

# Different types of LI interventions + their role in the healthcare system

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# Lecture plan (some of it might change)

1. Basic rationale of behavioural activation (BA) and other low intensity treatments (16/03/2023)
2. Different types of LI interventions and their role in the healthcare system 23/03/2023
3. The practical methodology of BA and other low-intensity skills (30/03/2023)
4. **Discussion, Q&A with a Psychological Wellbeing Practitioner from the UK (06/04/2023)**
5. Evaluating efficacy and areas of clinical application (13/04/2023)
6. Implementation and dissemination, challenges and solutions (20/04/2023)

# Behavioural activation

- small, measurable steps towards increased activity just above current level
- balance of routine, pleasurable and necessary activities
- acting before feeling (outside in / action first)
- avoiding boom and bust







# Youtube: Co můžete teď hned udělat proti depresi? (Nevypust' duši)

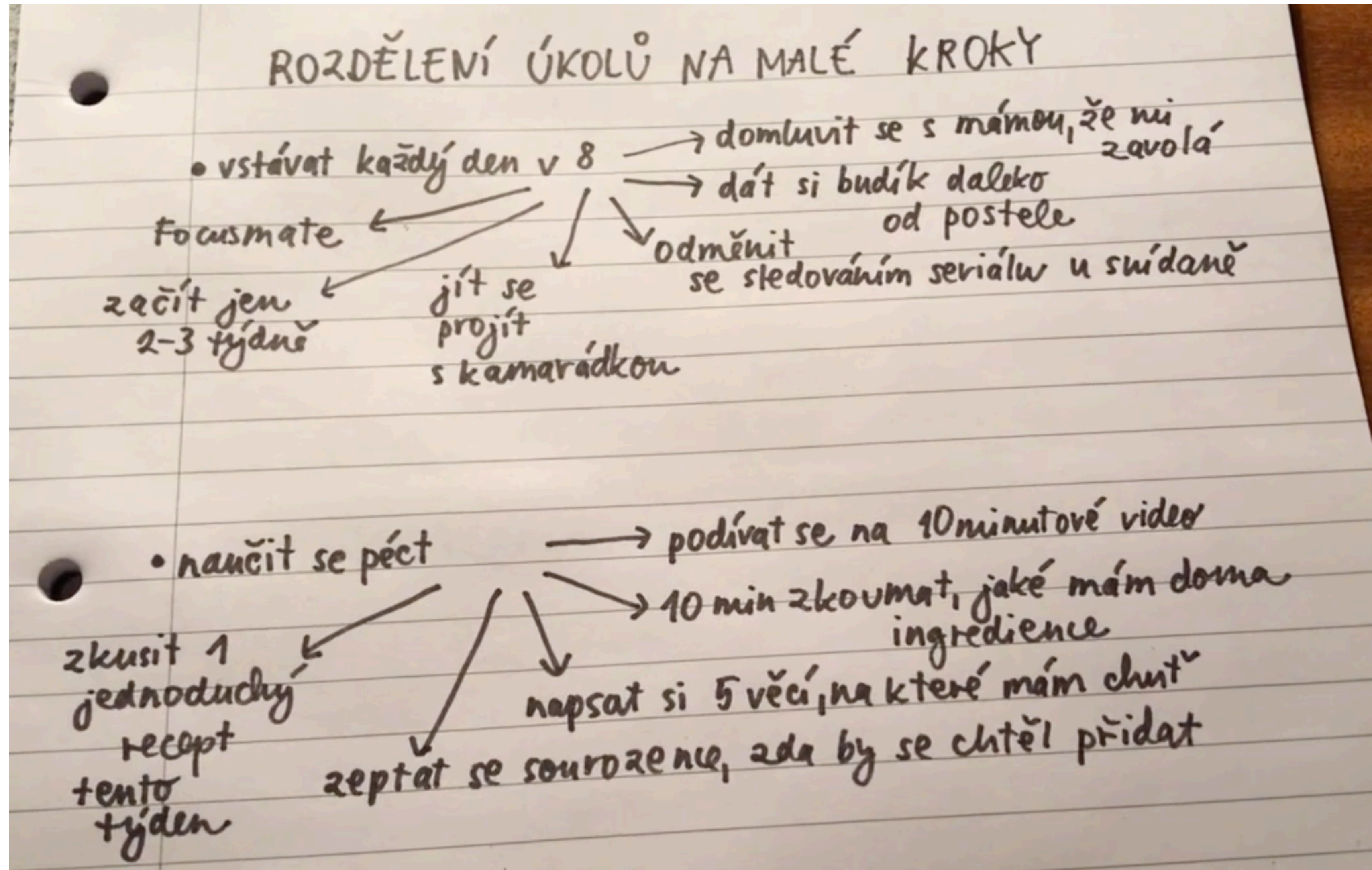
Jaké aktivity by mi mohly přinést radost / ulevit od stresu?

RUTINNÍ	PŘÍJEMNÉ	NUTNÉ
<ul style="list-style-type: none"><li>• vstávat každý den v 8 hodin</li><li>• každý den si užít čerstvého vzduchu</li><li>• každý den se obléci, učesat, upravit se</li><li>• číst zprávy jen jednou denně na půl hodinu</li></ul>	<ul style="list-style-type: none"><li>• jóga podle videa</li><li>• telefon s kamarádkou</li><li>• naučit se péct</li><li>• číst beletrii</li><li>• dát si vanu před spaním</li><li>• hrát na kytaru</li><li>• meditace / svalová</li></ul>	<ul style="list-style-type: none"><li>• zavolat na poštu</li><li>• pracovat na dokumentu do práce</li><li>• najít si terapeuta</li><li>• uklidit si v pokoji</li><li>• učit se programovat</li></ul>

# Youtube: Co můžete teď hned udělat proti depresi? (Nevypust' duši)

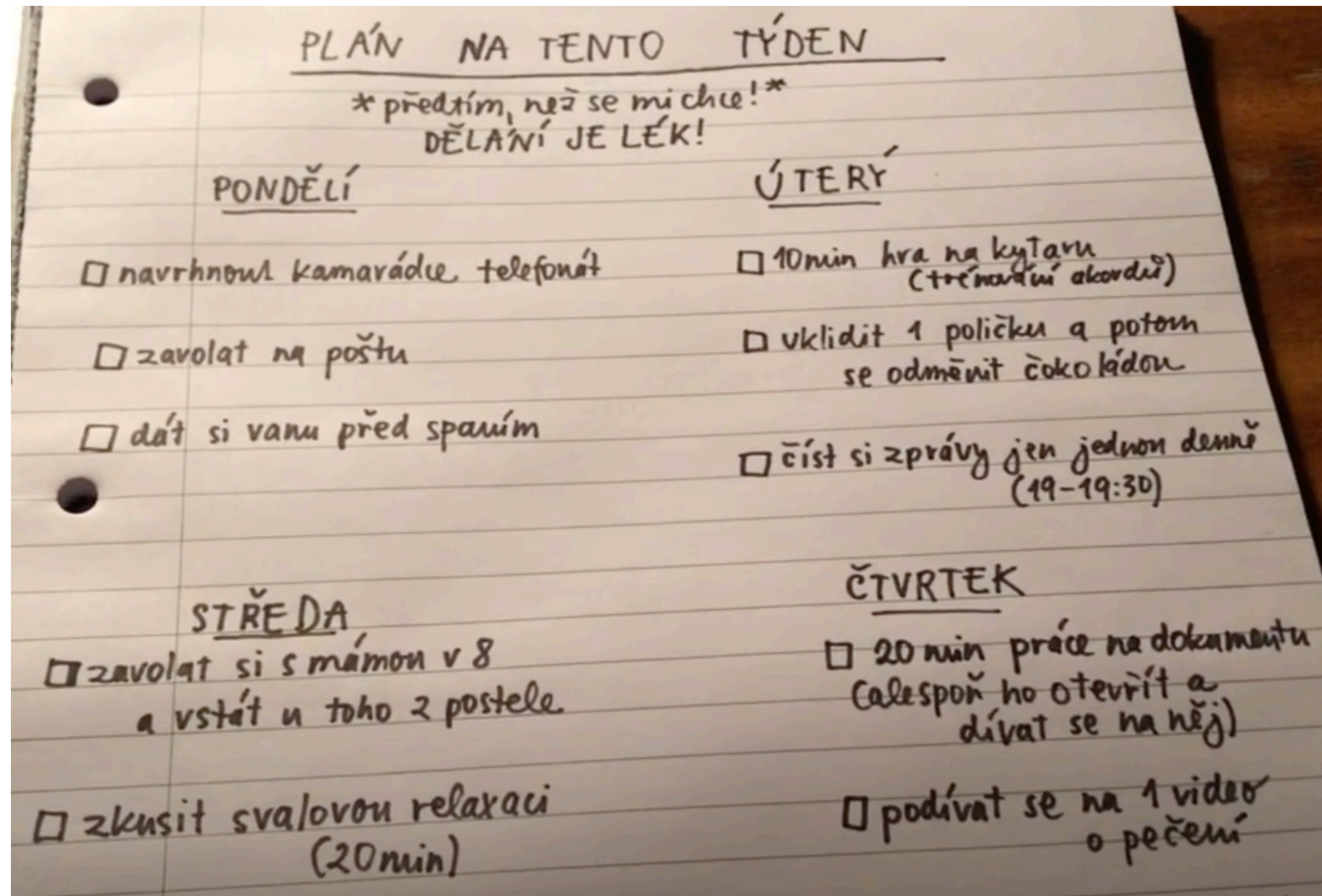
NÁROČNOST ÚKOLU		
<u>malá</u>	<u>střední</u>	<u>velká</u>
<ul style="list-style-type: none"><li>- čerstvý vzduch</li><li>- vana před spaním</li><li>- meditace / relaxace</li></ul>	<ul style="list-style-type: none"><li>- upravit se</li><li>- vstávat v 8</li><li>- jóga</li><li>- zavolat kamarádce</li><li>- zavolat na poštu</li><li>- číst si</li><li>- uklidit si</li></ul>	<ul style="list-style-type: none"><li>- zprávy 1x denně</li><li>- naučit se péct</li><li>- hrát na kytaru</li><li>- dokument do práce</li><li>- najít si terapeuta</li><li>- programování</li></ul>

