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/resources/library.aspx

Cognitive Behaviour Therapy for Anxiety & Depression

What is the best sequential treatment strategy in the treatment of depression? Adding pharmacotherapy to psychotherapy or vice versa?

Citation: Psychotherapy and Psychosomatics, January 2013, vol./is. 82/2(89-98), 0033-3190;1423-0348

Author(s): Dekker, Jack, van, Henricus L, Hendriksen, Marielle, Koelen, Jurrijn, Schoevers, Robert A, Kool, S, van Aalst, G, Peen, Jaap

Source: PsycINFO

Evidence for short-term psychodynamic psychotherapy for depression.

Citation: Journal of Clinical Psychiatry, May 2012, vol./is. 73/5(718), 0160-6689 (May 2012)

Author(s): Abbass, Allan A, Shedler, Jonathan, Town, Joel M

Source: PsycINFO

Full Text: Available from Journal of Clinical Psychiatry in Fulbourn Hospital Library

"Evidence for short-term psychodynamic psychotherapy for depression": Reply.

Citation: Journal of Clinical Psychiatry, May 2012, vol./is. 73/5(718-720), 0160-6689 (May 2012)

Author(s): Barber, Jacques P, Barrett, Marna S, Gallop, Robert, Rynn, Moira A, Rickels, Karl

Source: PsycINFO

Full Text: Available from Journal of Clinical Psychiatry in Fulbourn Hospital Library

Differences in cognitive behavioral therapy dropout rates between bulimia nervosa subtypes based on drive for thinness and depression.

Citation: Psychotherapy and Psychosomatics, January 2013, vol./is. 82/2(125-126), 0033-3190;1423-0348

Author(s): Penas-Lledo, Eva, Aguera, Zaida, Sanchez, Isabel, Gunnard, Katarina, Jimenez-Murcia, Susana, Fernandez-Aranda, Fernando

Source: PsycINFO
A tailored educational intervention improves doctor’s performance in managing depression: A randomized controlled trial.

Citation: Journal of Evaluation in Clinical Practice, February 2013, vol./is. 19/1(16-24), 1356-1294;1365-2753
Author(s): Shirazi, Mandana, Lonka, Kirsti, Parikh, Sagar V, Ristner, Gunilla, Alaeddini, Farshid, Sadeghi, Majid, Wahlstrom, Rolf
Source: PsycINFO

If formulation is the heart of cognitive behavioural therapy, does this heart rule the head of CBT therapists?

Citation: Cognitive Behaviour Therapist, Volume 6, 2013, e6
Author(s): Michael Zivor, Paul M. Salkovskis, Victoria B. Oldfield
Source: Published online by Cambridge University Press 28 Jun 2013

Collaborative research: a case example of dissemination of CBT in primary care

Citation: Cognitive Behaviour Therapist, Volume 6, 2013, e4
Author(s): Fiona Mathieson, Sunny Collings, Anthony Dowell, Felicity Goodyear-Smith, James Stanley, Simon Hatcher
Source: Published online by Cambridge University Press 21 Jun 2013

Improving access to psychological therapies: a comparison between two devolved nations

Citation: Cognitive Behaviour Therapist, Volume 6, 2013, e2
Author(s): Louise Waddington, Rebecca Jury
Source: Published online by Cambridge University Press 06 Jun 2013

Self-help Interventions

Is computerised CBT really helpful for adult depression? A meta-analytic re-evaluation of CCBT for adult depression in terms of clinical implementation and methodological validity.

Citation: BMC Psychiatry, April 2013, vol./is. 13/, 1471-244X (Apr 15, 2013)
Author(s): So, Mirai, Yamaguchi, Sosei, Hashimoto, Sora, Sado, Mitsuhiro, Furukawa, Toshi A, McCrone, Paul
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

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
Full Text: Available from EBSCOhost in Journal of Clinical Psychology; Available from EBSCOhost in Journal of Clinical Psychology

Long Term Conditions / Medically Unexplained Symptoms

The relationship between perceived life changes and depression in caregivers of stroke patients.

Citation: Journal of Neuroscience Nursing, December 2012, vol./is. 44/6(329-336), 0888-0395;1945-2810
Author(s): Peyrovi, Hamid, Mohammad-Saeid, Dalir, Farahani-Nia, Marhamat, Hoseini, Fatemeh
Source: PsycINFO

Encouraging self-management in chronically ill patients with co-morbid symptoms of depression and anxiety: An emergency department study and response.

