

Beating the Blues®

Online Cognitive Behavioural Therapy (CBT) programme for Depression and/or Anxiety

Effective and evidence-based

Beating the Blues® provides an effective and evidence-based treatment for depression and/or anxiety in primary care. Recommended by the National Institute for Health and Clinical Excellence (NICE), Beating the Blues® is used throughout the National Health Service in the UK. Beating the Blues® is now available in New Zealand, funded by the Ministry of Health. Free access to the online programme is managed by GPs, with accredited trainers offering training to practices in their area.

- Standardised delivery of psychological treatment
- Internet-based
- Patient friendly
- Eight 50 minute sessions
- GP progress reports and risk alerts generated

Beating the Blues® has been shown to be suitable for:

- Men or women with mild to moderate depression and/or anxiety*
- Patients with persistent subthreshold depression*
- Patients with acute or chronic depression and/or anxiety*
- Patients aged 18 or older*
- Patients with a wide variety of physical illnesses with depression and/or anxiety
- Patients able to read and write English at about nine year old to ten year old level
- Patients with access to a computer and broadband internet either at home or through a local community site e.g. Library
- Patient requires a valid email address

* Based on evidence from independent randomised control trials

Beating the Blues® is not suitable for:

- Patients exhibiting active suicidal plans, although patients with low level suicidal thoughts can use the programme
- Patients in acute phase of psychosis or mania
- Patients in acute phase of drug or alcohol problem
- Patients with an organic mental health problem such as dementia

Benefits and outcomes:

- Immediate access to CBT for patients with depression and/or anxiety
- Evidence-based therapy with no known side effects
- Clinical outcomes achieved similar to those with face-to-face therapy
- Requires minimal clinical input – supports clinical oversight
- Higher patient satisfaction with treatment than with usual care

www.beatingtheblues.co.nz

The Programme

Beating the Blues® delivers a clinically proven CBT-based treatment for depression and/or anxiety via the internet. CBT is an effective psychological therapy that helps people to critically evaluate the way their thoughts (cognitions) and behaviours (how they act and react to situations/events and the coping strategies they use) can influence their mood and the way they feel.

The Beating the Blues® programme has two interwoven strands: cognitive (or 'thinking') strategies and behavioural (or 'doing') strategies.

Programme Structure

Patient views a short outline introduction video on Beating the Blues®.

Introduction



Session 1

Explains how depression and anxiety can affect a person physically, emotionally, behaviourally and



Goal setting for therapy. Explains how thoughts can affect feelings. First behavioural module: problem solving or activity scheduling (according to specific individual problems).

Session 2



Session 3

Teaches about unhelpful thoughts. Demonstrates how to check thoughts for thinking errors.

Teaches how to challenge and change unhelpful thoughts. Introduces 3 additional behavioural modules; sleep management, graded exposure or task breakdown (according to individual needs).

Session 4



Session 5

Explains inner beliefs and how they can contribute to depression and/or anxiety. The patient verifies whether their 'inner beliefs' are helpful or unhelpful.

Examines the way the patient attributes reasons to events in their lives. Identifies links between the reasons attributed and effects on patient's self esteem.

Session 6



Session 7

Examines the patient's explanations for the good and bad things that happen to them.

Reviews everything learnt. Goal setting for coming months.

Session 8