# Youtube: Co můžete teď hned udělat proti depresi? (Nevypust' duši)





# Youtube: Co můžete teď hned udělat proti depresi? (Nevypust' duši)



**What activities help  
you feel better?**



# Richards et al. (2016) study

- Randomised controlled non-inferiority trial
- Around 450 participants allocated to several weeks of BA or CBT (largest trial of BA to date)
- BA administered by junior mental health workers (psychology graduates) with **just a few days of training**
- No differences found in efficacy **but BA much more cost-effective**
- This was driven by **significantly lower cost of BA**

*“Our results, offer hope to many societies, cultures, and communities worldwide, rich and poor, struggling with the effect of depression on the health of their people and economies.”*

# Other low intensity interventions?

- **Problem solving**
- **Sleep management**
- **Worry time**
- **Graded exposure**
- **Motivational interviewing**
- **Physical exercise interventions**

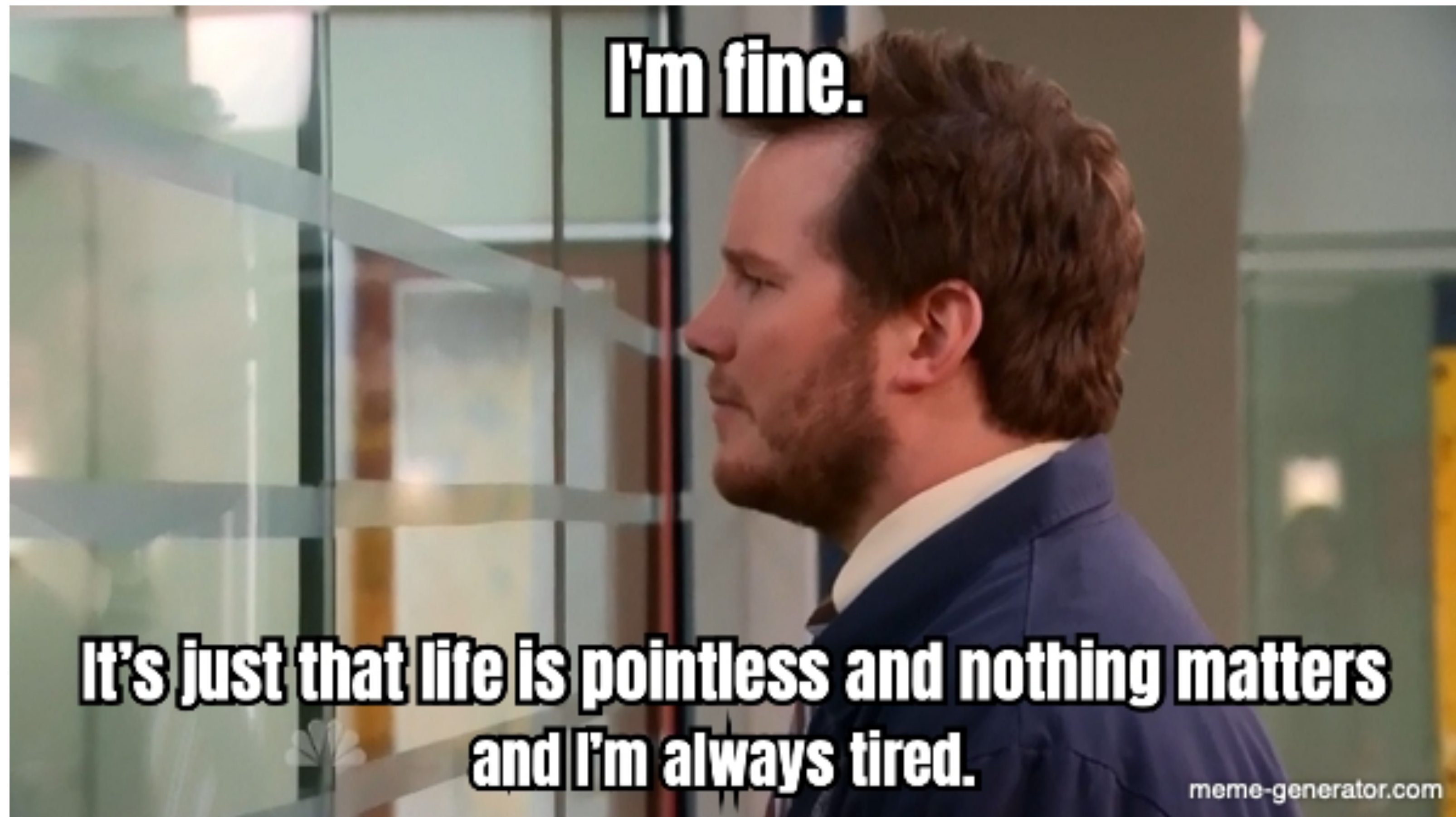
# Problem solving

- First outlined by D'Zurilla and Goldfried (1971)
- Step-by-step system to **approach and solve problems**
- Aim to **empower patients with skills**
- **Excellent add-on to BA**

*Evidence for treatment of depression and anxiety in older adults (Kirkham et al., 2016), veterans (Kasckow, et al., 2014), ethnic minorities (Unlu Ince et al., 2013), patients with chronic disease (Lee et al., 2015) and cancer (Hopko et al., 2011)*



# Solving problems when we don't feel well...



# Solving problems when we don't feel well...

- Set up a new phone contract

- Figure out when I can visit my mum to help her care for my sick dad

- Decide what to do about my job that I hate



- Find a new club where I could play volleyball

- Find a new doctor to get better treatment for eczema

- Organise mess in my house

- Sort out my taxes for self-employment

# Solving problems when we don't feel well...



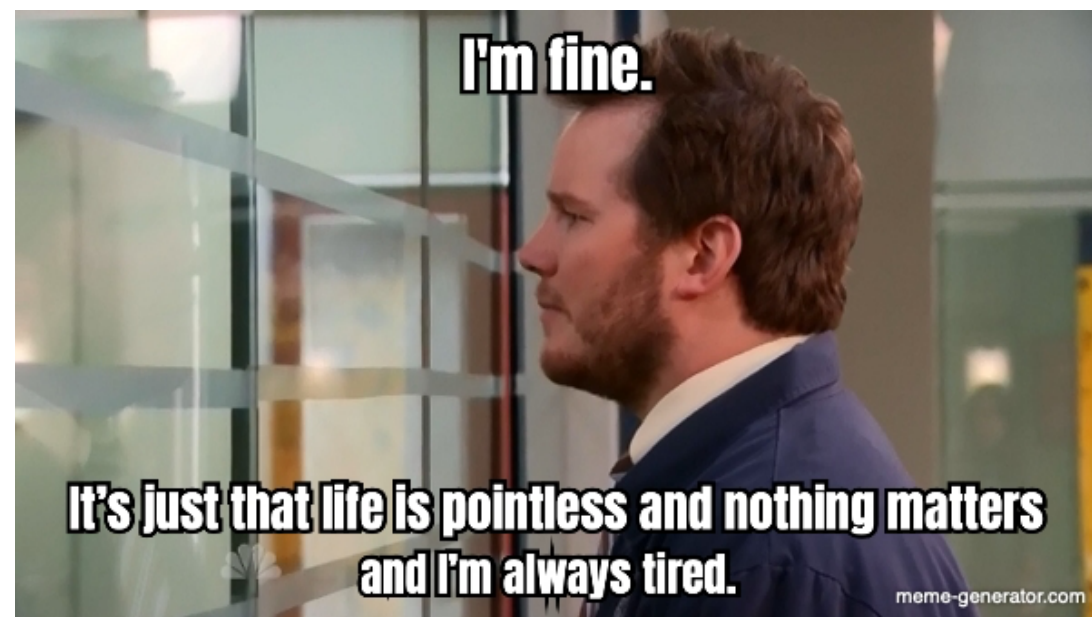
+

complex  
problems





# Solving problems when we don't feel well...



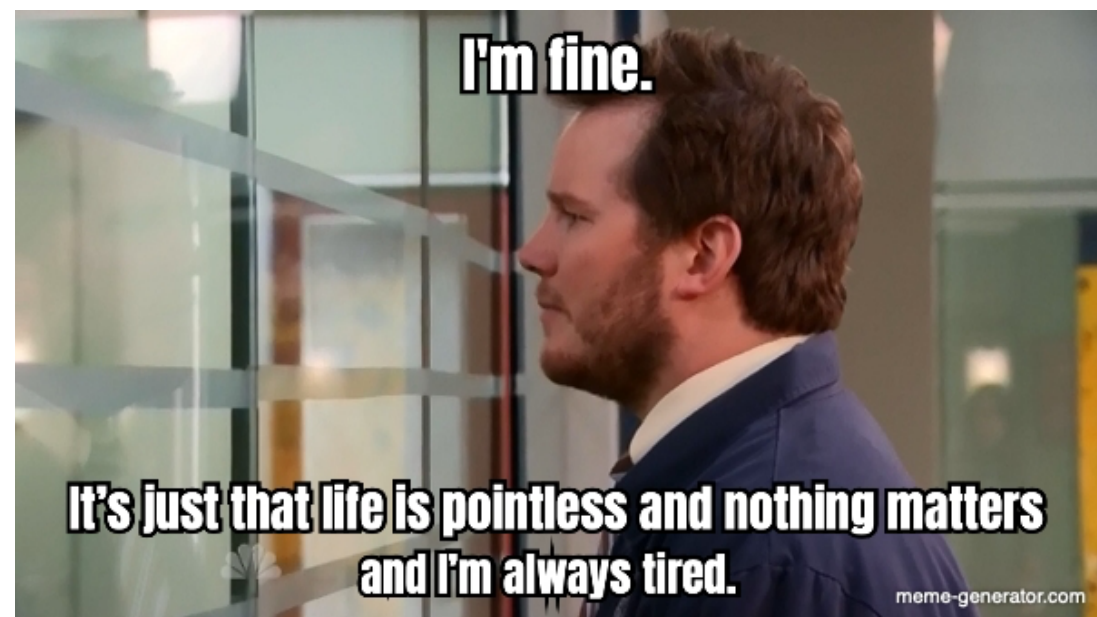
+

complex  
problems



panic  
dispair  
avoidance  
fatigue  
self-hate  
frustration  
anger  
resignation

