IAPT: Improving mental health while costing nothing

Anxiety and Depression Network Launch
Oxford, 17 December 2014
Richard Layard
Mental Health and Misery

Misery associated with

- Mental illness: 0.25
- Physical illness: 0.13
- Poverty: 0.06
- Unemployment: 0.05

Source: Layard and Clark (2014), p.65. Data for Britain, Germany and Australia. (partial correlation coefficients)
MENTAL ILLNESS AND PHYSICAL ILLNESS

Mental illness accounts for

Nearly ½ of all disability.*
Nearly ½ of all absenteeism.**

Mental illness can worsen physical illness

• Depression raises mortality as much as smoking does (50%).***
• Mental illness increases cost of physical healthcare (for a given condition) by 50%.****

Depression increases the cost of physical healthcare (Colorado Access Insurance)

Welch et al. (2009)
Cost of physical healthcare, when a person is physically ill

With co-morbid mental illness £6,000 pa
Without mental illness £4,000 pa
Difference £2,000 pa

(Total extra cost is about £10 billion, plus £3 billion for MUS)
Depression and anxiety:
6 million adults (over 10 times SMI)
Of them 25% in treatment in 2007.
Almost none offered NICE-recommended psychological therapy.

IAPT for adults. Sees 15% a year.
Needs to be 25% by 2020
(especially comorbid LTCs)

CAMHS/IAPT. Need to see 33% by 2020.
CAN WE AFFORD MORE IAPT?

Latest actual data (2011/12)

- Actual cost: £213m
- Numbers treated: 330k (2 or more sessions)

→ Cost per person: £650

Since then, notional expenditure is up, to £306m in 2013/14 and 2014/15, but patients numbers rising rapidly
Savings from expanded IAPT

US meta analysis of 91 trials*

Therapy reduced annual healthcare costs by 20% (in UK £1,200).

In 26/28 studies therapy cost less than the savings generated.

UK analysis by Dr Hassy

IAPT saved £1,050 in physical healthcare per patient.

* Chiles et al. (1999).
Savings even larger when therapy is related to the physical condition (e.g. breathlessness, diabetes, angina).

Hillingdon Breathlessness Clinic cost £300 per patient and saved £1,300.*

A CBT programme reduced hospital admissions for refractory angina

Moore et al. (2007).
CBT reduces the recurrence of cardiovascular disease

Gulliksson et al. (2011).
Sources of savings

Mainly directs costs of

A&E

outpatient referrals + tests

hospital admissions

They are **direct savings** to commissioners
Person on ESA costs £650 per month.
Cost of treatment is £650 one-off.
→ Cost is covered if 4% spend 25 months less on ESA

US trials show figures much larger than 4%.
So cost is covered twice over, but this is not why we do it.
A NO-BRAINER

A great humanitarian project which costs nothing.
Ammunition for clinicians and commissioners

Pulls together scientific & economic arguments for IAPT & argues for evidence-based psychological therapy for ALL mental health problems.

“Extremely easy and pleasurable to read. The most comprehensive, humane and generous study of mental health I have seen”. Melvyn Bragg
ACTION FOR HAPPINESS

www.actionforhappiness.org
References

Centre for Mental Health, 'The Economic and Social Costs of Mental Health Problems in 2009/10', (London: Centre for Mental Health, 2010).


