

Digital Mental Health Building Scale Through Acceptance

Chris Wright, National Advisor/Head of Programme Digital Mental Health, Scottish Government

National Recognition of Digital

“Digital Therapy is now an integral part of service delivery across Scotland and is uniquely placed to deliver evidence-based therapy to all NHS staff, and to the wider population in Scotland.”

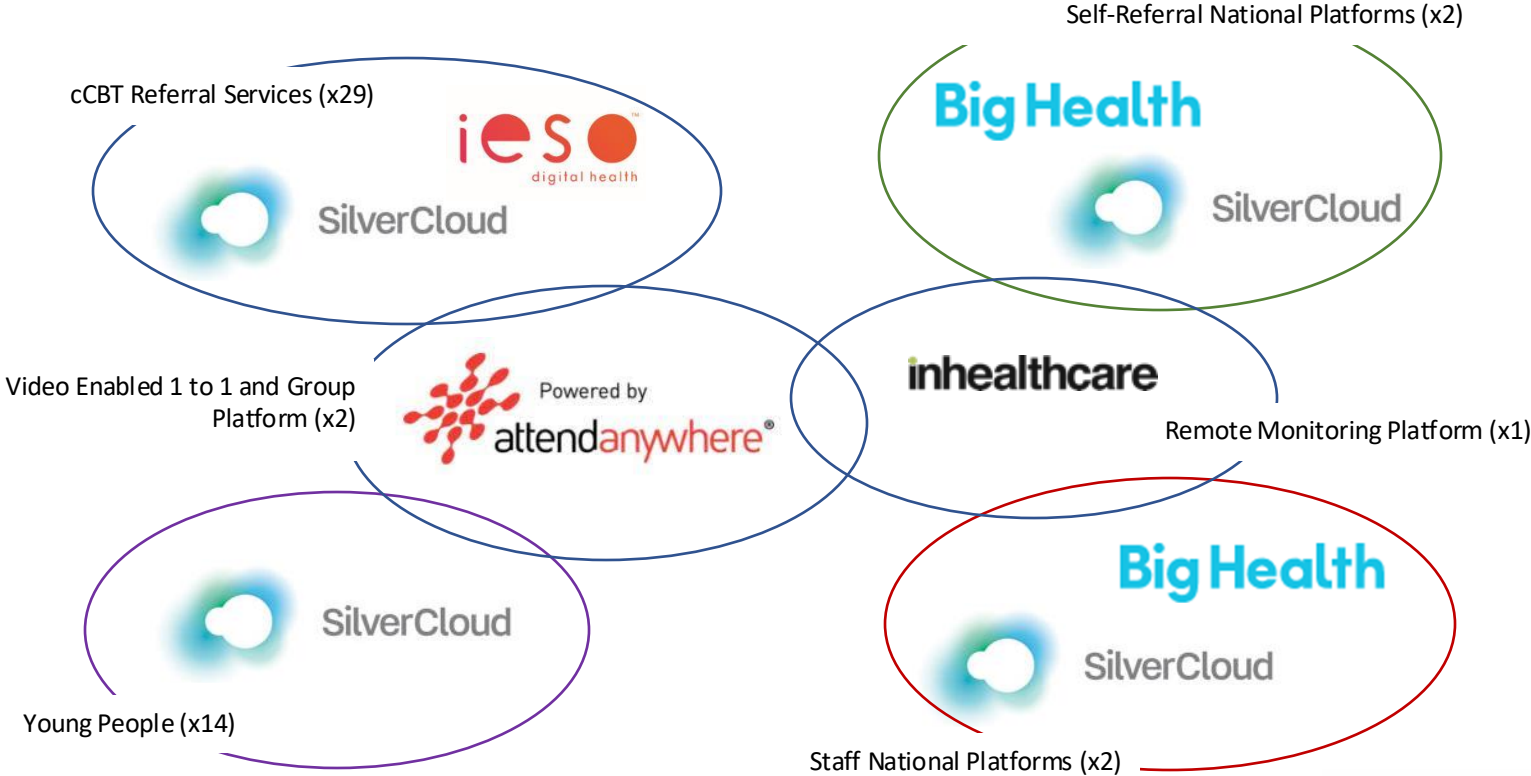
Scottish Government, Oct 2020

Creates greater stability
and opportunity within
digital mental health

Integration into National Strategy



Digital Systems Nationally Procured



National procurement has led to significant increase in national investment

Available Across Scotland