# Solving problems when we don't feel well...



+

complex  
problems



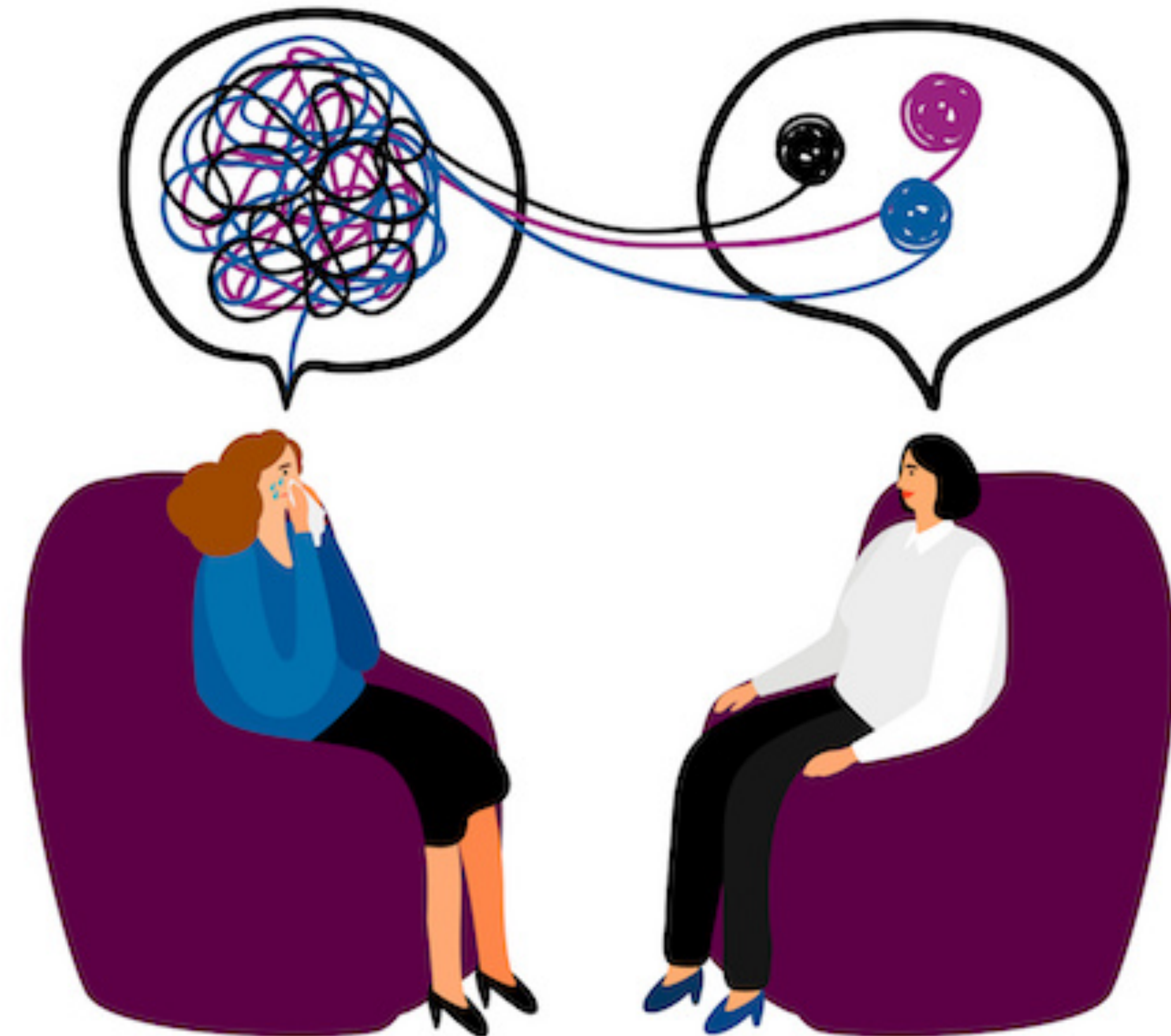
panic  
dispair  
avoidance  
fatigue  
self-hate  
frustration  
anger  
resignation



# Solving problems is often overwhelming

LI problem solving intervention helps to:

- **break things down into smaller steps**
- **create a helpful system that the client can use on their own**



# Step 1: Write down all of your problems

- Set up a new phone contract
- Decide what to do about my job that I hate
- Find a new doctor to get better treatment for eczema
- Organise mess in my house
- Find a new club where I could play volleyball
- Figure out when I can visit my mum to help her care for my sick dad
- Sort out my taxes for self-employment

# Step 2: Organise according to difficulty

1. Find a new club where I could play volleyball
2. Set up a new phone contract
3. Find a new doctor to get better treatment for eczema
4. Figure out when I can visit my mum to help her care for my sick dad
5. Organise mess in my house
6. Decide what to do about my job that I hate
7. Sort out my taxes for self-employment

# Step 3: Select one problem (because it's low in difficulty or high in importance)

Set up a new phone contract



**Step 4: Write down any solution steps you can think of (no matter how crazy!)**



# Step 4: Write down any solution steps you can think of (no matter how crazy!)

- Ask a friend what contract they have
- Ask a family member what contract they have
- Spend 30min researching online and make a list of options
- Go to a physical store and talk to a seller
- Make a phone call to talk to a seller





# Step 5: Write pros and cons of each option

Solution	Pros	Cons
Ask a friend what contract they have		
Ask a family member what contract they have		
Spend 30min researching online and make a list of options		
Go to a physical store and talk to a seller		
Make a phone call to talk to a seller		

# Step 5: Write pros and cons of each option

Solution	Pros	Cons
Ask a friend what contract they have	Easier to choose when you have a personal recommendation	Might take a while to get a response
Ask a family member what contract they have	Easier to choose when you have a personal recommendation	Family relationships not great right now
Spend 30min researching online and make a list of options	Can examine all the major providers and find all the relevant information	Might have to repeat this several times Hard to find motivation these days
Go to a physical store and talk to a seller	I can ask all the questions without having to read a lot on websites	Can be hard to say no if they are pushy
Make a phone call to talk to a seller	I can ask all the questions without having to read a lot on websites	Hate making phone calls

# Step 6: Select solution that seems best



Ask a friend what contract they have



# Step 7: Make a plan for What/When/Where/How

- Make sure the plan isn't too effortful or overwhelming for the client
- If so, break it down into easier, measurable steps (e.g. 5min, 10min, just read one page)



**Text friend Anna tonight to ask her about her phone contract**



# Step 8: What could go wrong? What could get in the way? What could we do then?

Anna might say that she doesn't like her phone contract

Then I can...

- choose the other phone provider than what Anna has
- ask my other friend Mary
- go to a physical store



# Step 9: Do the thing

Agree on accountability: When will the client report back?



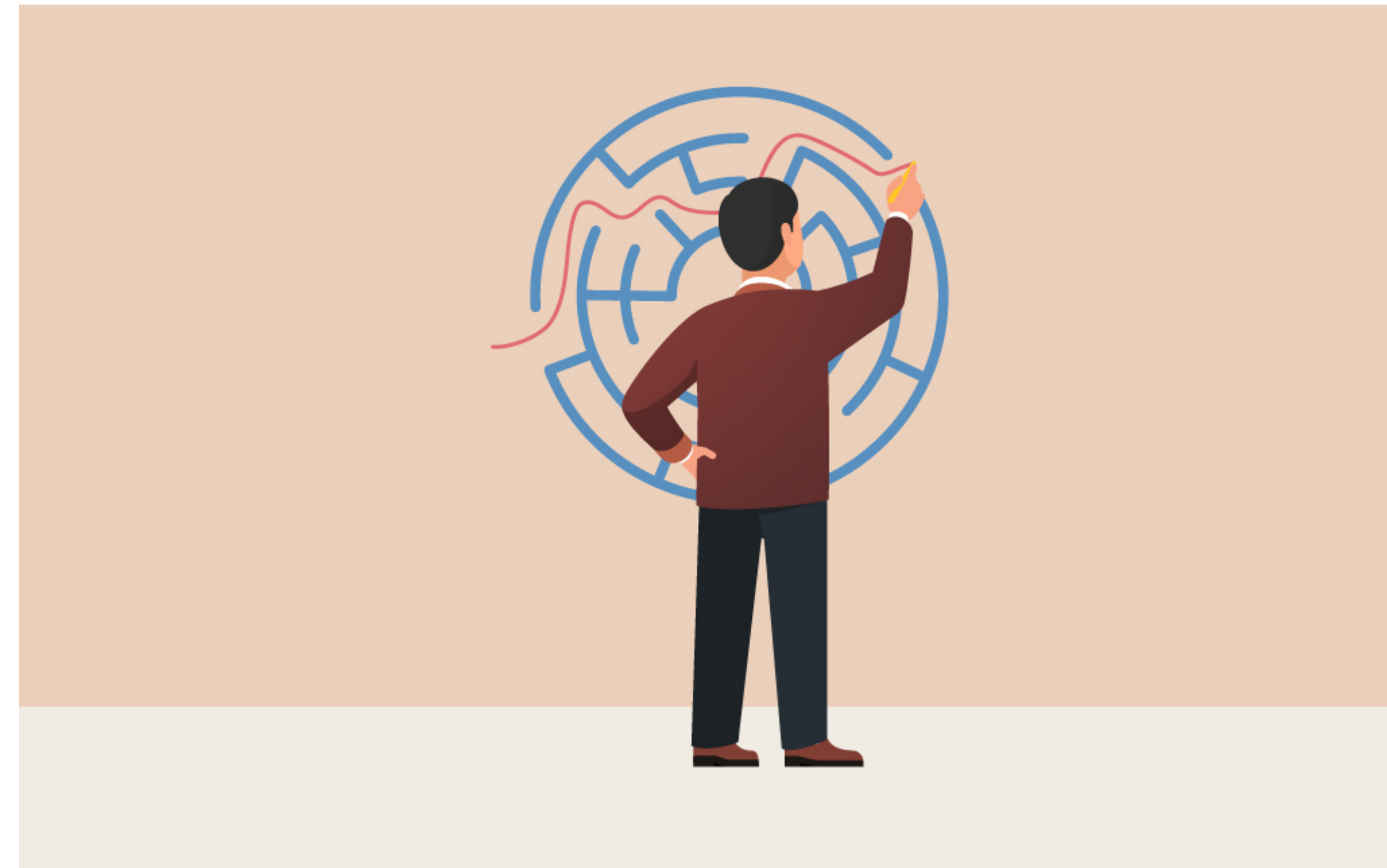
# Step 10: Review, make another plan, rinse and repeat

