

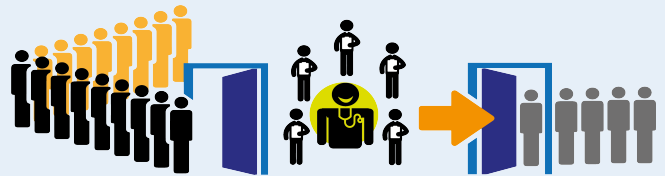


# The Clinical Effectiveness of the Transformed Primary Care Psychological Therapies Service in Aberdeen City

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This transformation project aimed to:

- address the gap in psychological therapies provision for mild-moderate mental health problems
- provide a clinically effective service for patients
- reduce pressure on GPs and secondary care services



## Team Transformation

Tier 1 service

October 2016: 1.8wte  
Psychological Therapists (PTs) in post

Tiers 2 & 3

October 2017: 2 Clinical & Counselling  
Psychologists +5.8 PTs +1 trainee PT

Tiers 2 & 3

January 2019: 2 Clinical & Counselling  
Psychologists +9 PTs +2 trainee PTs

## Increased Capacity

September 2016: 109 patients in treatment

September 2017: 240 patients in treatment

March 2019: 329 patients in treatment

## Clinical Outcomes (N = 673)

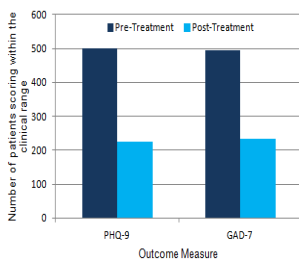


Figure 1: No. of patients who score within the clinical range on the PHQ 9 (depression) and GAD 7 (anxiety) pre & post intervention

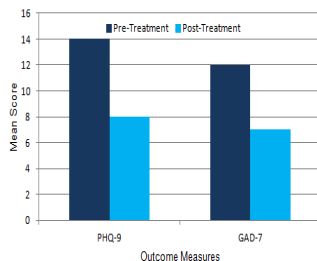


Figure 2: Mean scores on the PHQ 9 and GAD 7 pre and post intervention.

Recent audit found a 55% reduction in those scoring within the clinical range for symptoms of depression and 53% reduction for anxiety symptoms following treatment

Analysis also found clinically meaningful reductions in symptoms of depression and anxiety following treatment

## Psychotropic Medication Use

### Pre-Treatment



371 patients using psychotropic medication at the start of treatment

### Post-Treatment



119 patients stopped or reduced their medication

Prior to treatment 371 patients were recorded as using psychotropic medication

By the end of treatment, 16% of patients stopped medication entirely, and a further 15% reported reducing their medication dose

## Future Transformation

- ❖ Increase in number of Psychological Therapists
- ❖ Increase in Clinical/Counselling Psychologists, including specialist perinatal provision
- ❖ Addition of 4 Psychological Wellbeing Practitioners providing guided self help, group work and augmentation of existing CBT for patients with mild difficulties