

# Depression and Anxiety Programme

This SilverCloud<sup>®</sup> programme is designed for individuals experiencing symptoms of depression and anxiety. The programme aims to:

- Encourage the development of more flexible ways of thinking
- Increase awareness and understanding of emotions
- Increase activity and motivation in daily life

## Therapeutic concepts

### Psychoeducation

The Cognitive Behaviour Therapy (CBT) cycle is highlighted in relation to depression and anxiety. Goal setting, recognising a setback and developing a relapse plan are illustrated throughout the programme.

### Behavioural techniques

Users are provided with education regarding the cycle of depression. They are then guided to make small, sustainable changes to their behaviour through the Activity Scheduling Tool.



Adjunctive behaviour strategies are used to tackle avoidance and encourage gradual exposure to feared situations, thoughts or feelings. In line with emotional processing theory, old anxiety-provoking associations are replaced with new, more neutral experiences.<sup>1</sup>

### Cognitive restructuring

Users are guided to notice their thoughts and challenge distorted or negative thinking styles that are impacting their mood, physical symptoms and behaviour. Cognitive restructuring has been shown to be effective in a variety of mental health disorders.

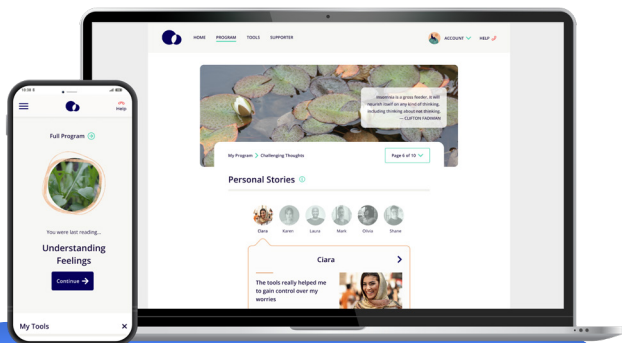
### Relaxation

These simple and effective techniques will assist the user to achieve rapid relaxation in provoking situations.<sup>2,3</sup>

## How it works

The structure and content of the *Depression and Anxiety* programme follow the evidence-based principles of CBT, teaching users to reframe thinking patterns and build coping skills.<sup>4</sup>

In keeping with the guiding principles of CBT, which endorse a structured outline and a goal-oriented focus, each module contains depression-specific information, interactive activities, homework suggestions and personal stories.<sup>5</sup>



The programme is available 24/7, allowing users to access the content at a time and in a place that suits them. It can be accessed using a phone, tablet or computer and can be tailored to suit the needs of the individual.

### References:

1. Foa EB, & Kozak MJ. (1986). Emotional processing of fear; exposure to corrective information. *Psychological bulletin*, 99(1), 20.
2. Moorey S & Greer S (Eds.). (2012). *Oxford Guide to CBT for People with Cancer*. Oxford University Press, Inc.
3. Padesky, C. A. (2020). *The Clinician's Guide to CBT Using Mind Over Mood*. Guilford Publications.
4. Beck, J. S. (2011). *Cognitive behavior therapy*. New York: Basics and beyond. Guilford Publication.
5. Maerov, P. J. (2006). Demystifying CBT: Effective, easy-to-use treatment for depression and anxiety. *Current Psychiatry*, 5(8), 26.

## Summary of programme modules:

- **Getting Started** The user is introduced to CBT and explores how it can help understand depression. Two key tools of the programme – the Mood Monitor and the CBT Cycle – are also introduced.
- **Understanding Depression and Anxiety** Helps the user to better understand their depression and anxiety, exploring how to use CBT to manage their symptoms.
- **Noticing Feelings** Focusing on the emotions and physical sensations of depression and the CBT cycle, the user can begin to build their own CBT cycles and track the impact of their lifestyle choices on their low mood.
- **Boosting Behaviour** Introduces the cycle of inactivity and its role in maintaining depression. Helps the user identify ways to motivate themselves to engage in activities that are pleasurable or that provide a sense of achievement.
- **Spotting Thoughts** The user is introduced to thinking traps and is encouraged to identify their unhelpful thoughts, allowing them to further build their CBT cycle.
- **Challenging Thoughts** Helps the user to learn techniques to tackle thinking traps and identify alternative ways of thinking.
- **Managing Worry** Focusing on the difference between practical and hypothetical worry, the user can learn new ways to understand and manage their worries.
- **Bringing It All Together** Prepares the user for coming to the end of the programme and focuses on helping them stay well in the future.

### Additional module:

- **Core Beliefs** Targets deeply held core beliefs that underlie unhelpful thoughts and keep the cycle of depression and low mood going. This module is unlockable by a supporter.
- **Facing Your Fears** Uses the CBT technique 'graded exposure' to help the user break down fears into small steps in order to face them.

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