- **Celebrate every step taken and each bit of progress achieved!**
- If the problem isn't solved, figure out the next step to take
- If the problem is solved, move onto the next problem



# Try it yourself!

- 1. Write out all problems**
- 2. Organise according to difficulty**
- 3. Select a problem that's easy and/or important**
- 4. Write out possible solutions**
- 5. Evaluate pros and cons of each solutions**
- 6. Choose a solution that seems best**
- 7. Make a plan for what/when/where/how**
- 8. What could go wrong? What could we do then?**
- 9. Attempt the solution**
- 10. Review & problem solve**





# **Mynors-Wallis et al. (1995)**

- **90 patients with major depression**
- **Randomised to 1) problem solving (6 short sessions over 12 weeks), 2) antidepressant or 3) placebo**
- **No significant difference found between problem solving (60% recovered) and antidepressant (50% recovered)**
- **High patient satisfaction after problem solving**
- **30% recovered on placebo**

# The efficacy of problem solving therapy in reducing mental and physical health problems: A meta-analysis

John M. Malouff<sup>\*</sup>, Einar B. Thorsteinsson, Nicola S. Schutte

The meta-analysis, encompassing 2895 participants, showed that PST is significantly more effective than no treatment ( $d = 1.37$ ), treatment as usual ( $d = 0.54$ ), and attention placebo ( $d = 0.54$ ), but not significantly more effective than other bona fide treatments offered as part of a study ( $d = 0.22$ ).

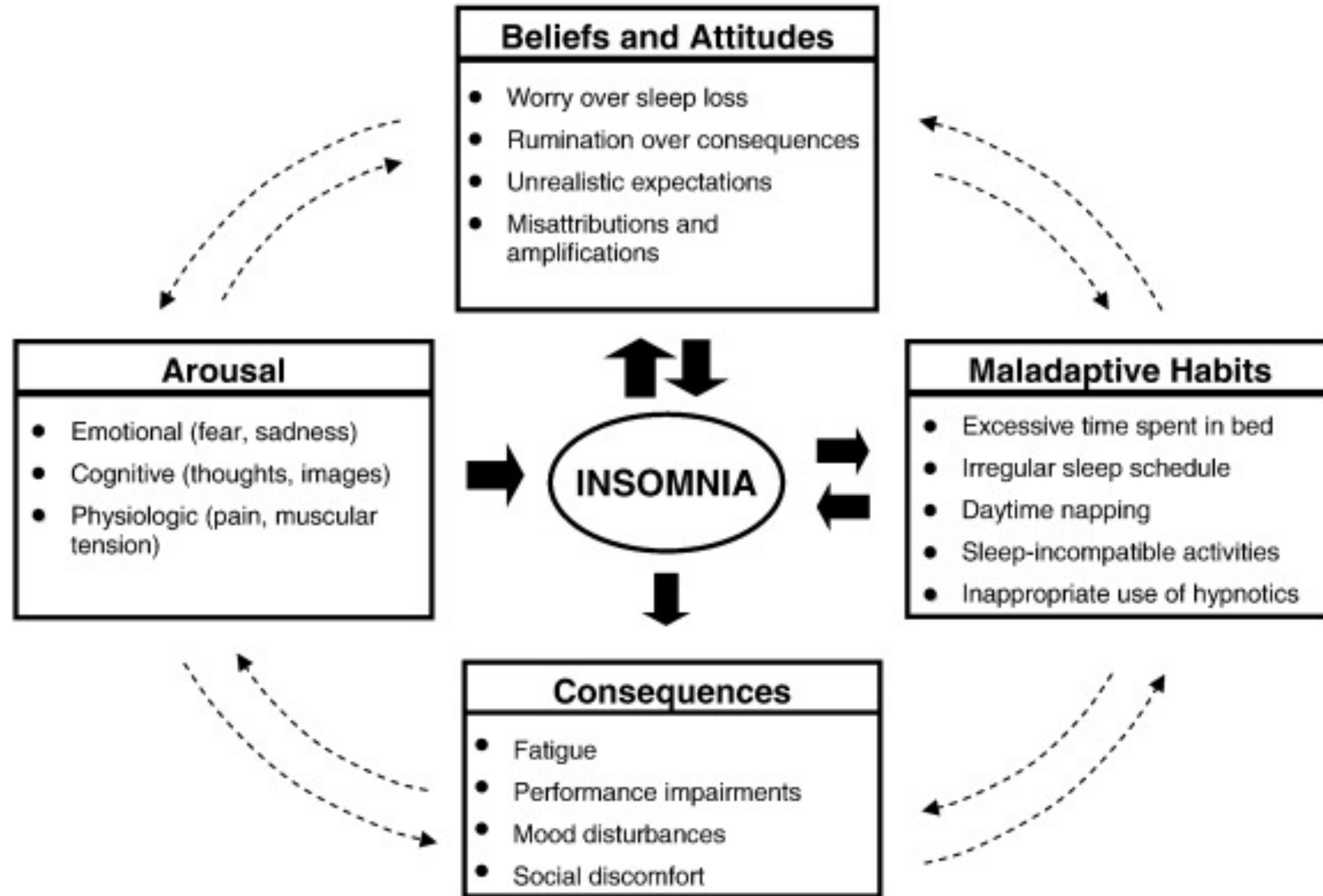
**How many of you  
have struggled or  
know someone  
who has struggled  
with insomnia?**



# Digital LI treatment for insomnia

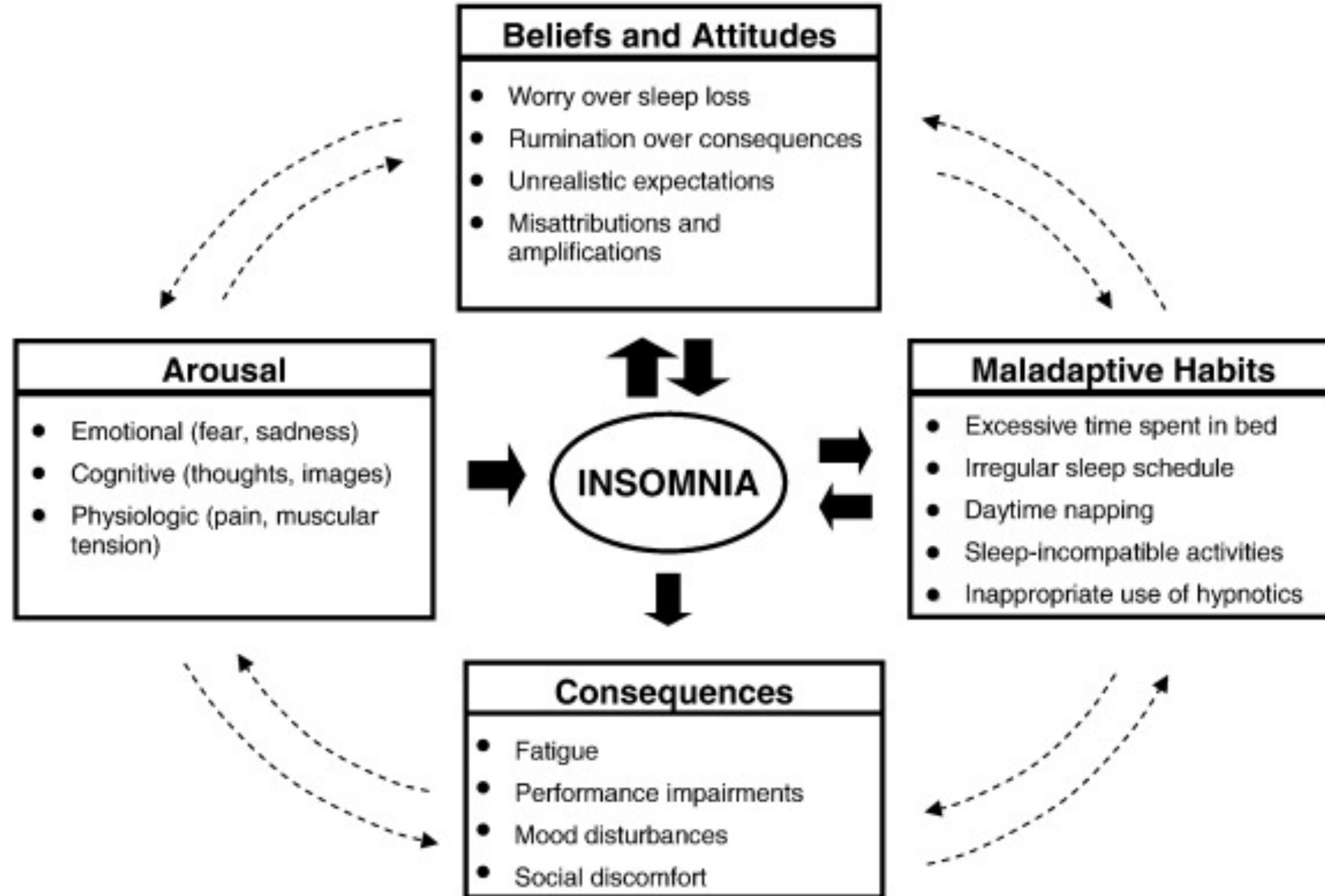


# CBT model of insomnia



# CBT tools

- Examining sleep-related thoughts
- Correcting distortions
- Setting up realistic expectations
- Sleep restriction
- Sleep hygiene



Sleepio is a 6 week online program designed by sleep experts and based on cognitive and behavioral techniques.