35 self-managed, guided digital treatments for common mental health conditions

(diabetes, respiratory, heart conditions, chronic pain, rheumatoid arthritis, MS)

Video Enabled 1to1 and Group Therapy

Written Word Therapist Lead ieCBT

Depression/Anxiety

Social Anxiety

Health Anxiety

LTC Depression and Anxiety

Stress

Resilience

COVID-19

Panic

OCD

Phobias

Perinatal

CYP

Supporting An Anxious Child

Supporting An Anxious Teen

Positive Body Image

Insomnia

GAD

Mind to Mind National Wellbeing Resource Site

NHS Inform Digital Self-help Guides

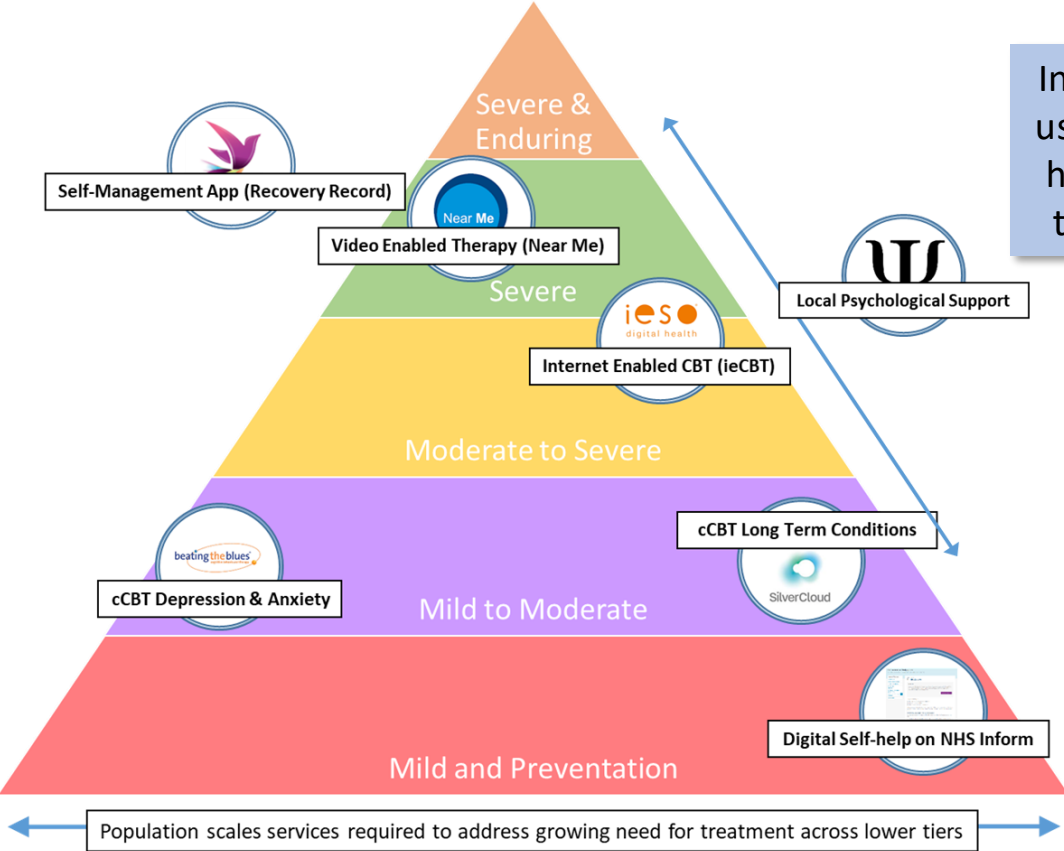
Available across different clinical populations including perinatal, long-term conditions, higher education, young people and more recently prisons

