

The Improving Access to Psychological Therapies Manual

Summary of substantial changes in the August 2021 update (version 5) and URL links updated in February 2023 (version 6).

Version 6

Section	Amendment
4.1.1 Low-intensity workforce	<ul style="list-style-type: none"> • Updated hyperlink for ‘IAPT low-intensity courses for PWP’s’
Table 3	<ul style="list-style-type: none"> • Updated hyperlinks for: <ul style="list-style-type: none"> ○ National Curriculum for High Intensity Cognitive Behavioural Therapy Courses ○ Curriculum for Counselling for Depression ○ Curriculum for Couple Therapy for Depression ○ Curriculum for Behavioural Couples Therapy for Depression ○ Curriculum for High-Intensity Brief Dynamic Interpersonal Therapy ○ Curriculum for Practitioner Training in Interpersonal Psychotherapy ○ Curriculum for Mindfulness-based Cognitive Therapy ○ National LTC CPD Curriculum for High-Intensity Therapists
5.1.4 Establishing the appropriate problem descriptor; Footnote ‘o’	<ul style="list-style-type: none"> • Updated hyperlink for ‘Psychiatric Diagnostic Screening Questionnaire’
Annex – Position Statement on Staffing Standards in IAPT Services section 2, Low-intensity workforce	<ul style="list-style-type: none"> • Updated hyperlink on ‘IAPT low-intensity courses for PWP’s’
References	<ul style="list-style-type: none"> • Added URL links for references: <ul style="list-style-type: none"> ○ 14: NICE. Post-traumatic Stress Disorder (NG116) ○ 15: NICE. Social Anxiety Disorder. (CG159) ○ 21: NICE. Common Mental Health Disorders (CG123)
Appendix A – NICE-recommended care	<ul style="list-style-type: none"> • Updated hyperlink on ‘Low Back Pain and Sciatica in over 16s: Assessment and Management (NICE guideline 59)’

Section	Amendment
Appendix G1, Training and resources	<ul style="list-style-type: none"> Changed 'To view the full positive practice guide please click here' to 'To view the IAPT Long-term Conditions Positive Practice Guide, please click here' (updated link)
Appendix G2, Training and resources	<ul style="list-style-type: none"> Changed 'To view the full positive practice guide please click here' to 'To view the Learning Disabilities: IAPT Positive Practice Guide please click here' (updated link)
Appendix G3, Training and resources	<ul style="list-style-type: none"> Changed text and link from Veterans: NHS mental health services - NHS (www.nhs.uk) to NHS mental health support for veterans, service leavers and reservists
Appendix G4, Adaptations to clinical practice	<ul style="list-style-type: none"> Updated hyperlink on 'IAPT clinician's guide to CBT with older people'
Appendix G4, Training and resources	<ul style="list-style-type: none"> NHS Shropshire CCG – updated hyperlink
Appendix H, Positive practice examples and models	<ul style="list-style-type: none"> Replaced PPIMH link with 'A Happy, Healthy Workplace' report
Appendix H1	<ul style="list-style-type: none"> Removed link on PPIMH (website not functional) Deleted 7 PPIMH case study links
Appendix H4, Organisation websites	<ul style="list-style-type: none"> Updated British Psychological Society link

The following substantial updates have been made in this version (plus editorial checks and amendments, including links and abbreviations):

Version 5

Section	Amendment
Manual - Page 2	<ul style="list-style-type: none"> Review date adjusted
Foreword	<ul style="list-style-type: none"> Update to figures and years in line with LTP
Introduction	<ul style="list-style-type: none"> Originally written in 2016, so updated to ensure accuracy as of 2021 Updated to include NHS Long Term Plan and relevant numbers
1.1	<ul style="list-style-type: none"> Update to figures and years Provision of digitally-enabled bullet added
1.2	<ul style="list-style-type: none"> Figure 1 updated to include reference to bite size PPGs
1.3.1 paragraph 'In line with the implementation of...'	<ul style="list-style-type: none"> Change of tense from present to past