### Sleep Restriction

The most powerful way to increase your sleep drive and reset your sleep schedule.



### Stimulus Control

Rebuild a healthy association between your bed and sleep.



### Cognitive Tools

Manage the worries and thoughts that make it difficult to sleep.



### Sleep Hygiene Review

Optimize your environment and habits for better sleep.

- Fully automated
- Algorithms for personalised recommendations

How would you like to improve your sleep?

Select all that apply

Get to sleep more easily

Sleep right through the night without waking up

Stop waking up too early

Wake up feeling refreshed

None of the above

**Session Two**  
**Your bedroom,  
lifestyle,  
and thoughts**

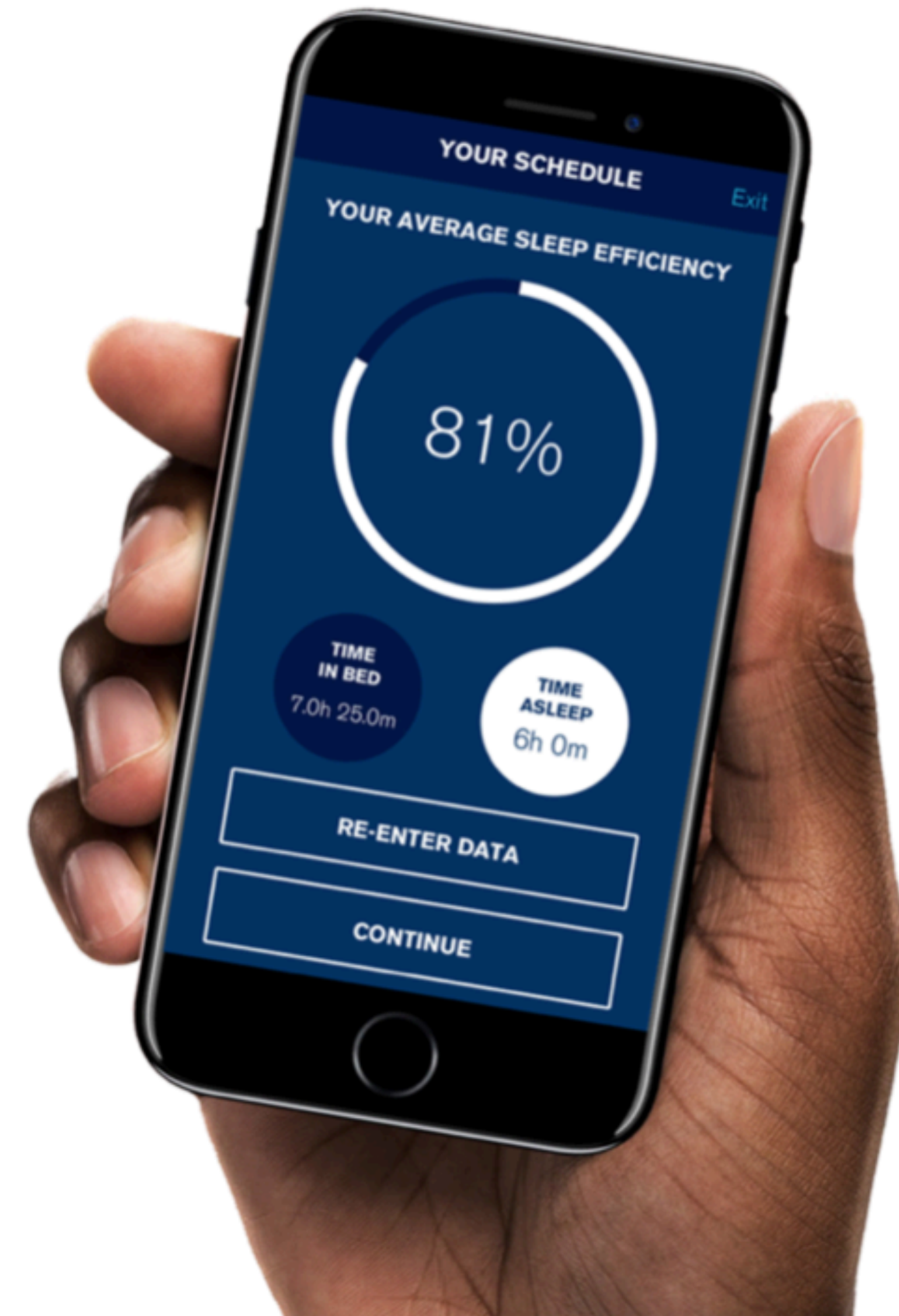
- 1 Your lifestyle
- 2 Your bedroom
- 3 The truth about sleep
- 4 Challenging negative thoughts
- 5 The Weekly Quiz

A cartoon character in a red jacket and glasses is walking in the background of a light blue landscape with rolling hills and a sun.



# Espie et al. (2019)

- Over 1700 participants
- Randomised 12 weeks of Sleepio programme vs sleep hygiene education website (superiority trial)



# Espie et al. (2019)

- Over 1700 participants
- Randomised 12 weeks of Sleepio programme vs sleep hygiene education website (superiority trial)
- Significantly improved sleep, physical health, wellbeing

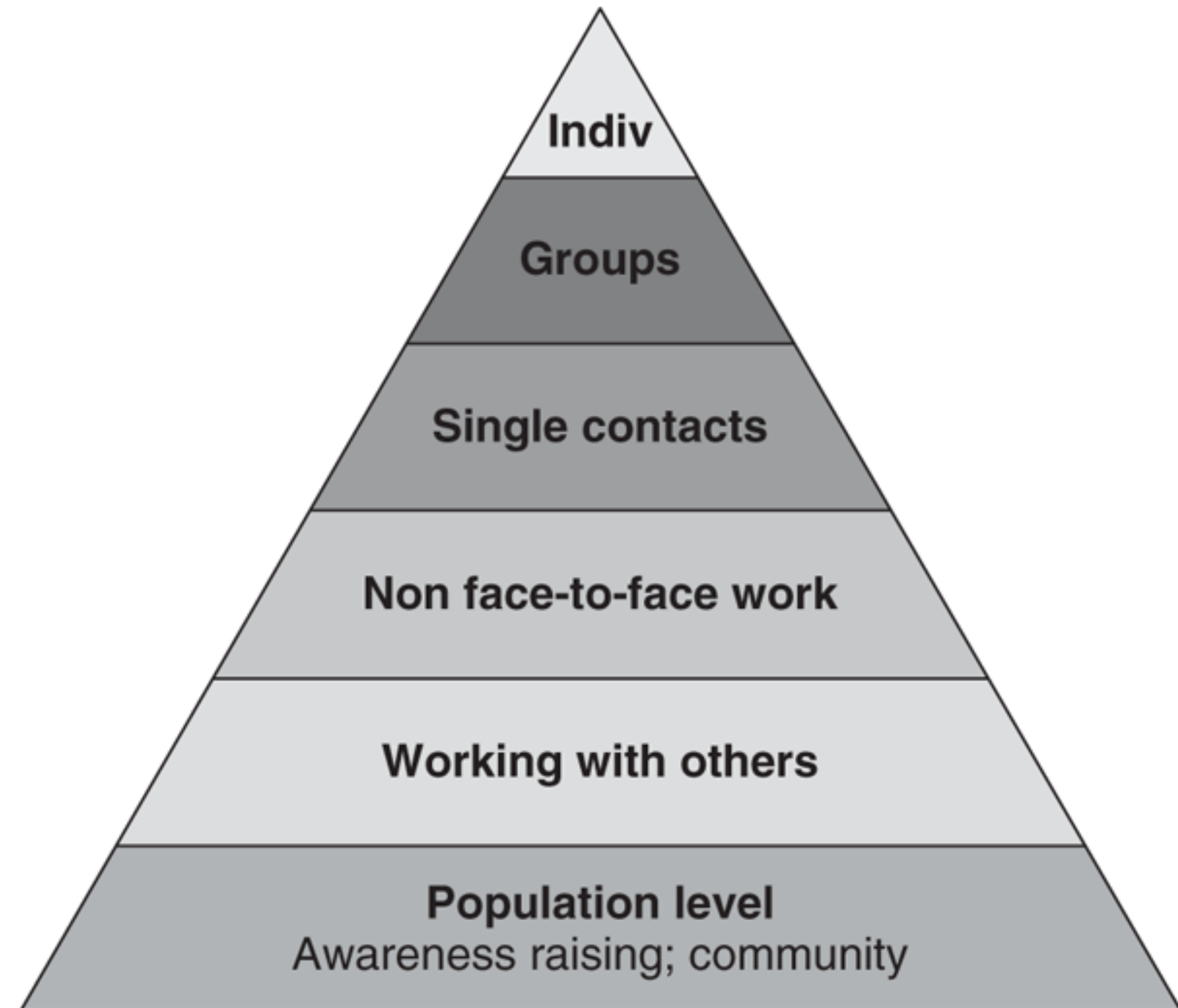
Assessment <sup>a</sup>	Unadjusted, Mean (SD)		Adjusted Difference (95% CI)	Cohen <i>d</i>	<i>P</i> Value
	SHE + TAU	dCBT + TAU			
PROMIS-10					
Week 4	32.52 (6.05)	33.84 (6.49)	0.90 (0.40 to 1.40)	0.16	<.001
Week 8	32.92 (6.18)	35.08 (6.65)	1.76 (1.24 to 2.28)	0.31	<.001
Week 24	33.10 (6.10)	35.24 (6.88)	1.76 (1.22 to 2.30)	0.31	<.001
WEMWBS					
Week 4	44.72 (8.21)	46.03 (8.55)	1.04 (0.28 to 1.80)	0.13	.007
Week 8	45.16 (8.77)	48.12 (8.82)	2.68 (1.89 to 3.47)	0.35	<.001
Week 24	45.31 (8.89)	48.62 (9.02)	2.95 (2.13 to 3.76)	0.38	<.001
GSII <sup>b</sup>					
Week 4	69.80 (23.64)	60.69 (26.20)	-8.76 (-11.83 to -5.69)	-0.69	<.001
Week 8	65.68 (25.86)	46.78 (29.90)	-17.60 (-20.81 to -14.39)	-1.38	<.001
Week 24	63.33 (27.26)	43.78 (31.25)	-18.72 (-22.04 to -15.41)	-1.46	<.001

Abbreviations: dCBT, digital cognitive behavioral therapy; GSII, Glasgow Sleep Impact Index; PROMIS-10, 10-item Patient-Reported Outcomes Measure; SHE, sleep hygiene education; TAU, treatment as usual; WEMWBS, Warwick-Edinburgh Mental Well-being Scale.