Online preventative and self-management



Digital Health
& Care Scotland

Integrated Into Mental Health Delivery

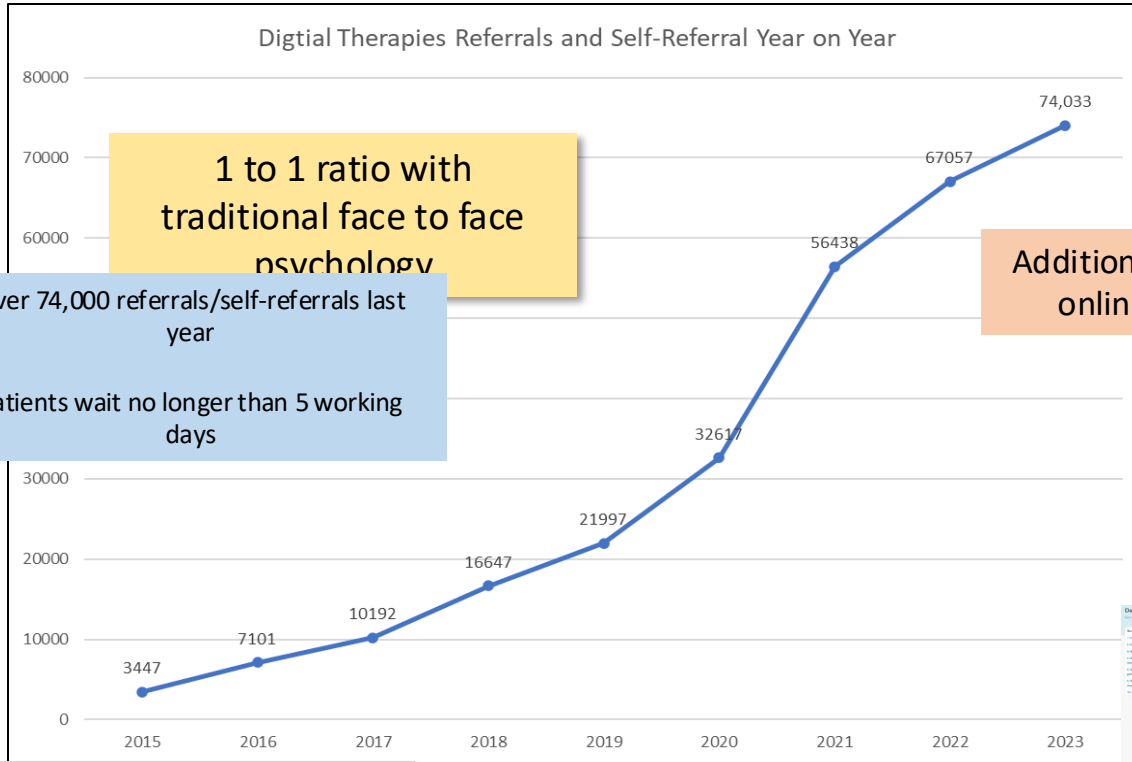


Integrate and maximise the use of technology in mental health services to respond to the increasing demand

Multiple technologies to enhance delivery of care and when appropriate to deliver as stand-alone treatments

14 regional digital therapy services act as delivery platform for range of e-Mental Health solutions

Scale of Use



1 to 1 ratio with traditional face to face psychology

Over 74,000 referrals/self-referrals last year

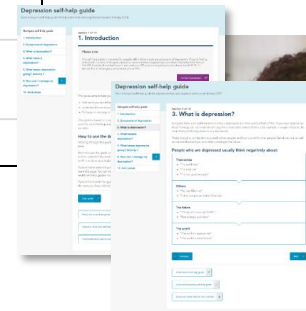
Patients wait no longer than 5 working days

