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**Referring Information Sheet**

**What is Beating the Blues**

Beating the Blues is an online treatment programme that uses cognitive behavioural therapy (CBT) to help people experiencing mild to moderate depression and/or anxiety.

It consists of 8 sessions divided into 3-4 modules completed weekly. Each module takes about 10-15 minutes to complete. It is recommended that the user completes a module every other day with one session being completed a week. The programme is interactive and during sessions patients can watch video clips, complete exercises and learn CBT techniques that will help with their depression and anxiety. Each week patients will be given tasks to carry out during the week between sessions.

**Evidence Base – Nice and Sign recommendation**

cCBT has been proven to be an effective intervention for mild to moderate depression and anxiety, and is recommended by NICE in its updated 2009 depression guidance which replaces the positive technology appraisal of 1997 for depression and anxiety: <http://guidance.nice.org.uk/TA97/Guidance/Evidence>

SIGN guideline 114 (Non Pharmacological Treatment of Depression in Adults) recommends cCBT as a treatment option for patients with depression within the context of guided self help as a level A recommendation:

<http://www.sign.ac.uk/pdf/sign114.pdf>

It is suitable for patients whether being treated with or without medication, and for those who have co morbid long term health conditions. It is suitable for patients aged 18 and above.

**How to refer to Beating the Blues**

***Suitable for patients with:***

* **Mild to moderate depression and/or anxiety**: including phobias and panic attacks
* **Willingness to be pro-active** in their treatment recovery and to use a computer programme

***Not suitable for patients:***

* With **active suicidal ideas or plans**: refer to Unscheduled Care Team
* Who are **unable to read or write English** (reading age below 10/11 years)
* In **acute phase of psychosis or mania**, or with **cognitive functioning disorder**, e.g. dementia

**Referral Procedure:**

Referrals are made by completing the Beating the Blues Standard Referral Form and sent via post SCI Gateway, via post (internal mail) or emailed from any @nhs.net email address.

**Please see contact details below**

**Where can patients complete the course**

Your patient will need a PC, laptop, smart phone or tablet, with either speakers or earphones. If your patient does not have access to these they can complete the programme at one of our community sites such as the library.

**How do patients access the program**

To access the programme the patient will be sent an invitation email , which will be provided by the Fife Beating the Blues co-ordinator after a referral is received.

**What does the program look like**

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**What happens when a patient is discharged from Beating the Blues**

When the patient has completed their treatment the referrer will be sent an "Effectiveness Report". This report provides information collected during the completion of the course and includes results from the CORE OM psychological outcome measure that the patient completes at the first, fifth and eighth sessions.

**Suicidal Thoughts**

Each week the programme will ask patients if they have had suicidal thoughts. If they answer “yes” the Beating the Blues co-ordinator is required to inform the referrer and provide details including level of intent, rated on a scale from 0 to 8. During the completion of a session, patients will be advised to contact their referrer if they have had suicidal thoughts. If they complete the session outside of standard working hours the program recommends they contact NHS 24. The Beating the Blues co-ordinator will then inform the referrer in the morning of the next working day.

Less than 5% of sessions completed have a suicide alerts and less than 1% with a serious intent of over 5 on the 0 to 8 scale. For further detail please contact the Beating the Blues co-ordinator for a copy of the cCBT Suicide Alert Policy.

**Further Information**

If you have any enquiries about the Beating the Blues service please contact the service co-ordinator

Email completed form to: Fife-UHB.cCBTadmin@nhs.net

**Or**

Send completed forms to: Beating the Blues Administrator

Lynebank Hospital

Halbeath Road

Dunfermline

KY11 4UW