# **Integrating LI interventions into the healthcare system**

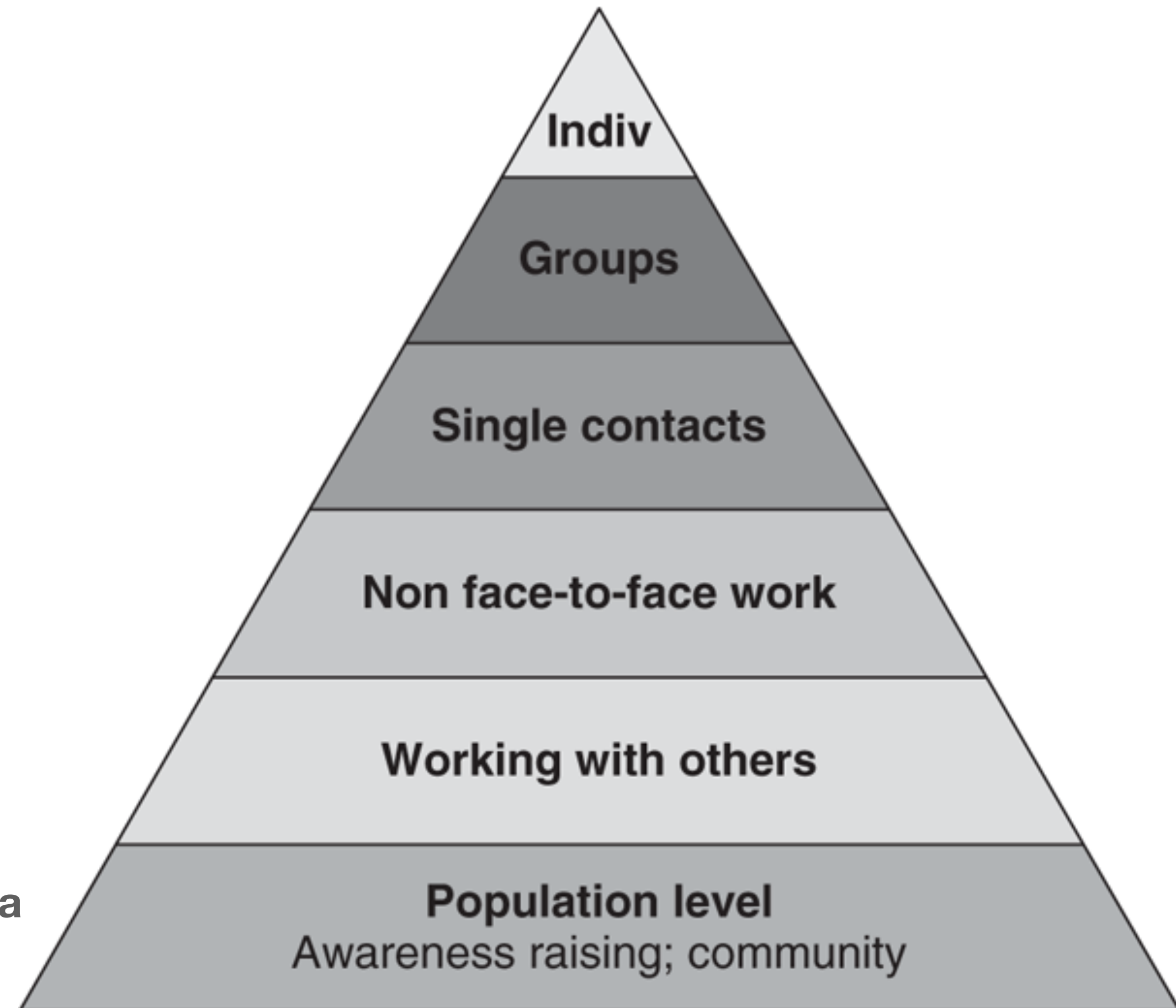
# STEPS system

- intervene early
- support prevention
- distribute resources efficiently



# STEPS system

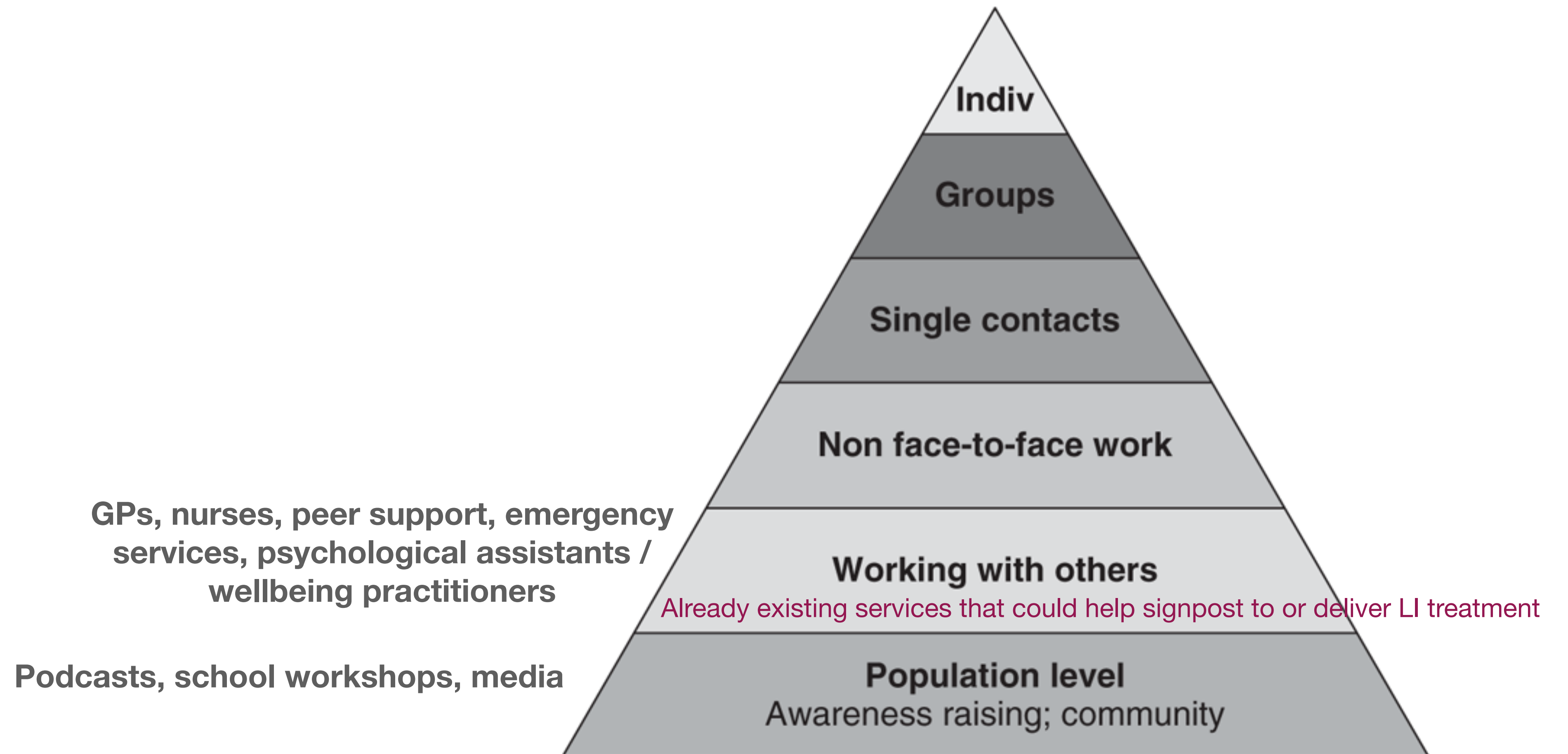
- intervene early
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Podcasts, school workshops, media

