

# CLAHRC BITE

CLAHRC CP BITE 1  
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A bite-sized summary of CLAHRC CP research on the Improving Access to Psychological Therapies (IAPT) Programme



**Over-the-telephone therapy is as successful as face-to-face for mild to moderate depression.**



## Who?

Adults with mild to moderate depression and anxiety.

## What?

The Improving Access to Psychological Therapies programme aims to provide quick access to clinically and cost-effective talking therapies. Two methods of delivering talking therapy are face-to-face (FTF) and over the telephone (OTT).

## The research...

Compared the clinical and cost-effectiveness of face-to-face therapy with therapy delivered over the telephone.

## Findings...

Talking therapies delivered OTT and FTF are equally effective in treating mild to moderate depression in persons receiving less intensive interventions; in severe depression FTF therapy was found to be superior. Because OTT is less expensive, its use could result in considerable cost savings for the NHS.

## Background

The Improving Access to Psychological Therapies (IAPT) programme aims to provide quick access to cost-effective talking therapies, primarily Cognitive Behaviour Therapy (CBT), to people who have common mental health problems. IAPT targets mild to moderate depression and anxiety which are the commonest mental health problems seen in general practice, causing an enormous health burden at the population level.<sup>1</sup>

People with common mental health problems have been subject to a long and uncertain wait for NHS treatment and so the introduction of IAPT services takes a significant step towards widening access to mental health services.

IAPT is offered in a variety of locations from GP surgeries to community venues. By offering GPs an appropriate and rapid service for their patients and empowering people with skills to self-manage their own mental health, it is hoped that quicker improvement and sustainable recovery for patients will be achieved.

People may be unable to access health services due to a number of reasons, so increasing the availability of talking therapies over the telephone will make mental health services more accessible to the people who need them.

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## References

1. The Adult Psychiatric Morbidity Survey in England 2007.

Please cite this research as:

Hammond GC, Croudace TJ, Radhakrishnan M, Lafortune L, Watson A, et al. (2012) Comparative Effectiveness of Cognitive Therapies Delivered Face-to-Face or over the Telephone: An Observational Study Using Propensity Methods. PLoS ONE 7(9): e42916.

A pdf of the PLoS ONE paper can be downloaded from: <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0042916>

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## An explanation of CLAHRC CP and its role

The Cambridgeshire and Peterborough Collaboration for Leadership in Applied Health Research and Care (CLAHRC CP) is a partnership between the University of Cambridge, NHS organisations in Cambridgeshire and Peterborough, and Cambridgeshire County Council.

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

This bite-sized summary of CLAHRC research is one of a series aimed at fostering collaboration between the academic and service delivery health sectors for the benefit of the health of the population.

For further information, visit:

**Our website**

[www.clahrc-cp.nihr.ac.uk](http://www.clahrc-cp.nihr.ac.uk)

**Useful link**

[www.iapt.nhs.uk](http://www.iapt.nhs.uk)

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