Section	Amendment
1.3.1	<ul style="list-style-type: none"> Paragraph added to clarify IAPT position in respect of MH transformation Paragraph added around historic or current suicidal ideation
3 The importance of delivering evidence-based care	<ul style="list-style-type: none"> IAPT annual report updated to 19/20 Footnote relating to annual report updated with current PHQ9 figure (17.2)
3.2 Table 2	<ul style="list-style-type: none"> Date of updated NICE Guidance for Depression added to note
4.1	<ul style="list-style-type: none"> Update to high intensity workforce paragraph with recommended staff ratio
Table 3	<ul style="list-style-type: none"> Table title update and correction to CBT 'IAPT Curricula' title All links updated
4.1.6 Supervision	<ul style="list-style-type: none"> Addition of model appropriate supervision to support other modalities Addition of live/recorded observation to ensure model fidelity
4.1.7 Pay	<ul style="list-style-type: none"> Paragraph added re exploitative practice
4.2 paragraph 'As good practice...'	<ul style="list-style-type: none"> Shared replaced with developed
4.2 section 'Training and CPD'	<ul style="list-style-type: none"> List of 'champions' expanded
4.2 section 'Wellbeing initiatives'	<ul style="list-style-type: none"> Addition of staff wellbeing forums
4.2 section 'A supportive culture'	<ul style="list-style-type: none"> Service user replaced with patient for consistency 'home working' added
4.3	<ul style="list-style-type: none"> Statement around PWP's moving to HIT trainee posts strengthened and footnote added Addition of sentence supporting part time training and working
4.3.1 paragraph 'In IAPT service staff retention...'	<ul style="list-style-type: none"> 2 years changed to 2-3 years
4.3 Workforce retention	<ul style="list-style-type: none"> BAME adjusted to ethnic minorities
4.4	<ul style="list-style-type: none"> Addition of sentence on MDS v2.0 and the need to record workforce qualifications
5.1.5 Clustering	<ul style="list-style-type: none"> Paragraph updated until decision on clustering is finalised Outcomes Based Payment paragraph removed
5.2.2	<ul style="list-style-type: none"> Section added on PTSD and SAD
6.1 'Collection of routine outcome measures' paragraph 'It is good practice to ask patients...'	<ul style="list-style-type: none"> Addition of remote completion of MDS

Section	Amendment
6.1 'Collection of routine outcome measures' paragraph 'At the start of the IAPT programme...'	<ul style="list-style-type: none"> • Additions around remote delivery
6.1 'Collection of routine outcome measures' paragraph 'It is important to recognise that...'	<ul style="list-style-type: none"> • Addition of information regarding patients completing MDS prior to scheduled appointment
6.2 IAPT outcome measures	<ul style="list-style-type: none"> • Frequency of PEQ completion updated
6.2 Table 6	<ul style="list-style-type: none"> • Chalder Fatigue Questionnaire reinstated as permission granted • * under table removed as the BIQ and CFQ are now included in appendices and recovery metric • * added note on paired scores confirmation for BIQ, IBS-SSS, CFQ and PHQ-15 but we may wish to delete this if publication will take longer than NHS Digital updates required to support this. • Key and cut-off scores updated for BIQ, Francis IBS Scale, HAI and PHQ-15
6.2.1	<ul style="list-style-type: none"> • BDD added to list • Section added on SPIN
6.2.2	<ul style="list-style-type: none"> • Updated to include NHS Long Term Plan and relevant information • URL links added to the 3 scales in 2nd set of bullet points
6.4	<ul style="list-style-type: none"> • Additional wording added to 2nd set of bullets
6.4.1 Access Standard	<ul style="list-style-type: none"> • Updated to include NHS Long Term Plan and relevant numbers • Additional information on capacity expectations added
6.4.1 Definition of 'entering treatment'	<ul style="list-style-type: none"> • Section updated to reflect change to 'access' from 'entering treatment' • Paragraph 'Entering treatment is a count...' has been updated to clarify access definition • Footnote added to clarify definition
6.4.1	<ul style="list-style-type: none"> • Courses of treatment section updated and moved from under Recovery Standard to 6.4.1
6.4.2 Figure 3	<ul style="list-style-type: none"> • Title 'Treatment starts' to 'Next steps'
6.4.2 paragraph 'It is good practice...'	<ul style="list-style-type: none"> • Sentence added on waits for high intensity therapy
6.5 National and regional reports	<ul style="list-style-type: none"> • Access definition updated to mirror updates in 6.4.1
7.1 Expanding workforce	<ul style="list-style-type: none"> • Figures updated to reflect Long Term Plan • Hyper link to Long Term Plan added