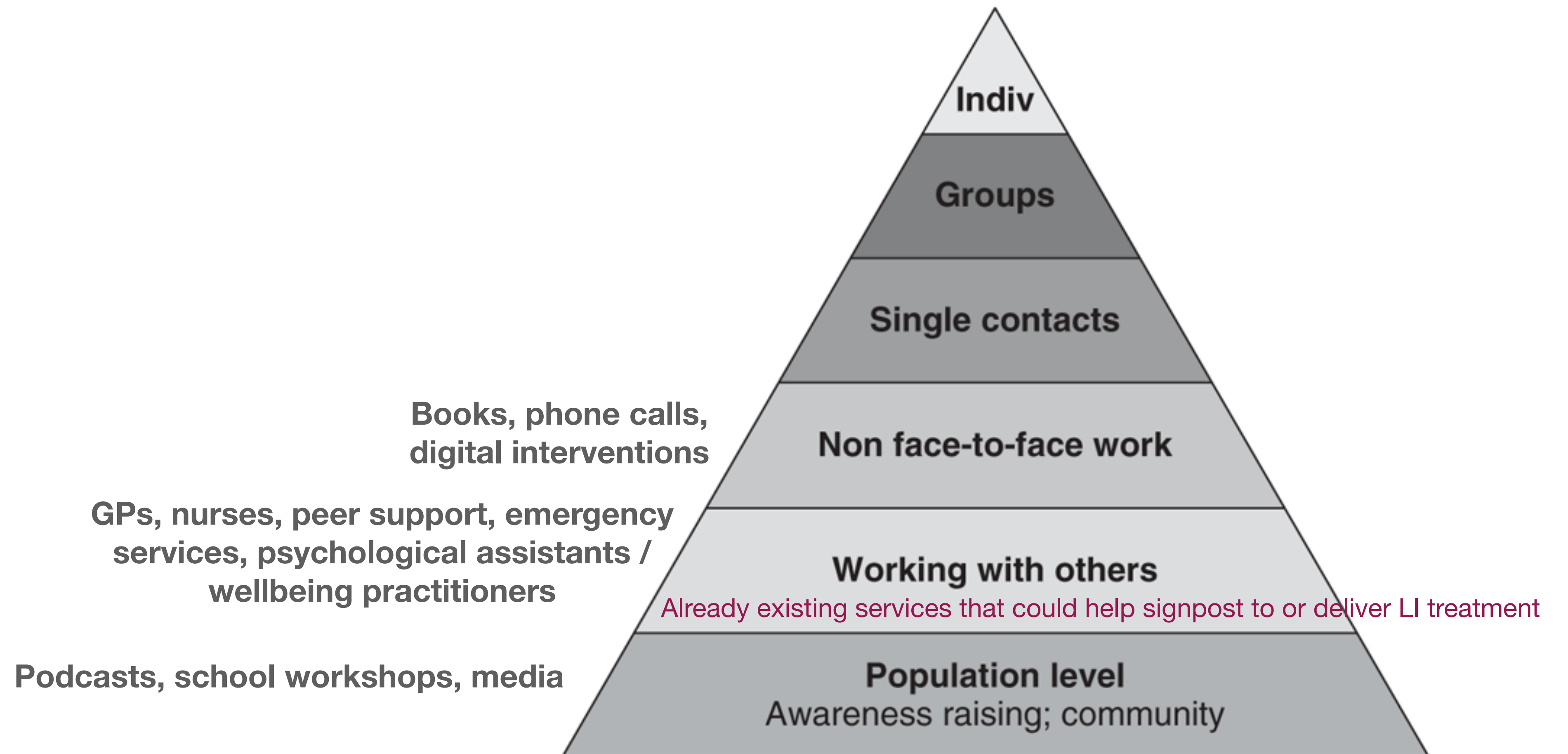
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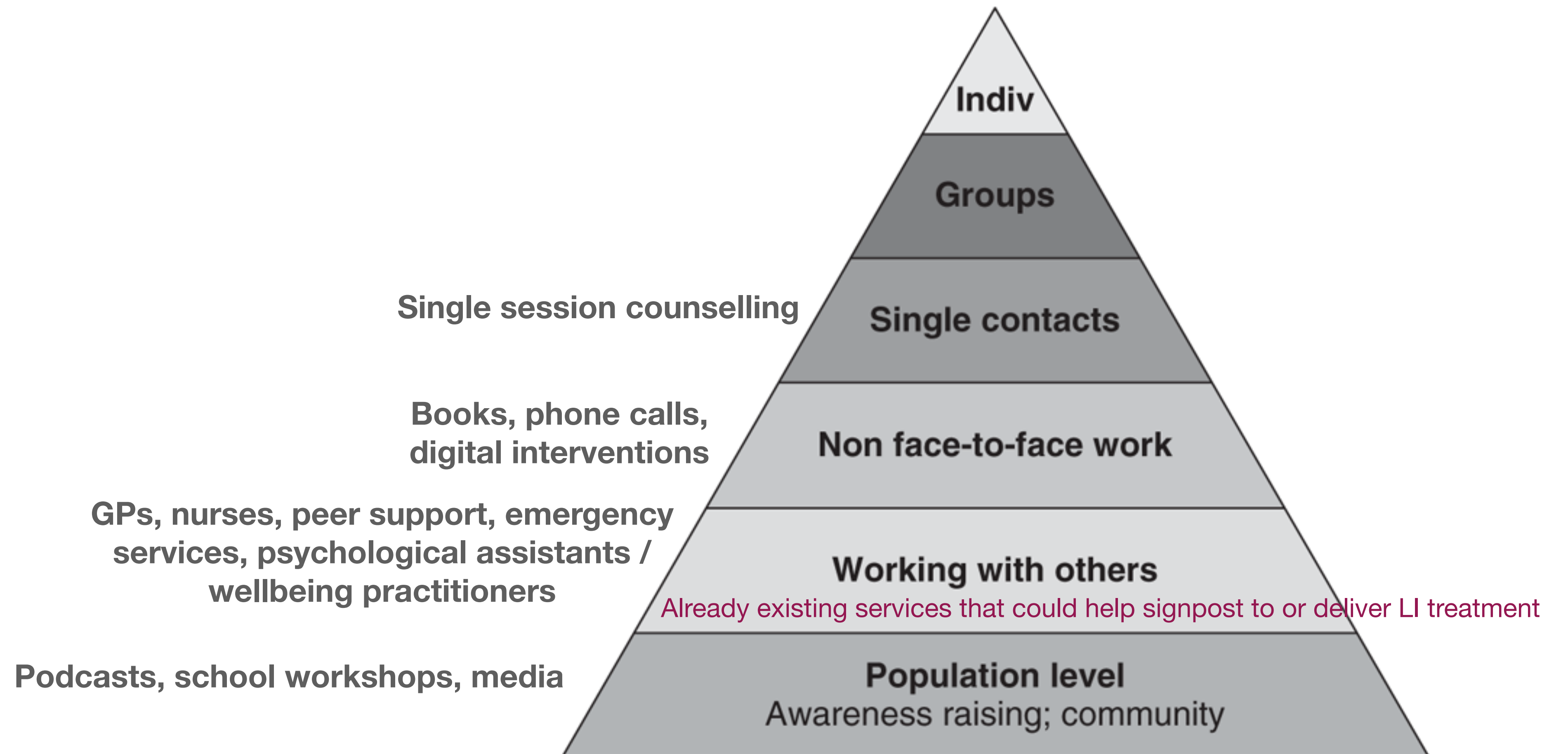
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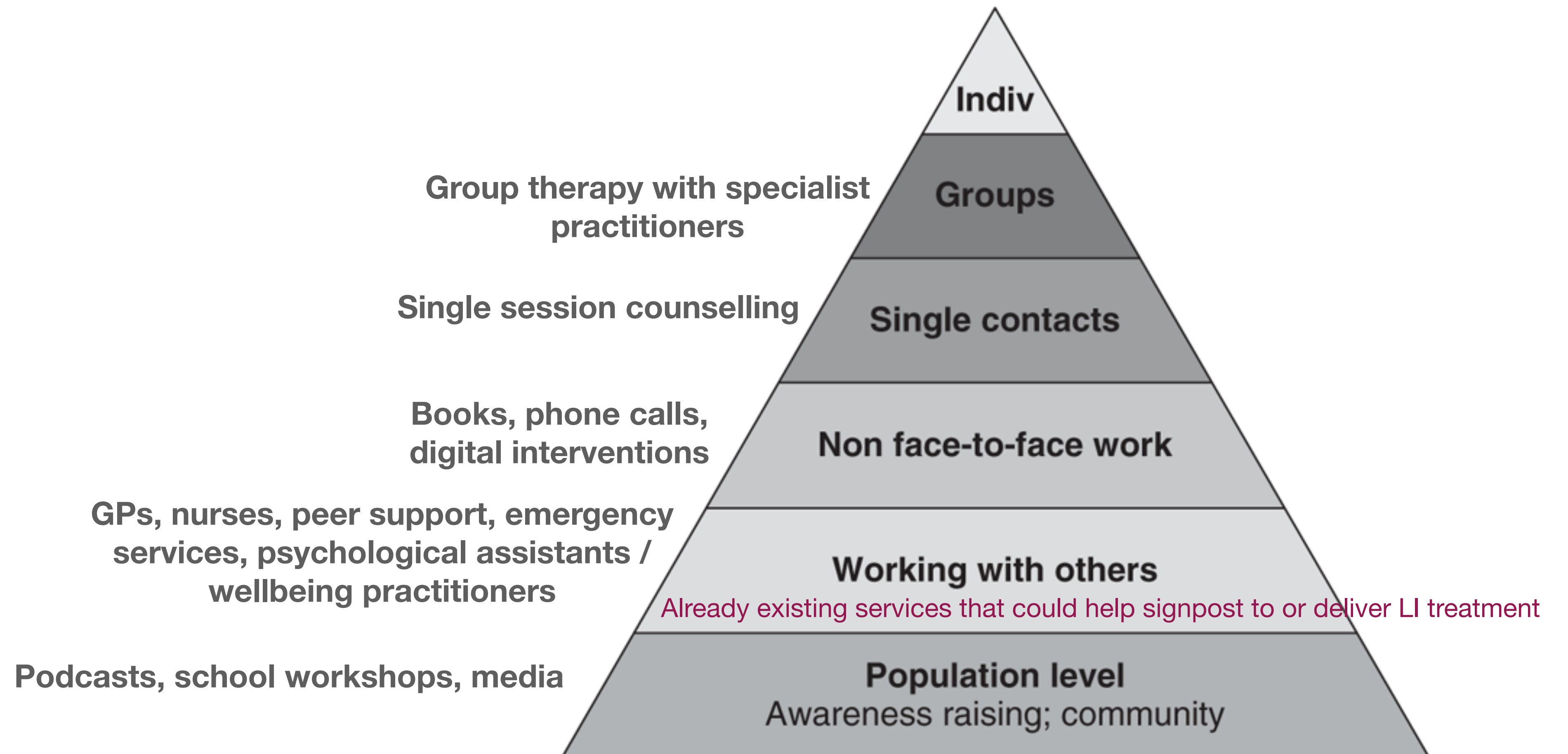
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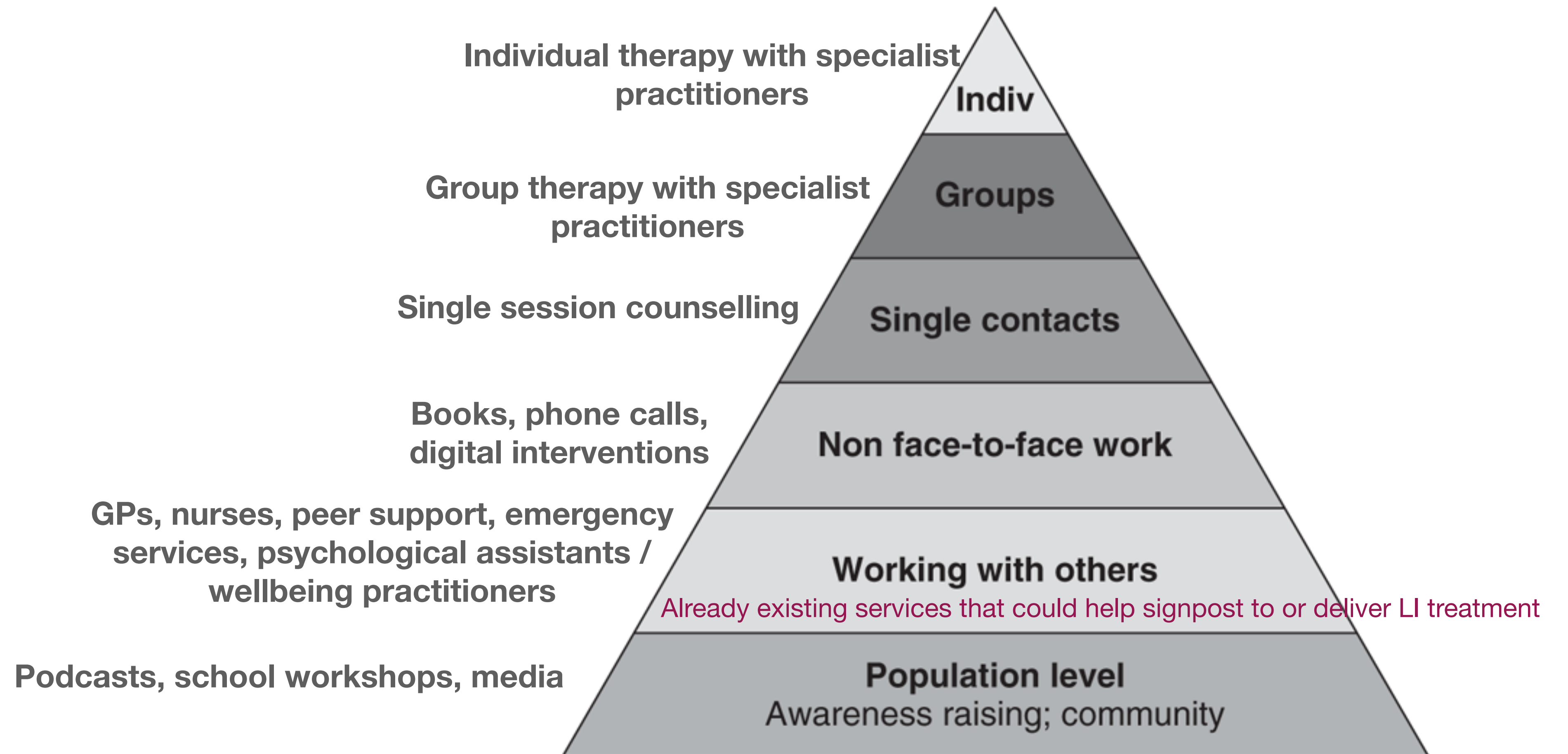
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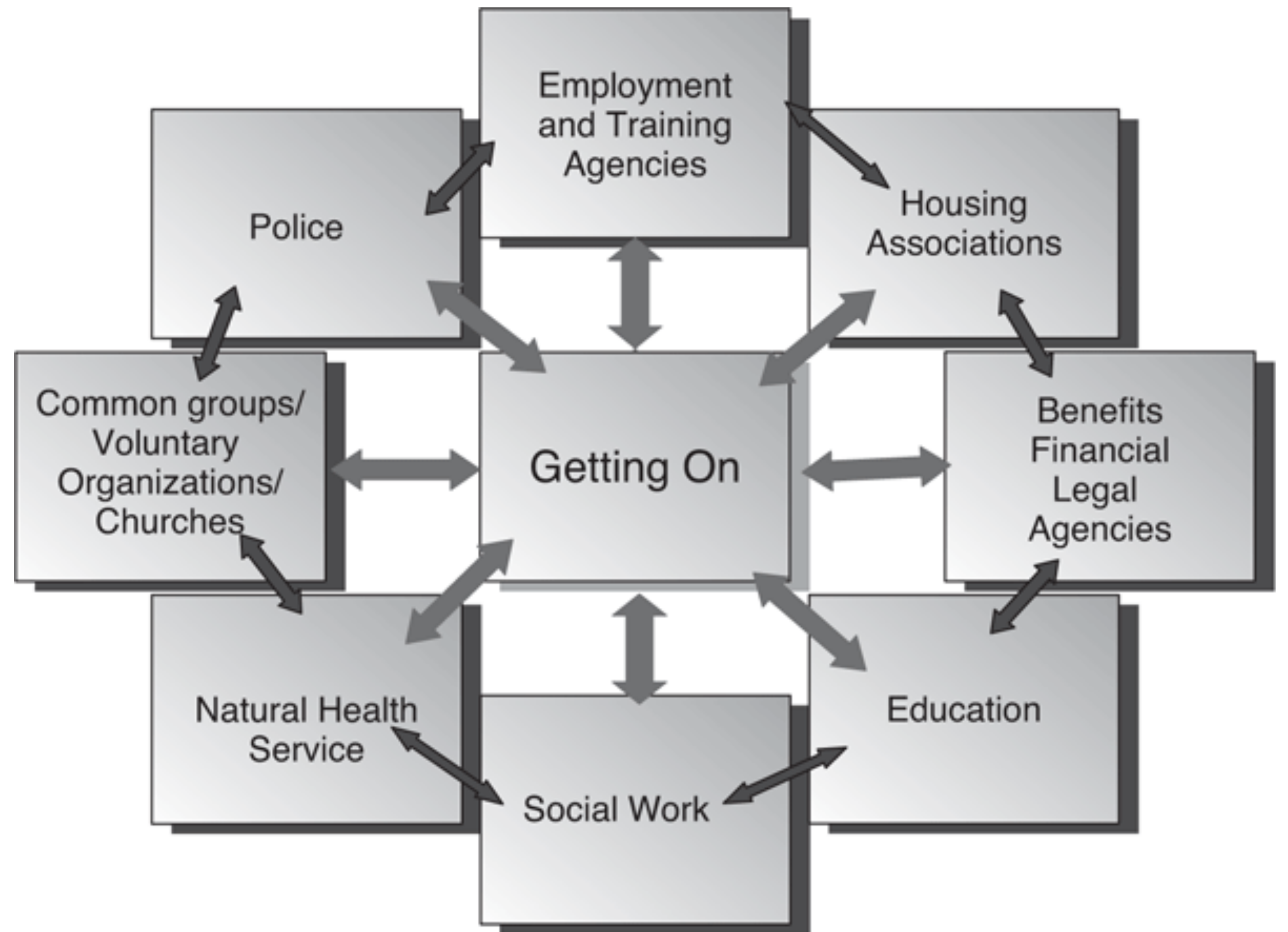


