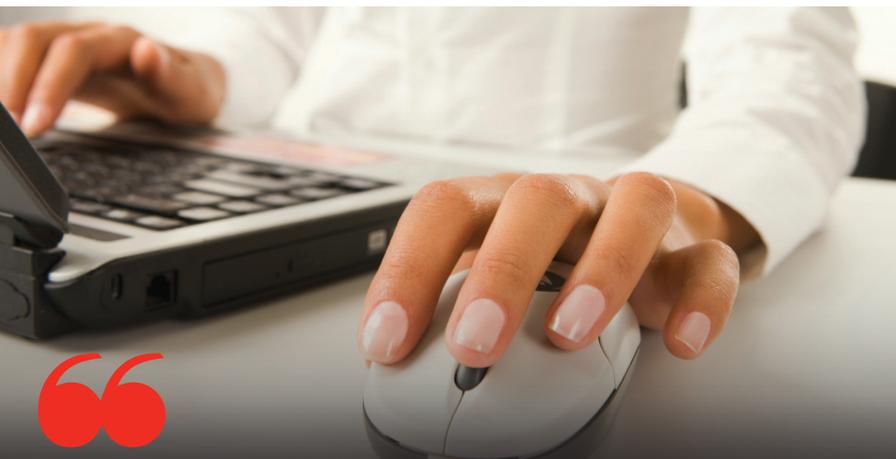


CLAHRC BITE

A bite-sized summary of a piece of CLAHRC research

March 2012
BITE 9



Computerised Cognitive Behavioural Therapy (cCBT) packages can sometimes help symptoms of depression



Who?

People with mild to moderate depression.

Findings...

- Interest is increasing in the delivery of talking therapies such as CBT (Cognitive Behavioural Therapy) to treat people with depression.
- cCBT has sometimes been trialled, both in addition to face to face CBT and instead of seeing a clinician.
- cCBT benefits include: the delivery of structured and consistent support, low cost and easy availability on the Internet, and low stigma compared to mental health services.



Further Information

Depression is one of the most common mental health problems, it is estimated that it could cost the nation over £9 billion a year and could lead to 109.7 million working days lost per year.

Talking therapies such as CBT have been shown to meet the needs of this group of people but demand exceeds supply for face to face therapists. Computerised CBT (cCBT) offers one means to make CBT more widely accessible. Having conducted a meta-review of the use of cCBT, here we summarise the evidence in this area:

MoodGYM, Beating the Blues and Colour your Life are specific computer packages available for people with depression. We identified 12 systematic reviews which had explored their effects on people with clinical depression. Some evidence was found to support the use of cCBT, although there is not enough evidence currently available to recommend the use of one package over and above the others.

It is therefore reasonable to decide which to use on grounds of cost or to allow patients to choose which package suits them best.

References

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- Thomas CM, Morris S (2003) Cost of depression among adults in England in 2000. *The British Journal of Psychiatry* 183: 514-519
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An explanation of CLAHRC

The Collaboration for Leadership in Applied Health Research and Care (CLAHRC) is a partnership between the University of Nottingham and the NHS in Nottinghamshire, Derbyshire and Lincolnshire.

Funded by the National Institute for Health Research, our mission is to undertake high quality research to improve health and social care across the East Midlands.

This is a bite sized summary of a piece of CLAHRC research. It is part of a series designed to make such work more available to clinicians.

For further information, visit:

CLAHRC website

www.clahrc-ndl.nihr.ac.uk

Useful websites

- www.beatingtheblues.co.uk
- www.moodgym.anu.edu.au/welcome
- www.vitalhealthsoftware.com/references/references/color-your-life.html

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