

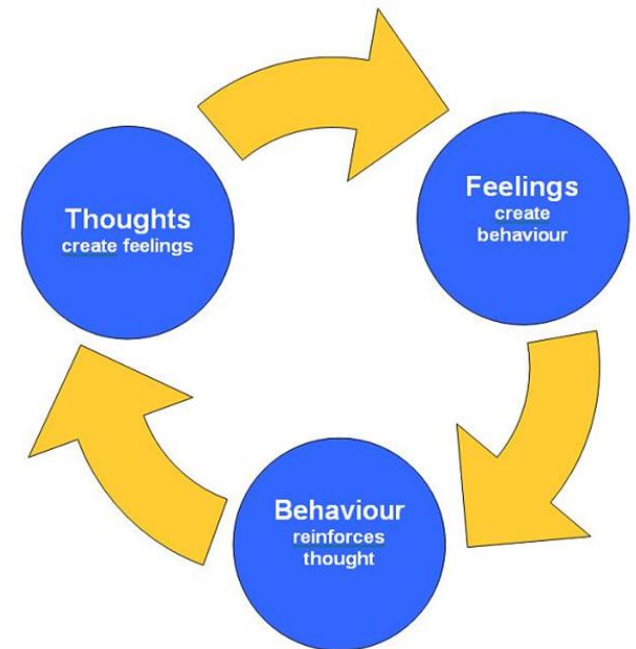
Therapeutic Benefits of Cognitive Behavioural Therapy

Dr Kofi A Anie MBE



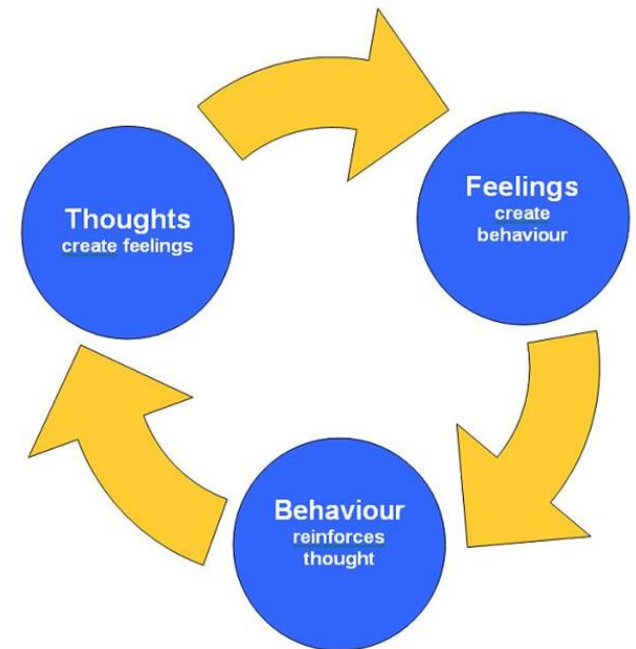
What is CBT?

- * Combination of 2 therapies
- * Cognitive
 - * thoughts, feelings
- * Behavioural
 - * actions



What is CBT?

- * Gold standard psychological intervention
- * Evidence-Based
 - * most widely studied type of psychotherapy
 - * NICE guidelines



What is CBT?

- * Psychological approaches to individual problems
- * Focus on current problems as opposed to past
 - * practical methods to solve particular problems
- * Determine clear therapeutic goals to be achieved
- * Short intervention
 - * few weeks to few months

CBT – NICE Guidelines

- * Offer digital CBT to children & young people with mild depression
 - * 5-18 years
 - * first-line treatment
 - * delivered on smartphones, tablets or computers
 - * users can access help quickly
 - * avoid waiting lists



CBT – NICE Guidelines

NHS

London North West
University Healthcare
NHS Trust

**NHS to prescribe 'app therapy' for
children with mild depression**



CBT Self-Help

- * UK survey of 500 CBT practitioners¹
 - * 263 (53%) respondents
 - * 89% used self-help materials
 - * mostly to supplement individual therapy
 - * commonly for depression, anxiety & obsessive compulsive disorder
- * NHS England - Improving Access to Psychological Therapies (IAPT) programme

