psychiatrie: Grundlagen & Perspektiven, 2013, vol./is. 10/2(108-129), 1614-4864 (2013)
Author(s): Wannagat, W, Zielasek, J, Gaebel, W
Source: PsycINFO
Psychological Therapies / IAPT Workstream

Bright light therapy for symptoms of anxiety and depression in focal epilepsy: Randomised controlled trial.
Citation: The British Journal of Psychiatry, May 2013, vol./is. 202/5(352-356), 0007-1250;1472-1465 Author(s): Baxendale, Sallie, O'Sullivan, John, Heaney, Dominic
Source: PsycINFO

Children & Young People

NICE guidelines for Depression in Children and Young People

The Evidence Update on depression in children was published by NICE in June 2013. It includes commentary from the EUAG on 8 new articles (relevant to NICE clinical guideline 28), covering the following topics:
- Impact on treatment response of parental marital discord, abuse and other factors
- Modular approach to psychotherapeutic interventions
- Classroom-based and computerised CBT
- Prescribing antidepressants for children and young people

Review of Depression: Cognitive behaviour therapy with children and young people.
Citation: Bulletin of the Menninger Clinic, June 2013, vol./is. 77/2(190-191), 0025-9284 (Jun 2013)
Author(s): Benedek, Elissa P
Source: PsycINFO
Full Text: Available from EBSCOhost in Bulletin of the Menninger Clinic; Available from EBSCOhost in Bulletin of the Menninger Clinic

Older Adults

Moderators of outcome in late-life depression: A patient-level meta-analysis.
Citation: The American Journal of Psychiatry, June 2013, vol./is. 170/6(651-659), 0002-953X;1535-7228
Author(s): Nelson, J. Craig, Delucchi, Kevin L, Schneider, Lon S
Source: PsycINFO
Full Text: Available from American Journal of Psychiatry in Fulbourn Hospital Library

Long term effect of depression care management on mortality in older adults: Follow-up of cluster randomized clinical trial in primary care.
Citation: BMJ: British Medical Journal, June 2013, vol./is. 346/, 0959-8138 (Jun 5, 2013)
Author(s): Gallo, Joseph J, Morales, Knashawn H, Bogner, Hillary R, Raue, Patrick J, Zee, Jarcy, Bruce, Martha L, Reynolds, Charles F III
Source: PsycINFO
Full Text: Available from Highwire Press in BMJ

Hard to Reach Groups

A collaborative care approach to depression treatment for Asian Americans.
Citation: Psychiatric Services, May 2013, vol./is. 64/5(487-490), 1075-2730 (May 1, 2013)
Author(s): Ratzliff, Anna D. H, Ni, Karen, Chan, Ya-Fen, Park, Mijung, Unutzer, Jurgen
Source: PsycINFO
Full Text: Available from Psychiatric Services in Fulbourn Hospital Library

Investigating the efficacy of integrated cognitive behavioral therapy for adult treatment seeking substance use disorder patients with comorbid ADHD: Study protocol of a randomized controlled trial.
Citation: BMC Psychiatry, May 2013, vol./is. 13/, 1471-244X (May 10, 2013)
Author(s): van Emmerik-van Oortmerssen, Katelijne, Vedel, Ellen, Koeter, Maarten W, de Bruijn, Kim, Dekker, Jack J. M, van den Brink, Wim, Schoevers, Robert A
Source: PsycINFO Full Text: Available from National Library of Medicine in BMC Psychiatry; Available from BioMedCentral in BMC Psychiatry; Available from EBSCOhost in BMC Psychiatry
Veterans:

Family involvement, medication adherence, and depression outcomes among patients in Veterans Affairs primary care.
Citation: Psychiatric Services, May 2013, vol./is. 64/5(472-478), 1075-2730 (May 1, 2013)
Author(s): Bolkan, Cory R, Bonner, Laura M, Campbell, Duncan G, Lanto, Andy, Zivin, Kara, Chaney, Edmund, Rubenstein, Lisa V
Source: PsycINFO
Full Text: Available from Psychiatric Services in Fulbourn Hospital Library

Assertive community treatment in Veterans Affairs settings: Impact on adherence to antipsychotic medication.
Citation: Psychiatric Services, May 2013, vol./is. 64/5(445-451), 1075-2730 (May 1, 2013)
Author(s): Valenstein, Marcia, McCarthy, John F, Ganoczy, Dara, Bowersox, Nicholas W, Dixon, Lisa B, Miller, Richard, Visnic, Stephanie, Slade, Eric P
Source: PsycINFO
Full Text: Available from Psychiatric Services in Fulbourn Hospital Library

