

Depression Programme

This programme from SilverCloud® by Amwell® is designed for individuals living with mild to moderate depression.¹ The programme aims to relieve symptoms by:

- Focusing on developing more flexible ways of thinking
- Increasing awareness and understanding of emotions
- Increasing activity and motivation in daily life

This programme aligns with NICE Guideline NG222.²

Therapeutic Concepts

Psychoeducation

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

Behavioural activation

Users are provided with education regarding the cycle of depression and guided to make small, sustainable changes to their behaviour through the activity scheduling tool.³



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.

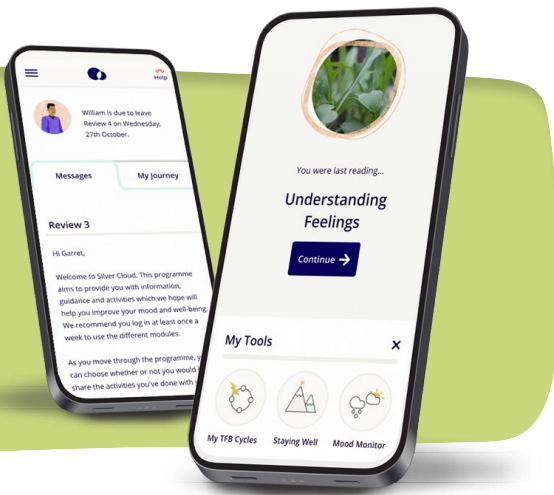
Relaxation

Practising these simple and effective techniques will assist the user to achieve rapid relaxation in provoking situations.^{5, 6}

How it works

The structure and content of the *Depression* programme follows the evidence-based principles of CBT, guiding users to reframe thinking patterns and build coping skills.⁴

In keeping with the 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.⁷



The programme is available 24/7, allowing users to access the content at a time and 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.

Summary of programme modules:

- **Getting Started** The user is introduced to CBT and explores how it can help them understand depression. Two key tools of the programme – the Mood Monitor and the CBT Cycle – are also introduced.
- **Understanding Depression** Helps the user to better understand their depression, 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. It helps the user identify ways to motivate themselves to engage in activities that are pleasurable or 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.
- **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.

References:

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3. Cuijpers, P., Van Straten, A., & Warmerdam, L. (2007). Behavioral activation treatments of depression: A meta-analysis. *Clinical psychology review*, 27(3), 318-326.
4. Alleva, J. M., Sheeran, P., Webb, T. L., Martijn, C., & Miles, E. (2015). A meta-analytic review of stand-alone interventions to improve body image. *PLoS One*, 10(9), e0139177.
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