The Improving Access to Psychological Therapies Manual

Summary of substantial changes in the March 2020 update (version 4)

As well as some essential editorial corrections to clarify the text, a number of more substantial corrections have been made in this version, as follows:

Table 6
IES-R measure replaced by PCL-5 (in the table and throughout the text)
A new row added for ‘Health anxiety (hypochondriasis)’
BIQ scale added as recommended measure for anxiety symptoms or MUS in body dysmorphic disorder
Footnote added to clarify how some of the scales should be used
Key: cut-off point for PCL-5 scale specified at 32 and above

Section 6.2.1
Symptom added to the list of anxiety-related symptoms excluded in GAD-7: health anxiety (hypochondriasis)

Section 6.2.2
Final paragraph (re: CSRI) removed

Section 6.4.1
Definition of ‘entering treatment’ expanded: paragraphs no. 1, 3, 4 and first sentence of paragraph 5 in this section are all new

Section 6.4.3
A new section, ‘Finishing a course of treatment’, added

Section 7.3.1, step 3
Removed statement about NHS England working with NICE on a digitally enabled therapy assessment programme

Annex, section 3.4
‘No PWP interventions…’ in the third sentence in this paragraph now also includes IAPT clinical assessments, thus: ‘No IAPT clinical assessments, PWP interventions…’

Table 1
A number of changes throughout; the table has been expanded, with new organisations added