Severe Mental Illness:

Cognitive behaviour therapy and the psychopathology of schizophrenia: Systematic review and meta-analysis.
Citation: Psychology and Psychotherapy: Theory, Research and Practice, June 2013, vol./is. 86/2(127-138), 1476-0835;2044-8341 (Jun 2013)
Author(s): Newton-Howes, Giles, Wood, Rebecca
Source: PsycINFO
Full Text: Available from Psychology and Psychotherapy: Theory Research and Practice in Fulbourn Hospital Library

Citation: Psychology and Psychotherapy: Theory, Research and Practice, June 2013, vol./is. 86/2(139-145), 1476-0835;2044-8341 (Jun 2013)
Author(s): Hutton, Paul
Source: PsycINFO
Full Text: Available from Psychology and Psychotherapy: Theory Research and Practice in Fulbourn Hospital Library

Group therapy in schizophrenia, manic-depressive and chronic psychotic depressive reactions.
Citation: Group therapy: A practical approach., 1963(388-412) (1963)
Author(s): Johnson, James A Jr.
Source: PsycINFO

Challenges in the treatment of major depressive disorder with psychotic features.
Citation: Schizophrenia Bulletin, July 2013, vol./is. 39/4(787-796), 0586-7614;1745-1701 (Jul 2013)
Author(s): Rothschild, Anthony J
Source: PsycINFO
Full Text: Available from Schizophrenia Bulletin in Fulbourn Hospital Library

Preventive interventions for postnatal psychosis.
Citation: Schizophrenia Bulletin, July 2013, vol./is. 39/4(748-750), 0586-7614;1745-1701 (Jul 2013)
Author(s): Essali, Adib, Alabd, Samer, Guul, Aisha, Essali, Norah
Source: PsycINFO
Full Text: Available from Schizophrenia Bulletin in Fulbourn Hospital Library

Pilot programme of modular symptom-specific group cognitive behaviour therapy in a ‘real world’ early intervention in psychosis service.
Citation: Early Intervention in Psychiatry, May 2013, vol./is. 7/2(221-229), 1751-7885;1751-7893 (May 2013)
Author(s): Raune, David, Law, Suzanne
Source: PsycINFO
Psychological Therapies / IAPT Workstream

Regional IAPT Events:

Social Anxiety Workshop & MCN IAPT Networking Conference: Wednesday 11th December

To support Senior PWPs and CBT therapists to work with the recent NICE guidelines for Social Anxiety, the MCN IAPT workstream are hosting a free event facilitated by Professor David Clark. For further details contact Nicola.biggs@cpft.nhs.uk

NICE guidelines for Social Anxiety. For a copy of the update and further supporting documents, visit the NICE website (http://guidance.nice.org.uk/CG159).

National IAPT Initiatives:

A series of Positive Practice guides are available on the national IAPT website http://www.iapt.nhs.uk/commissioning/positive-practice-guides/
- Black and Minority Ethnic communities
- Older People
- Perinatal care
- Offenders
- Long Term Conditions
- Medically Unexplained Symptoms
- Veterans
- Learning Disability
- Working with people who use drugs and alcohol

Addressing depression in Muslim communities - Improving Access to Psychological Therapies

The University of Leeds are developing a research programme that aims to increase access to psychological therapies (particularly Behavioural Activation Techniques) to address the needs of Muslim clients with depression. Information about this project work has been uploaded to the IAPT webpage. If you are interested in developing this area of your IAPT provision and would like more information about how to participate as a pilot site then please contact Shaista Meer, Research Officer, Leeds Institute of Health Sciences (S.M.Meer@leeds.ac.uk or 0113 3430826).

The NSPCC recently published a report ‘All Babies Count: Spotlight on Perinatal Mental Health’. Within its recommendations, the report highlights the role of IAPT stating that ‘Expectant parents and those with young children should be a priority for IAPT services’. To find out more about a range of perinatal mental illnesses that affect at least 10% of new mothers and their children, follow the link: NSPCC Perinatal Report

Updates from NHS England

- **Bulletin for CCGs: issue 39, 8 August 2013** Posted: 08 Aug 2013 09:37 AM PDT
- **NHS England to launch £50 million fund to improve innovation**: Posted: 02 Aug 2013 06:08 AM PDT
- **Video: Putting Patients First**: Posted: 01 Aug 2013 08:41 AM PDT
- **NHS Innovation Fellowship – partner with the NHS to drive innovation**: Posted: 31 Jul 2013 04:00 AM PDT
- **A revolution in patient power: why NHS England is launching Tripadvisor for patients – Tim Kelsey**: Posted: 30 Jul 2013 05:53 AM PDT
Psychological Therapies / IAPT Workstream

