Internet-delivered CBT (iCBT) for older people

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Agenda

1. What does research tell us about the use of iCBT for older people?
2. What do IAPT services tell us about the use of iCBT for older people?
3. What do older people tell us about the use of iCBT?
4. Integrated care and iCBT for long-term conditions (LTC)s
SilverCloud Health - Who we are

- Global healthcare technology company
- 10+ years of research and evaluation
- Strong partner network
- Gold Standard in online therapeutic care

Logos:
- Wiley
- NHS
- Summa Health
- Bupa
- OPTUM Health
- Nuffield Health
iCBT for older people

What does research tell us?
iCBT for older people

65+ age group: the heaviest users of health care services and long-term care — will grow from 15 percent to 22 percent of the overall population between 2014 and 2040.

Internet and computer use increasing among older adults
Ewing & Thomas (2012); Fox & Jones (2009)

74% of those between 65 and 74 years old use the internet…
…just 39% of those over 75 have used it in the last 3 months – but this number will inevitably grow in the future.
iCBT for older people

iCBT can help to overcome traditional barriers to treatment and increase access to evidence-based psychological treatment for older people.

- Andersson & Titov (2014)

Research demonstrates older adults are more likely to complete an iCBT treatment compared with their younger counterparts.

- Mewton, Sachdev & Andrews (2013)

Clinical trials indicate that iCBT is acceptable to older adults and can result in clinically significant reductions in levels of anxiety and depression, maintained up to 12 months following treatment.

- B.F. Dear et al. (2016)

Barriers to traditional treatment for older adults:
- Stigma and shame
- Mobility limitations
- Low mental health literacy
Cole et al. (2008)

Older adults are more likely to complete an iCBT treatment

Moving into recovery
iCBT results in clinically significant reductions in levels of anxiety and depression. Maintained at 12 months
iCBT for older people

What do IAPT services tell us?
I worked with an older gentleman in his 70s. He found the programme so useful and we found that he could spend a lot of time on the programme as he was retired, so could make use of the programme every day. It became part of his daily routine.

Berkshire, Talking Therapies Supporter

Client is engaging well and using programme and tools regularly between sessions – client is psychologically minded and I feel this has helped a lot with how well they are doing. Now in recovery from severe anxiety and depression symptoms.

Berkshire, Talking Therapies Supporter

Source: Improving Access to Psychological Therapies (IAPT) Executive Summary (February 2017) Published 25 May 2017
"We find that it's around the same proportion of each age group that uses it, so as many 65-74-year-olds choose it proportionately as 18-64-year-olds.

Obviously, there are less 65-74-year-olds presenting to services but proportionately they are as likely to choose SilverCloud as 18-64-year-olds."
What do older people themselves tell us?

iCBT for older people
“My supporter, therapist, was excellent and helped me in all of the points I asked for help on and also made suggestions where I can help myself further. He was really great and let me lead my treatment which was key as I know I have done well. I was anxious about the end of treatment and support available but was reassured that I can still access for another 9 months and can also call if I feel I need help. I hope I won’t but just knowing I can call is very reassuring. Thank you for all the help and I will take this on and forward and recommend for anyone I know who made need similar help.

- Older adult user

It totally changed my opinion on CBT therapies as I was very skeptical at first. But after the first few weeks, I was able to start to re-adjust my thinking patterns through a series of tailored modules that I could work through at my own pace which was really helpful. My therapist was very helpful and understanding and made me see that I wasn't alone which I think was one of the most important things for me. I also think its great that I have access to the system for up to a year in case I want to go back over the information provided or work with any of the tools given.

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Summary so far:

- iCBT is an acceptable treatment for older people
- Misconceptions about problems
- Potential of breaking barriers
- Something to build on
- Experience of practitioners and users alike is positive

- New approaches are required to improve access to psych services
Integrated care and iCBT for Chronic Conditions
**Integrated Care** for older people

It is estimated that 40% of people over 65 years old and over two thirds (69%) of over 85 year olds have a long term illness.

Age UK (2016) Later Life in the United Kingdom

Depressed patients are three times less likely to adhere to recommended medical treatment regimens for their chronic health conditions than non-depressed patients

DiMatteo et al. (2000)

Research indicates that both anxiety and depression in older adults are associated with poorer outcomes and the exacerbation of physical illness

Braam et al. (2005); Brenes et al. (2008)
Integrated IAPT

Programmes tailored to help those living with chronic conditions. Condition-specific programmes for:

- **COPD**
  - SPACE IN COPD FROM DEPRESSION AND ANXIETY
- **CHRONIC PAIN**
  - SPACE IN CHRONIC PAIN FROM DEPRESSION AND ANXIETY
- **DIABETES**
  - SPACE IN DIABETES FROM DEPRESSION AND ANXIETY
- **CHD**
  - SPACE IN CORONARY HEART DISEASE FROM DEPRESSION AND ANXIETY

**Benefits of iCBT for chronic conditions**

- Breaks down barriers to access – due to stigma or their specific condition
- Accessible anywhere; available 24/7 on all devices
- Helps users better understand the link between physical and mental health
- Prevents drop-out and increases treatment satisfaction
- Provides continuum of care
- Improves self management and adherence
Thank you.

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