Additional national support provided through online support available on NHS Inform

18,600 1 to 1 and 150 group video consultations per month

Online support accessed about 38,000 times a month

Does not utilise new, emerging technologies



The Role of Acceptance

Key to the successful use of digital

Most Important

In mental health, digital used to support or treat

must do no harm

Any digital technology that does harm will affect all digital in mental health

Need to Creating Trust

Build common goals and aims

Learn about your partners

Develop a clear understanding of need

Continue to communicate and inform

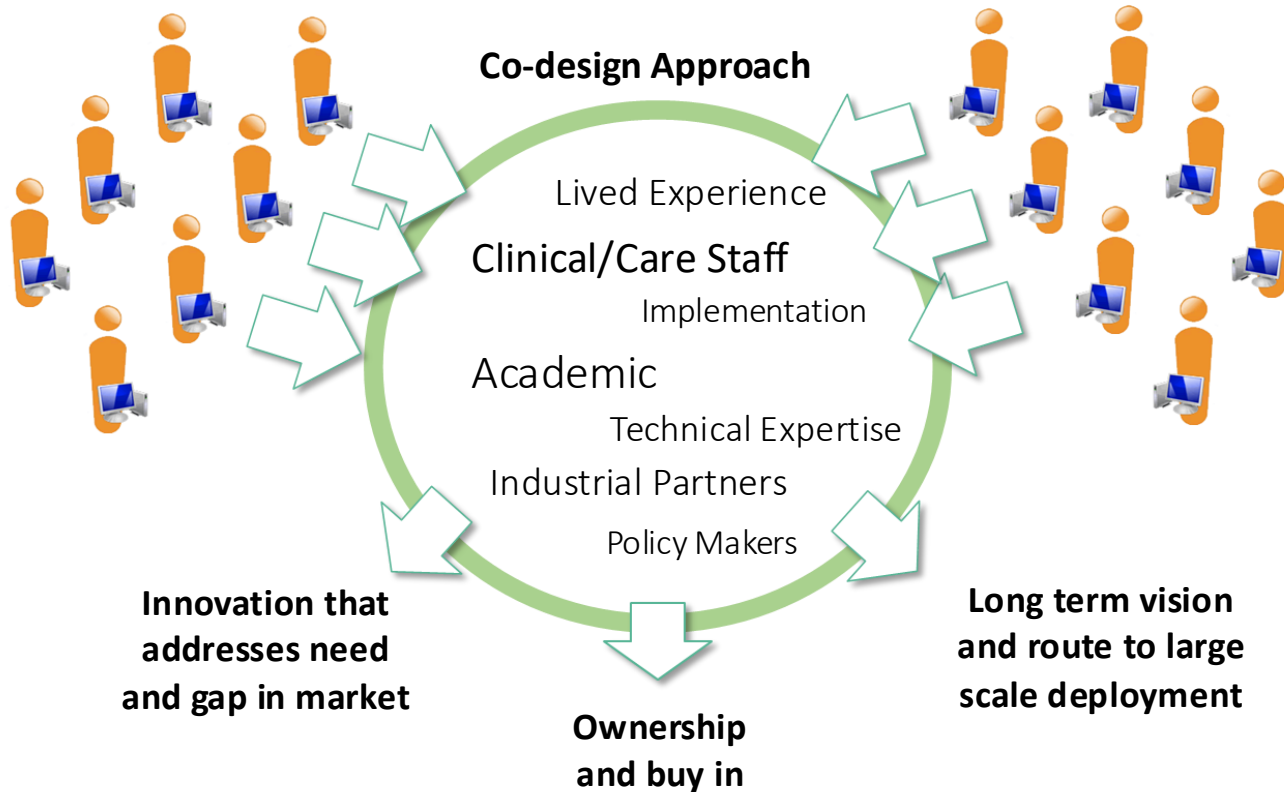
Respond and react

Build trust through transparency

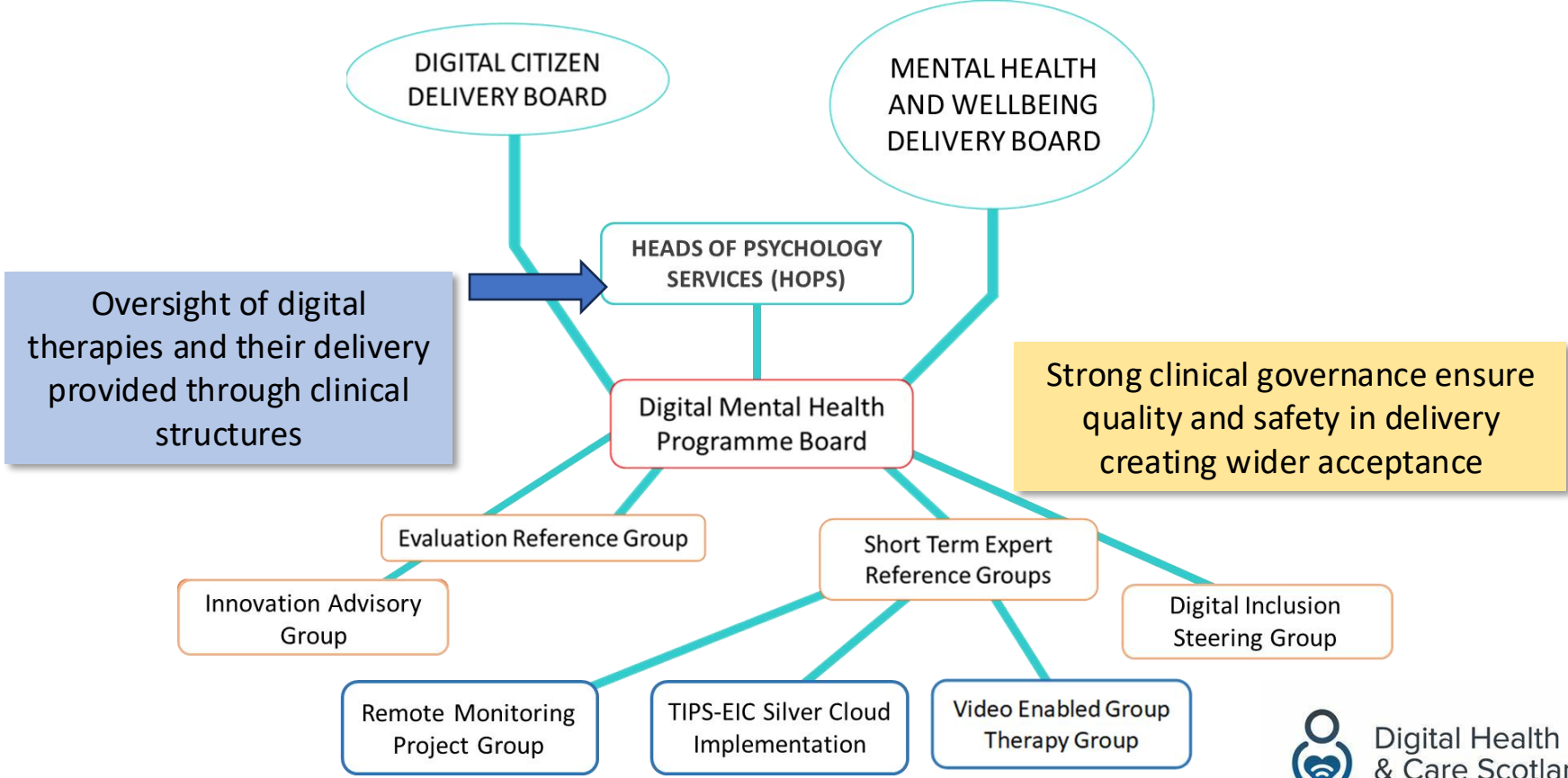
Share knowledge, prove the case

Ensure strategic alignment with national and local priorities

Work and Design in Partnership



Strong Oversight and Governance



Follow the Evidence

NICE recommends offering app-based treatment for people with insomnia instead of sleeping pills

Hundreds of thousands of people suffering from insomnia who would usually be prescribed sleeping pills could be offered an app-based treatment programme instead, NICE has said.

