

Mind over Mood: A CBT Approach to Anxiety and Depression

Authors: Heather Maxwell, MSW, RSW; Natalie Clark, MPH

Introduction & Background

Thames Valley Family Health Team (TVFHT) is one of the largest Family Health Teams in the province. TVFHT is made up of over 15 physical locations, over 115 primary care physicians, and 110+ interdisciplinary health professionals providing care for over 155,000 patients.

As research has shown, there are numerous benefits to treating depression and anxiety through the CBT model. This led to the development of the Mind over Mood program. Mind Over Mood is a 7-8 week Cognitive Behavioural Therapy (CBT) approach to treating anxiety, depression, self-esteem issues, and stress. The program is based on the CBT workbook Mind over Mood by Padesky & Greenberg and provides participants the opportunity to learn how thinking differently can affect feelings, and mood, and help them to cope better with stress. The program has shown great success, recently being expanded across the FHT to better serve our patients. The program is targeted to patients that are dealing with mild to moderate depression and/or anxiety and has become our main mental health group. Mind over Mood provides IHPs the opportunity to redirect patients that require mental health services away from individual appointments and into a more appropriate setting, thus decreasing our wait time for individual and new patient assessments.

What Patients are Saying about the Program:

“I am able to better evaluate thought and moods in different issues that arise instead of staying focused on the negative of the situation”

“I wish I participated in CBT years ago. So beneficial!”

“I can now think and put things into perspective, understand before jumping to assumptions”

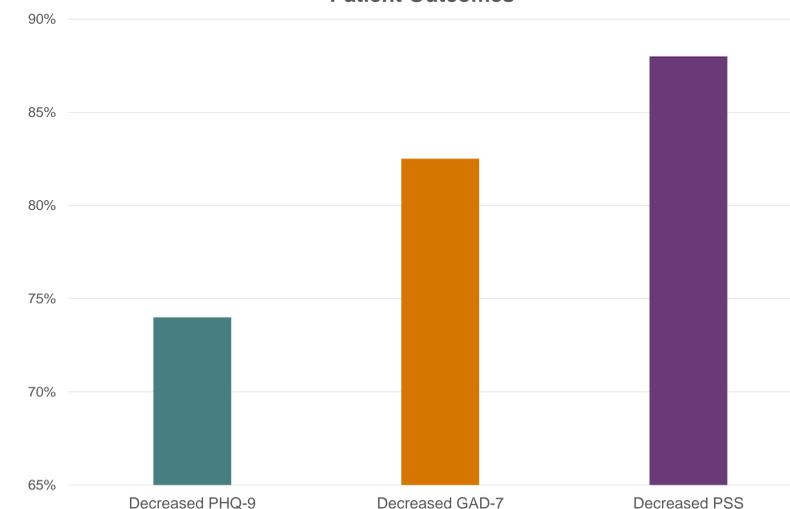
“This has changed how I think - has made a major difference.”

“Learning mindfulness, taking the time to focus on certain things while doing them. Realizing that other people's actions aren't in my control.”



Results

Patient Outcomes



Data in the graph above shows the percentage of patients that improve total scores from April 2016-present.

The Patient Health Questionnaire (PHQ)-9 is indicative of Major Depressive Disorder (MDD). Scores can range from 0-27. Higher PHQ-9 scores are associated with decreased functional status and increased symptom-related difficulties, sick days and healthcare utilization. The Generalized Anxiety Disorder (GAD) scale is indicative of a person's level of anxiety (Scores can vary between 0-21, 5: mild anxiety, 10: moderate, 15+: severe). Reducing someone's score by 5 points will bring them down one category (ex. From severe to moderate). The Perceived Stress Scale (PSS) measures a person's level of perceived stress. Scores can range from 0 (no stress) – 40 (severe stress).

116

Number of patients that have attended the program since April 2016

9

Number of TVFHT Sites offering the program

Average program satisfaction scores