# STEPS system

- intervene early
- support prevention
- distribute resources efficiently



# Network



# David Clark & Richard Layard

- In 2007, less than 5% of UK adults with anxiety and depression would access evidence-based psychotherapy
- Waiting lists often over a year long
- Survey showed public preferred psychological therapy to medication
- Similar situation (or worse) all around the world

**NICE** National Institute for  
Health and Care Excellence



# David Clark & Richard Layard

- Untreated depression and anxiety reduce GDP by 4% (absenteeism and presenteeism)
- Increased access to psychological therapy will have **a minimal net cost**

**London School of Economics**



## **THE DEPRESSION REPORT** **A New Deal for Depression and Anxiety Disorders**

**The Centre for Economic Performance's  
Mental Health Policy Group**

**June 2006**



# David Clark & Richard Layard

- On World Mental Health Day in October 2007 the UK Government announced an unprecedented, large-scale initiative for **Improving Access to Psychological Therapies (IAPT)** for depression and anxiety disorders within the English National Health Service
- Between 2008 and 2011 investment in psychological therapies would rise to **£173 million per annum** above existing expenditure
- The extra investment would be used to train and employ at least **3600** new psychological therapists who will work in new IAPT clinical services offering evidence-based psychological therapies



# Clark et al. (2009)

- Two pilot services in Doncaster and Newham during first 13 months
- Patients seen within 21 days
- Offering HI specialist therapy or LI (most commonly guided self-help)
- Self-referral or GP-referral
- Careful outcome monitoring
- 50-60% recovery if at least two or more sessions, compared with 20% spontaneous recovery
- 4-10% increase in employment

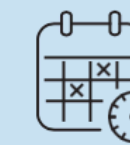


# IAPT successes

- Trained 10 000 therapists
- Treats over 1 000 000 patients annually now
- Aims for 50% patients recovering and 75% improving
- Collects outcome data on 98% patients
- Similar services now implemented in Australia, Israel, Norway, Sweden
- Recent evaluation: <https://youtu.be/T1r3ZqZK4ig>



**89.9% of referrals accessing IAPT within 6 weeks**



**8.1 sessions of treatment on average per referral**



OPINION

# For better mental-health care in Canada, look to Britain

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DAVID GRATZER AND DAVID GOLDBLOOM

## **The New York Times**

### ***England's Mental Health Experiment: No-Cost Talk Therapy***

LONDON — England is in the midst of a unique national experiment, the world's most ambitious effort to treat depression, anxiety and other common mental illnesses.

## **Therapy deficit**

[\*Nature\*](#) **489**, 473–474 (2012)

*“This programme represents a world-beating standard thanks to the scale of its implementation.”*

# Thank you!

- **Anonymous feedback forms:**  
<https://tinyurl.com/sr79zydk>
- **Any questions, email me at**  
[ruzickova.te@gmail.com](mailto:ruzickova.te@gmail.com)