20 May 2022



NICE has recommended Sleepio as an effective alternative to sleeping pills, which would save the NHS money as well as reducing prescriptions of medicines

“ Our guidance on Sleepio provides GPs and their patients with evidence-based recommendations on a digital treatment option for insomnia.

Digitally enabled therapies for adults with depression: early value assessment

Health technology evaluation | HTE8 | Published: 16 May 2023

1 Recommendations

- 1.1 Three digitally enabled therapies can be used as treatment options for adults with depression while further evidence is generated on their clinical and cost effectiveness. The therapies should be used with support from a trained practitioner or therapist in NHS Talking Therapies for anxiety and depression services. These technologies can be used once they have Digital Technology Assessment Criteria (DTAC) approval and an [NHS Talking Therapies for anxiety and depression digitally enabled therapies assessment from NHS England](#). The technologies are:

- Beating the Blues (365 Health Solutions)

Focusing on evidence creates confidence and reassurance in decisions being made

NICE National Institute for Health and Care Excellence

Guided self-help digital cognitive behavioural therapy for children and young people with mild to moderate symptoms of anxiety or low mood: early value assessment

Health technology evaluation | HTE3 | Published: 08 February 2023 | Last updated: 05 September 2023

- 1.1 Four guided self-help digital cognitive behavioural therapy (CBT) technologies can be used as an initial treatment option for children and young people (aged 5 to 18) with mild to moderate symptoms of anxiety or low mood, while evidence is being generated. These technologies can be used once they have Digital Technology Assessment Criteria (DTAC) approval from NHS England. The technologies are:

- Lumi Nova (BFB labs)

ine Social anxiety Cognitive therapy for Adolescents (OSCA)

ine Support and Intervention for child anxiety (OSI)

ice from anxiety for teens, space from low mood for teens, space from low mood | anxiety for teens (Silvercloud).