CBT Self-Help Materials

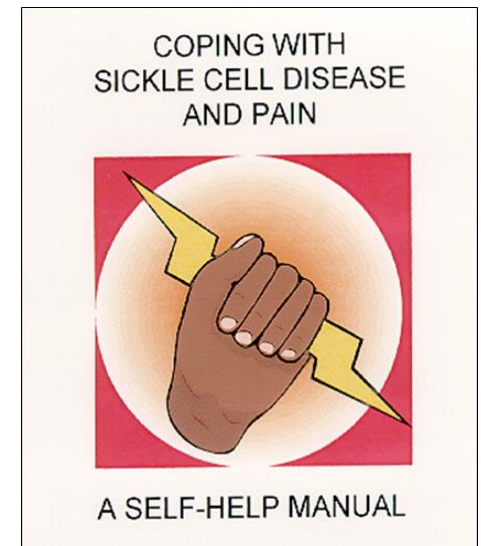
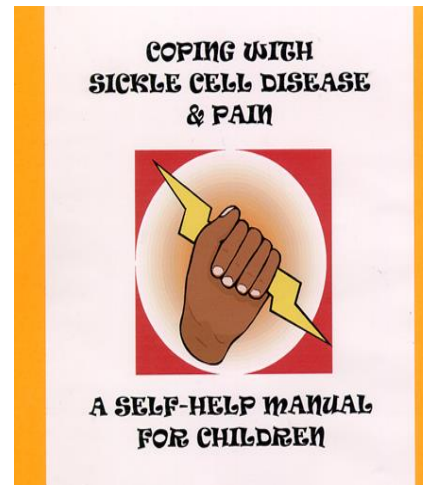


Anxiety Self-Help

Depression CBT Self-Help Guide

CBT Self-Help - SCD

- * Manuals
 - * Children, adults
- * Video
- * Website

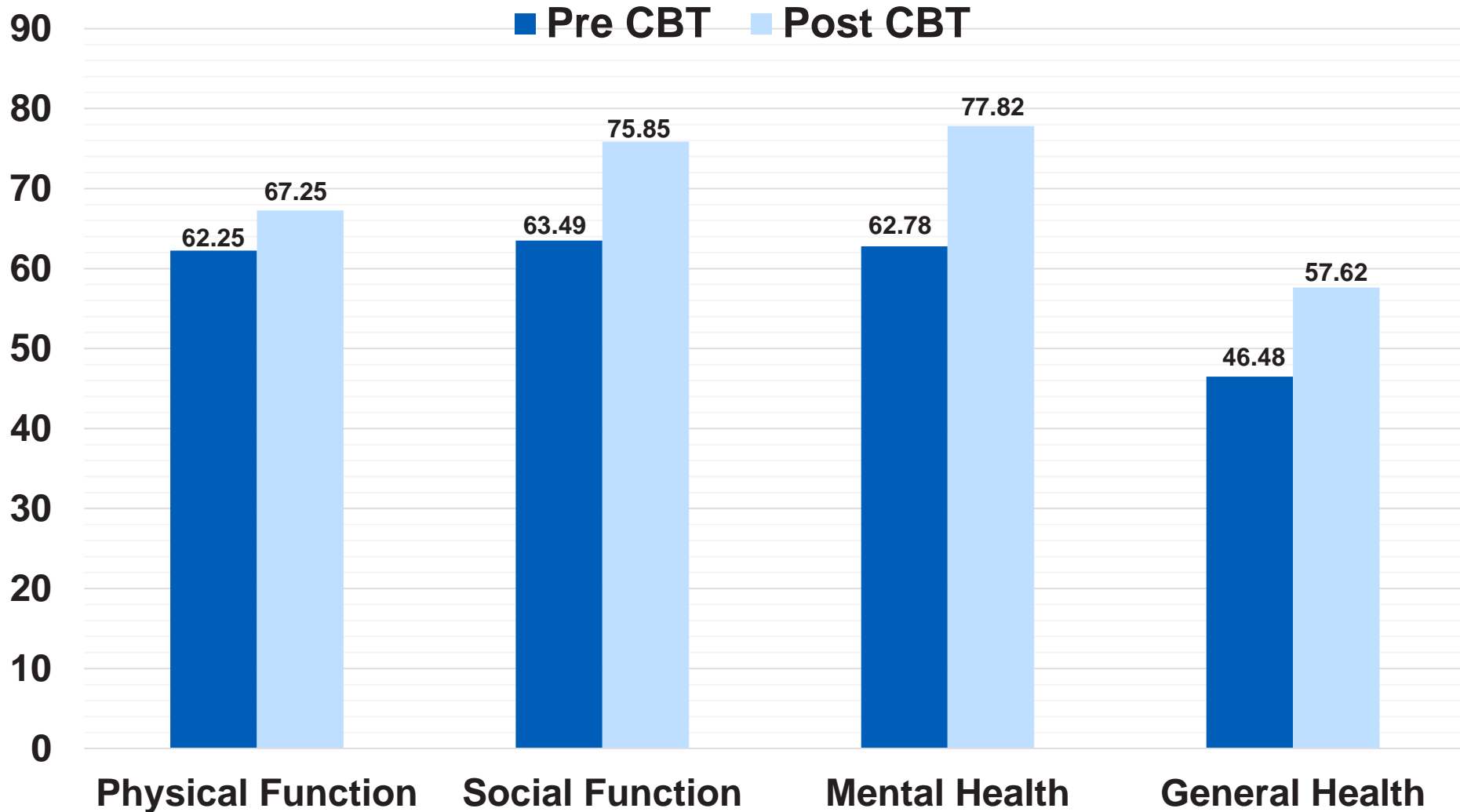


CBT Self-Help – SCD

Patients	Adults: N=35
Intervention	Individual: 6 Sessions CBT (manual-assisted) vs None
Outcome	Reduced Anxiety Improved Coping
	Anie et al. Behav Cogn Psychother 2002; 30 :451-8

