



What is the National Audit of Psychological Therapies?

The National Audit of Psychological Therapies for Anxiety and Depression is working with services to develop a national picture of treatment for those suffering from depression and anxiety.

The audit will evaluate four important dimensions of quality:

- **Access** – who is offered therapy and how easy is it for people to take up the offer?
- **Appropriateness** – what kind of therapy is provided and is this consistent with best practice?
- **Acceptability** - is the type of therapy offered acceptable to the patient?
- **Outcomes** – do people feel better and are they better able to cope with their anxiety and depression as a result of therapy?

The National Audit of Psychological Therapies (NAPT) is funded by the Healthcare Quality Improvement Partnership (HQIP) and is an initiative of the Royal College of Psychiatrists' Centre for Quality Improvement (CCQI).

Why is the National Audit important?

Over 400 services across England and Wales are participating, which will help to create a true picture of performance across the country. This will enable the Department of Health and NHS Wales to develop realistic policies and targets to support service development, based on an accurate understanding of what is happening 'in the field'.

What does it involve?

The audit covers NHS-funded services and therapists providing psychological therapies for people with anxiety and depression in England and Wales. It includes adults over the age of 18 who are receiving psychological therapy services in the community, and is working with both IAPT and non-IAPT sites.

It engages healthcare professionals in a systematic evaluation of their clinical practice against nationally agreed standards for best practice. Between June 2010 and February 2011 sites will use our specially designed tools to collect data including contextual data about services; therapists' qualifications and professional backgrounds; clients completing therapy; and service user satisfaction.

Our central team will use the data to develop an individual report for each service, which allows services to see their performance against the audit standards. It also allows them to benchmark themselves anonymously against other services.

Outcomes for services

For individual organisations and services, participating in the national audit will enable individual clinicians and teams to:

- Understand the views and experiences of those using their service;
- Benchmark their practice and performance against others;
- Identify areas in which they are performing well and where there is potential to improve the quality of treatment and care they provide.

Furthermore, as the audit is part of the National Clinical Audit programme, trusts are required by the Department of Health to report their participation in the audit in their Quality Account.

The Healthcare Quality Improvement Partnership (HQIP) has stated that

'clinicians, and their employing Trusts, should view a well designed and effective national audit programme as an essential tool for them to improve services and assess performance'.

Our partners

We have established a Steering Group to ensure that all stakeholders are represented in the process from the development of the standards, to the design of the methodology and the data collection tools. The group meets about three times a year.

Organisations represented on the Steering Group include both relevant service user organisations and professional bodies:

- British Psychological Society
- The Royal College of General Practitioners
- The Royal College of Nursing
- The New Savoy Partnership
- The Centre for Outcomes Research and Effectiveness (CORE)
- The British Association for Behavioural and Cognitive Psychotherapies
- The British Association for Counselling and Psychotherapy
- The United Kingdom Council for Psychotherapy
- The British Psychoanalytic Council
- Mind
- Rethink
- Depression Alliance
- No Panic
- The Mental Health Providers Forum
- Anxiety UK



The NAPT project team

Find out more

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For more information on the National Audit of Psychological Therapies, please visit our website:

www.rcpsych.ac.uk/napt

or contact a member of our team below:

Address:

Royal College of Psychiatrists' Centre for Quality Improvement,

4th Floor, Standon House

21 Mansell St

London E1 8AA

Email: napt@cru.rcpsych.ac.uk

Tel: 020 7977 4974 or 020 7977 6641



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