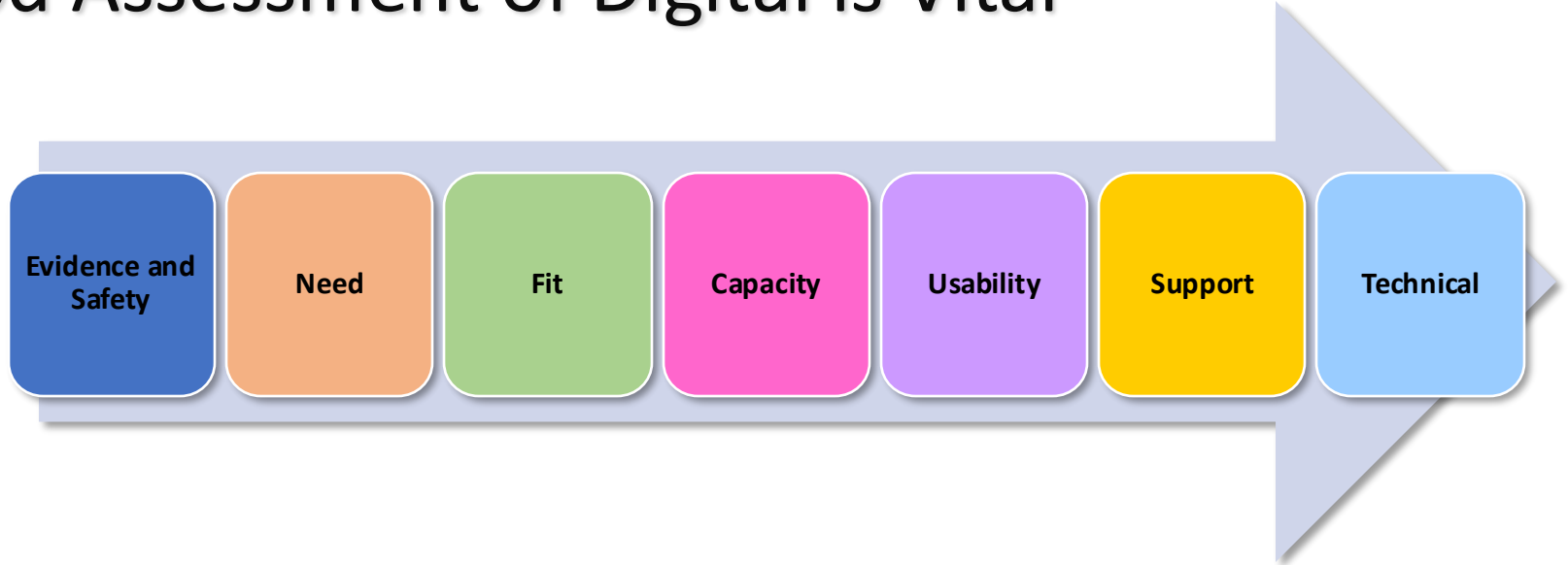
COMPUTERISED SELF HELP

A health technology assessment (HTA) identified ten studies on computerised CBT (CCBT) and reported consistent evidence of reduction in depressive symptoms. A range of interventions was examined in a broad range of patient groups making synthesis of results and identification of the most useful package of materials difficult. The 'Beating the Blues' package was identified as effective.⁴³ An RCT comparing an online interactive CBT course (Moodgym) with a written course of psychoeducation found that both were effective at reducing depression symptoms compared with a control (attention placebo).⁴⁴

Evidence for CBT as a therapy approach is outlined in section 3.3.

A Within the context of guided self help, computerised CBT is recommended as a treatment option for patients with depression

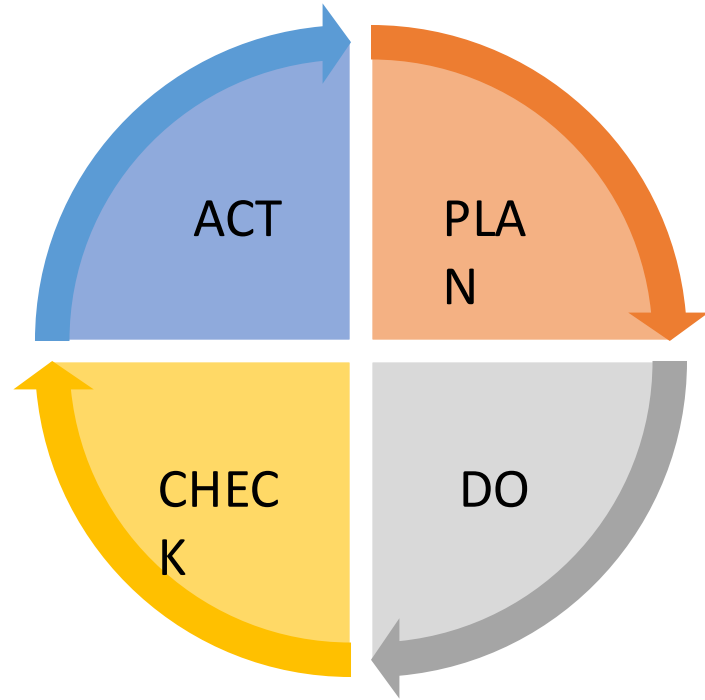
Good Assessment of Digital is Vital



7 areas of assessment, Evidence, Safety, Need and Fit being the primary focus of this process

Evidence and safety will be contextual to technology but will look at Clinical Guidance, RCT's, underpinning theoretical approach and risk management

Always Learn and Improve Together



Establish long term collaborations
and partnerships within Health
and Care to improve the
technology and its delivery

Thank You

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