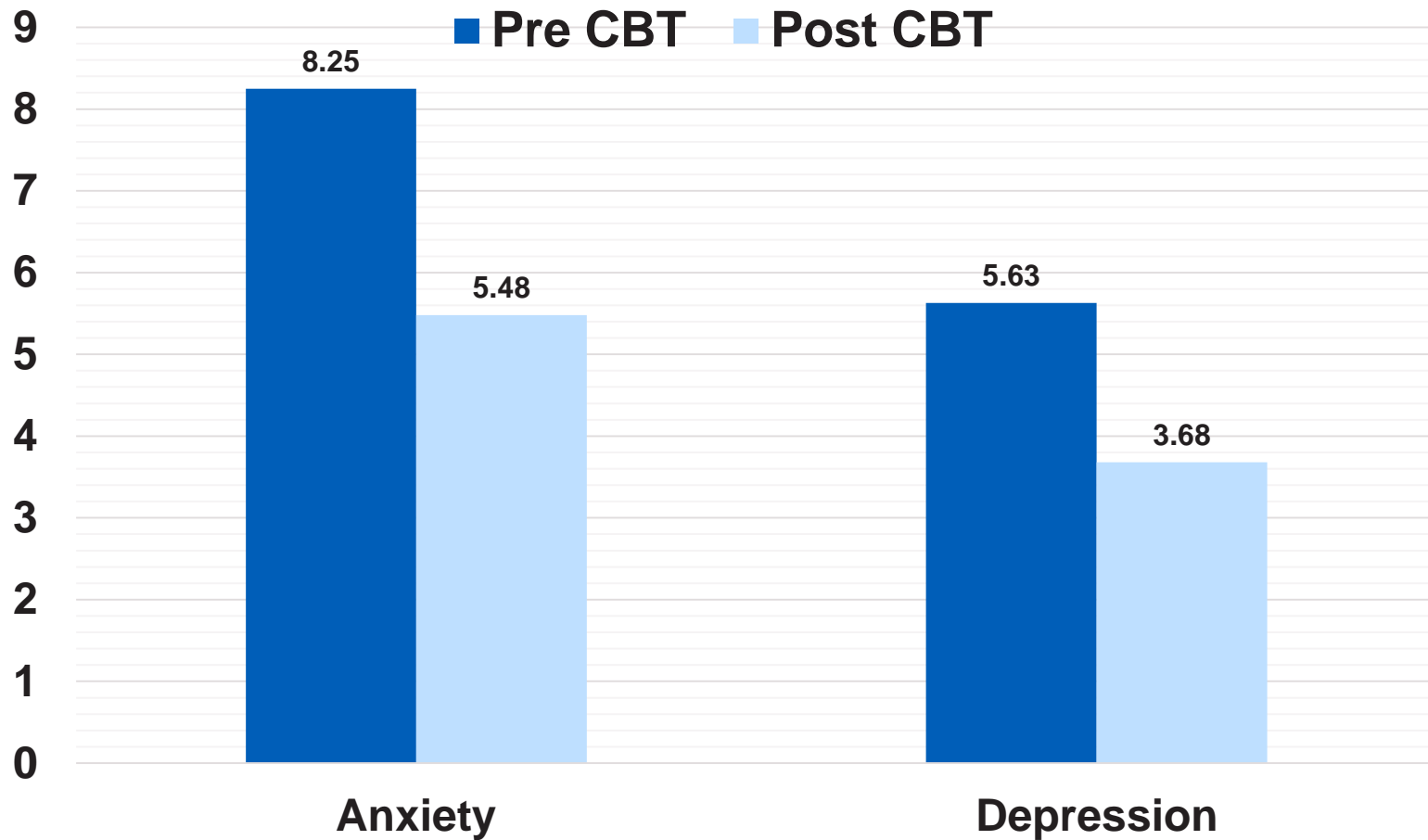
CBT Self-Help – SCD

Quality of Life



CBT Self-Help – SCD

Mood



CBT – SCD

Randomised Studies

Patients	Adults: N=59	Children: N=65 Adolescents: N=46	Adolescents: N=53
Intervention	Group: 8 Sessions CBT vs Attention Placebo vs None	Individual: 6 Sessions CBT vs Art Therapy vs Attention Placebo	Group - Family home-based: 8 Sessions CBT vs Attention Placebo
Outcome	Reduced Emotional Pain Component	Reduced Healthcare Utilisation*	No Significant Outcomes
	Thomas et al. Br J Health Psychol 1999;4:209–29.	Broome et al. J Nat Black Nurses Assoc 2001;12(2):6–14.	Bakarat et al. J Ped Hem Oncol 2010;32(7):540–7.

Thank You!



Putting **patients**
at the **HEART**
of everything we do