Section	Amendment
8.1.5 Principles of good waiting list management	<ul style="list-style-type: none"> Final point updated as it did not previously make sense In 'Additional guidance' box, replaced the linked text 'here' with the documents titles
9 Getting better results: improving recovery	<ul style="list-style-type: none"> Addition of 'At least' under title in line with historic guidance
9 Getting better results: improving recovery Figure 5	<ul style="list-style-type: none"> Graph updated with relevant figures Graph broken down into quarters removed
10.3 IAPT positive practice guides	<ul style="list-style-type: none"> Whole section updated to 'IAPT Bite-sized Positive Practice guidance' Each section within it summarised and links to positive practice guides added to each title (taking reader to bite size guides in useful resources which will then link to full guides) Addition of autism PPG BAME updated to 'ethnic minority'
11.1 The need to work with others	<ul style="list-style-type: none"> Reference to the Long Term Plan added Bullet added to social prescribing on its role in relapse prevention
11.2 IAPT for people with LTCs or MUS	<ul style="list-style-type: none"> Updated to include relevant numbers from the Long Term Plan Paragraph added to include LTC guidance Removed hyperlink to IAPT Manual under the ref to LTC guidance
11.5 Employment Advice	<ul style="list-style-type: none"> Employment support coordination changed to Senior Employment Advisor in line with DWP titles
11.6	<ul style="list-style-type: none"> Debt Advice – details concerning debt advice (and it's use within IAPT) have been added
11.7	<ul style="list-style-type: none"> Student Services – Student Services section moved from 11.6 to 11.7 Update includes a clarification that an IAPT service should have protocols in place to provide continuation of care and not disrupt treatment course
12.2 Key messages for commissioners	<ul style="list-style-type: none"> Reference to clustering removed to future proof Outcomes based payment paragraph removed following agreement with infrastructure team. To be replaced with updated model in future versions when agreed.
Table 8	<ul style="list-style-type: none"> Access standard updated to 20/21 at 25%
Annex – Position Statement on Staffing Standards in IAPT Services section 2	<ul style="list-style-type: none"> Updated to reflect additions added to these sections in the body of the manual

Section	Amendment
Annex – Position Statement on Staffing Standards in IAPT Services section 3.1.1	<ul style="list-style-type: none"> 2021 Assessment of Competence Scheme sentence added
Annex – Position Statement on Staffing Standards in IAPT Services section 3.1.2	<ul style="list-style-type: none"> Update from ‘There is currently no...’ to ‘Until there is and IAPT recognised...’
Annex – Position Statement on Staffing Standards in IAPT Services section 3.2.1	<ul style="list-style-type: none"> Formatting changed to read more clearly
Annex – Position Statement on Staffing Standards in IAPT Services section 3.4	<ul style="list-style-type: none"> Research Assistants, Assistant Psychologist and Assistant Practitioners added
Annex – Position Statement on Staffing Standards in IAPT Services Table 1	<ul style="list-style-type: none"> CfD training requirements and accreditation updated CTfD training requirements and accreditation updated DIT training requirements and accreditation updated IPT training requirements updated MBCT footnote added
Abbreviations	<ul style="list-style-type: none"> Updated
Appendices	<ul style="list-style-type: none"> Moved to the end of the IAPT Manual document instead of a separate file
Appendices – Page 2	<ul style="list-style-type: none"> Review date adjusted Version number updated
Page 2 – Appendices	<ul style="list-style-type: none"> Note added that third party tools re-produced in this document are strictly protected by copyright law. Permission to use them must be granted via NHS Digital Copyright Licensing Service or by contacting - clin.licences@nhs.net. Amendment exists to remind IAPT staff that further permissions must be sought in the use of third-party IAPT e-tools.
Appendix A – NICE-recommended care	<ul style="list-style-type: none"> Removed cCBT guidance as this is now included in disorder specific guidance Chronic pain guidance added
Appendix D Table 1	<ul style="list-style-type: none"> PHQ-15, BIQ, IBS Scale and CFS added Note on paired scores added
Appendix D Table 1	<ul style="list-style-type: none"> CFS updated with Chalder Fatigue Questionnaire Note on paired scores added
Appendix F	<ul style="list-style-type: none"> Development team updated with current NHSE team names

Section	Amendment
Helpful resources – purpose of resource pack	<ul style="list-style-type: none"> • Addition of IAPT Futures Page info
Positive practice examples	<ul style="list-style-type: none"> • BAME changed to ethnic minority
Appendix D	<ul style="list-style-type: none"> • CFS updated with Chalder Fatigue Questionnaire • Note on paired scores added • Key and cut-off scores section updated
Appendix H.3	<ul style="list-style-type: none"> • Health Anxiety Inventory added
Appendix H.3	<ul style="list-style-type: none"> • Chalder Fatigue Questionnaire added
Appendix H.3 Translations of PROMs	<ul style="list-style-type: none"> • Paragraph added
Appendix H.4 Web-based resources	<ul style="list-style-type: none"> • LTC Full Implementation Guidance added
Appendix H.3 4 Web-based resources	<ul style="list-style-type: none"> • Links updated
Appendix H.4 Organisation websites	<ul style="list-style-type: none"> • Addition of BABCP • Addition of EMDR • Addition of various Counselling Bodies
Appendix H.4 Other helpful resources	<ul style="list-style-type: none"> • Additions to bring up to date