Citation: Social Work in Health Care, February 2013, vol./is. 52/2-3(207-221), 0098-1389;1541-034X Author(s): Hill, Nicole, Joubert, Lynette, Epstein, Irwin
Source: PsycINFO
Depression treatment patterns among individuals with osteoarthritis: A cross sectional study.

Citation: BMC Psychiatry, April 2013, vol./is. 13/, 1471-244X (Apr 22, 2013)
Author(s): Agarwal, Parul, Pan, Xiaoyun, Sambamoorthi, Usha
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

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

Transition to adult mental health services for young people with Attention Deficit/Hyperactivity Disorder (ADHD): A qualitative analysis of their experiences.

Citation: BMC Psychiatry, March 2013, vol./is. 13/, 1471-244X (Mar 5, 2013)
Author(s): Swift, Katie D, Hall, Charlotte L, Marimuthu, Vic, Redstone, Lucy, Sayal, Kapil, Hollis, Chris
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

Participants' experiences of an early cognitive behavioral intervention for adolescents with symptoms of depression.

Citation: Emotional & Behavioural Difficulties, March 2013, vol./is. 18/1(24-43), 1363-2752;1741-2692 Author(s): Bru, Lene, Solholm, Roar, Idsoe, Thormod
Source: PsycINFO

Cognitive-behavioral therapy for an Indian adolescent with depression: A clinical case study.

Citation: Clinical Case Studies, April 2013, vol./is. 12/2(157-173), 1534-6501;1552-3802 (Apr 2013)
Author(s): Sondhi, Roshni, Gulgulia, Shagun, Shriharsh, Vandana
Source: PsycINFO

Older Adults

Caring for depressed elderly in the emergency department: Establishing links between sub-acute, primary, and community care.

Citation: Social Work in Health Care, February 2013, vol./is. 52/2-3(222-238), 0098-1389;1541-034X
Author(s): Joubert, Lynette, Lee, Jinsu, McKeever, Una, Holland, Lucy
Source: PsycINFO

The future of psychosocial interventions for older adults with severe mental illness.

Citation: The American Journal of Geriatric Psychiatry, March 2013, vol./is. 21/3(215-217), 1064-7481;1545-7214
Author(s): Twamley, Elizabeth W
Source: PsycINFO
Full Text: Available from ProQuest in American Journal of Geriatric Psychiatry, The

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
Hard to Reach Groups

A pilot randomised controlled trial of cognitive behavioural therapy for antenatal depression.

Citation: BMC Psychiatry, January 2013, vol./is. 13/, 1471-244X (Jan 22, 2013)

Author(s): Burns, Alison, O'Mahen, Heather, Baxter, Helen, Bennert, Kristina, Wiles, Nicola, Ramchandani, Paul, Turner, Katrina, Sharp, Debbie, Thorn, Joanna, Noble, Sian, Evans, Jonathan

Source: PsycINFO

Full Text: Available from National Library of Medicine in BMC Psychiatry; Available from ProQuest in BMC Psychiatry; Note: ; Collection notes: Proquest login: click 'Athens login' then select 'NHS England' from list. Available from EBSCOhost in BMC Psychiatry

Severe Mental Illness:

Family therapy for schizophrenia: Co-occurring psychotic and substance use disorders.

Citation: Journal of Clinical Psychology, May 2012, vol./is. 68/5(490-501), 0021-9762;1097-4679 (May 2012)

Author(s): Gottlieb, Jennifer D, Mueser, Kim T, Glynn, Shirley M

Source: PsycINFO

Full Text: Available from EBSCOhost in Journal of Clinical Psychology; Available from EBSCOhost in Journal of Clinical Psychology

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
Psychological Therapies / IAPT Workstream

Meer, Research Officer, Leeds Institute of Health Sciences (S.M.Meer@leeds.ac.uk or 0113 3430826).

Updates from NHS England

- **NHS England publishes interim specifications for specialised commissioning**: Posted: 12 Jun 2013 04:59 AM PDT
- **Proposals for the 2014/15 National Tariff**: Posted: 13 Jun 2013 08:46 AM PDT
- **NHS England announces vision for future of commissioning support services**: Posted: 13 Jun 2013 05:58 AM PDT
- **Advice for CCGs and GPs on information governance and risk stratification published**: Posted: 14 Jun 2013 07:42 AM PDT
- **GP Bulletin: June 2013**: Posted: 21 Jun 2013 04:01 PM PDT
- **Independent review of Major Trauma Networks reveals increase in patient survival rates**: Posted: 25 Jun 2013 01:30 AM PDT

Commercial IAPT CPD events:

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:
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