- **New proposals to improve care for vulnerable older people**: Posted: 09 Jul 2013 02:48 AM PDT
- **Bulletin for CCGs: Issue 37, 11 July 2013**: Posted: 11 Jul 2013 03:32 PM PDT
- **NHS England’s ‘ways of working’ with CCGs launched**: Posted: 11 Jul 2013 07:05 AM PDT
- **NHS England re-launches recruitment for Armed Forces Clinical Reference Group**: Posted: 04 Jul 2013 09:00 AM PDT
- **The week of the 65th anniversary of the NHS, NHS England reaffirms its commitment to reducing health gap**: Posted: 02 Jul 2013 03:22 AM PDT

**Updates from Health Education East of England**

The latest edition of *Let's Talk*, the newsletter for Health Education East of England, is available now!

This month features:
- Helping band 1-4 staff pursue careers as doctors or nurses
- What is it like to be an NHS apprentice?
- Delivering the health visitor implementation plan
- Diary of Cambridgeshire and Peterborough Workforce Partnership's pre professional leads

You can find it [here](#) through your browser, where it is also available for download.

**Commercial IAPT CPD events:**

**BPS Forthcoming DCP CPD Events:**

**Well-being for Clinical Psychologists – Understanding the Cost of Caring**
Date: 16th September 2013
**Facilitators**: Various
**Venue**: Newmarket Racecourse, Newmarket
**Organiser**: DCP East of England Branch & BPS Learning Centre

‘Why are you doing that? Questions asked by parents/carers and children about the behaviour of their children and parents/carers: Creating doubts about negative assumptions’.
Date: 4th September 2013
**Facilitators**: Dr Daniel Hughes
**Venue**: Whitla Hall, Queen’s University Belfast
**Organiser**: DCP Northern Ireland, BPS Northern Ireland. Psychological Society of Ireland & Queens University Belfast

**The Organisation for Minorities in Clinical psychology: Training launch conference**
Date: 6th September 2013
**Facilitators**: Various
**Venue**: BPS London Office
**Organiser**: DCP Pre Qualification Group & BPS Learning Centre

**Developing Psychological Mindedness in MDTs: Innovation and Evaluation**
Date: 16th September 2013
**Facilitators**: Kathy Taylor, Katherine Berry & Nic Bunker
**Venue**: BPS London Office
**Organiser**: DCP Psychosis & Complex Mental Health Faculty
Understanding and addressing domestic violence: What every mental health professional needs to know
Date: 18th September 2013
Facilitators: Dr Roxane Agnew Davies & Dr Simon Josolyne
Venue: BPS London Office
Organiser: DCP London Branch

SBK are organising a series of IAPT Seminars: 25th - 26th September 2013, Colmore Gate, Birmingham

1. Evolving the Role of the PWP in IAPT: Wednesday 25th September 2013
This unique event offers IAPT Service Managers and Psychological Wellbeing Practitioners the opportunity to get together and find out how other services are using their PWPs innovatively to cut costs and improve clinical outcomes.

2. Delivering Mental Health Services for Veterans and their Families: Wednesday 25th September 2013
This event will offer providers and commissioners of psychological therapy services with an interest in veterans’ mental health the opportunity to hear best practice from existing veterans’ mental health services from across the country.

3. IAPT for SMI: Thursday 26th September 2013
Learn how your IAPT service can evolve to meet the needs of people with severe mental illness. Chaired by Alex Stirzaker, the IAPT National Advisor for SMI, this interactive seminar will give you a unique insight into your most pressing issues, such as the impact of commissioning changes on IAPT for SMI.

Other SBK events in our IAPT and Mental Health series include:
- Improving Access to Psychological Therapies for Older Adults: Wednesday 13 November 2013
- Progressing Primary Care Mental Health Services for Offenders: Wednesday 13 November 2013

How to book your place:
1. Call on 01732 897 788 or Email your details and the name of the event to bookings@sbk-healthcare.com

To include information in the next e-update, please email: nicola.biggs@cpft.nhs.uk

This resource has been produced with the kind assistance of Ian Rennie:
Knowledge, Library, & Information Manager,
Cambridgeshire & Peterborough NHS Foundation Trust
Fulbourn, Cambridge CB21 5EE