

National Clinical Audit and Patient Outcomes Programme Project Summary

National Audit of Psychological Therapies

Purpose

The audit aims to measure **access, appropriateness, acceptability** and positive **outcomes** of treatment for those suffering from depression and anxiety, and to make recommendations about and promote improvements. Its aim is summed up in the following statement:

People referred to psychological therapies for depression and anxiety should be **assessed and treated promptly** by a therapist, who delivers **appropriate** therapies in an **acceptable** manner. The service should achieve an **outcome** that is acceptable and comparable with those of other therapy services.

Methodology

A series of data collection tools have been devised for the pilot.

Most were devised by the expert steering group.

The service user questionnaire was devised slightly differently. A systematic review of the relevant literature was undertaken to try to identify a relevant validated questionnaire. However, no suitable questionnaire was identified. A draft questionnaire was developed using validated questions from previous questionnaires. These were refined in consultation with service users from a wide range of organisations, using a series of focus groups set up for this purpose.

All tools have now been published on the web using SNAP software. The web questionnaires are secure and pilot sites will upload their data into them. Service users have the option of using the web questionnaire or filling in the paper copy and returning it to us in a freepost envelope. Quantitative data will be analysed in house using SPSS.

Qualitative data will be analysed using in house grounded theory.

Key Quality Indicators

There are four Key Quality Indicators:

1. **Access**
2. **Appropriateness**
3. **Acceptability**
4. Positive **Outcomes** of treatment.

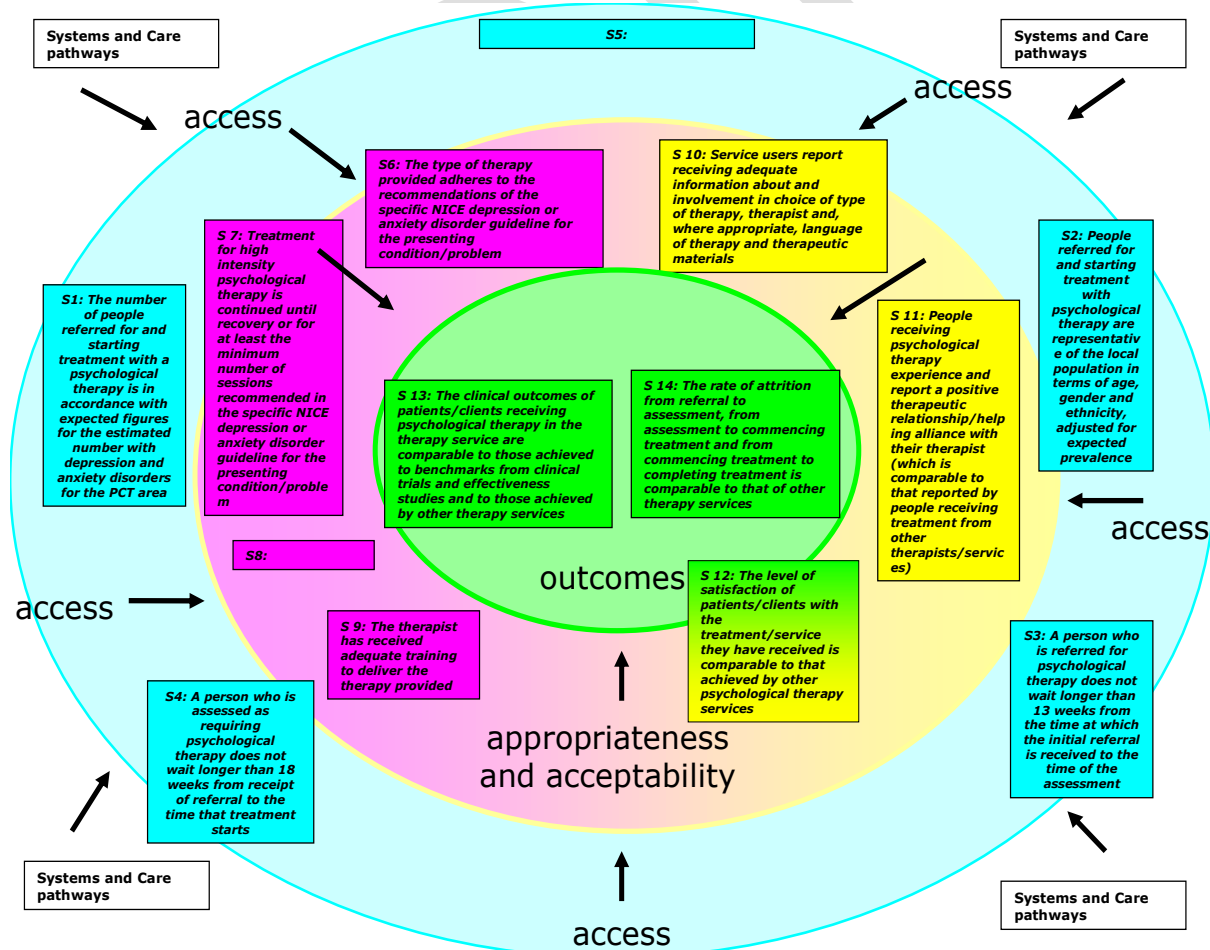
Positive scores in relation to each of these define a good quality service.

Data Collection Schedule

Month 14 – 17	September-December 09	Data collection period.
Month 18	January 10	Data analysis and reporting to Pilot Sites.
Month 19-21	January-March 10	Refine audit content and processes
Month 22	May 10	First meeting with services for full audit.
Month 23 – 30	June 10-March 11	Data collection period
Month 31-35	April-August 11	Data analysis and reporting to services
Month 36	September 11	Final report

Is the Audit Process or Outcome focused?

The audit is outcome focused. The audit is not trying to standardise care pathways. Instead the audit is interested in the 4 key indicators of access, appropriateness, acceptability and positive outcomes. Please see diagram below which indicates the outcome, as opposed to process, focus of the audit.



Who is involved in the audit?

This 3-year **HQIP funding** of NHS-funded psychological therapy services for people suffering from anxiety and depression in England and Wales is contracted to the Royal College of Psychiatrists and run in-house.

A large number of partner organisations, made up of both professional bodies and service user organisations, are closely involved in the work through the Steering Group. Members come from the following organisations: BPS, RCGP, RCN, New Savoy Partnership, CORE, BABCP, BACP, UKCP, BPC, Mind, Rethink, No Panic, Depression Alliance, The Mental Health Providers Forum, Anxiety UK.

Who are the main stakeholders?

Stakeholders include all those organisations involved in the steering group (listed above), as well as participating Primary Care Trusts and Local Health Boards, and other professional bodies, service user organisations and care organisations which work in relation to anxiety and depression. These include organisations that work with older people and BME populations.

Date of the next Annual Report and outline content

The next Annual Report will be produced in February. The content will include the following:

1. Aims of audit
2. Tool Development
 - a. methodology
 - b. process
3. Pilot Study
 - a. Details of participating Sites
 - b. Data Analysis
 - c. Lessons learnt
4. Discussion of Tool Modification for Full Audit
5. Recruitment for Full Audit: Update

More information:

<http://www.rcpsych.ac.uk/clinicalservicestandards/centreforqualityimprovement/psychologicaltherapies.aspx>