

Anxiety and Depression Network

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Diabetes

What was done

- Address the identified need for improved psychological care for patients with Type 2 Diabetes.
- Achieve improved psychological and physical outcomes for patients with Type 2 Diabetes through the adaptations of IAPT step 2 and step 3 interventions.
- To gather outcome measures including working with GP practices to obtain pre and post blood results to evidence efficacy of psychological interventions

- **Phase 1 – Pilot/Service development at Step 2. We delivered an adapted wellbeing course for patients with diabetes and depression/anxiety.**

Adaptions included:

- ❖ Changes to the **‘language’** e.g. worry, stress and low mood rather than depression and anxiety. As well as increased focus on physical aspects of patients difficulty (time to hear the patient journey)
- ❖ Relied more on skills around **engagement in sessions**- discussions around ‘Living with Diabetes’
- ❖ Increased use of **socratic questioning**
- ❖ Weekly clinical supervision with health psychologist
- **Phase 2 – Randomised control trial of pilot. Patient’s were offered the adapted wellbeing course or the standard talking therapies wellbeing course.**
- **Phase 3 – Step 3 and 4 treatment was provided to support clients with a greater severity/complexity.**

Results

- Systematically developed and evaluated (over 3 years) effective psychological intervention that can be used routinely in IAPT services rolled out to over 400 patients.
- Improved access for South Asian Community.
- Improved access for older adults.
- Demonstrated improved outcome measures:
 - General measures of mood (PHQ9/GAD7)
 - Diabetes specific problem areas (PAID)
 - Adjustment measures (WSAS, EQ5DL-VAS)
 - Improvement in diabetes blood markers (ifcc)
- Publication in [BABCP journal](#) of phase 1 and awaiting publication of phase 2. Shortlisted for HSJ award in 2014 under LTC category
- Multi disciplinary approach to inform practice.
- On-line CBT diabetes module developed in partnership with Silvercloud available November 2015.