SPOTLIGHT AUDIT OF PSYCHOLOGICAL THERAPY SERVICES
For adults with anxiety or depression

KEY FINDINGS

The standards are a way to measure how well a mental health service is performing. Eight standards were grouped into five themes detailed below:

Access and Waiting Times
59% of adults started treatment within 18 weeks of referral, showing access was poor

Appropriateness of Therapy
65% of eligible service users were receiving a NICE-recommended therapy for their presenting problem

Service User Involvement
75% of adults agreed that their therapy helped them to cope with their difficulties and most rated their therapist highly

Therapist Training and Supervision
3% of therapists were not receiving any formal supervision

Outcome Measurement
44% of therapists provided at least one type of therapy with no formal training*

50% of cases had evidence of an outcome measure being used at least once during therapy

PRINCIPAL RECOMMENDATION

The committee should include:
- Service user and carer representatives
- Lead psychological professionals for the Trust
- Direct representation at Board level

The committee should coordinate:
- Systematic data collection
- Waiting list management
- Outcome measures
- Service user involvement
- Care pathways
- Training and supervision

All Mental Health Trusts should have a Trust-wide Psychological Therapies Management Committee.