

Survey Report 2009

Results of an Evaluation of GPs in Edinburgh using Positive Mental Training

A self help programme for anxiety & depression

1. Background

In 2009 an anonymous questionnaire on using Positive Mental Training (PMT) was sent to **all GPs** in Edinburgh. This was a repeat of a previous survey sent to GPs in North East Edinburgh in 2007 (see survey report 2007).

76 questionnaires were returned, 53 from doctors who had attended training on Positive Mental Training (PMT) and 23 from doctors who had not attended this training.

2. Summary

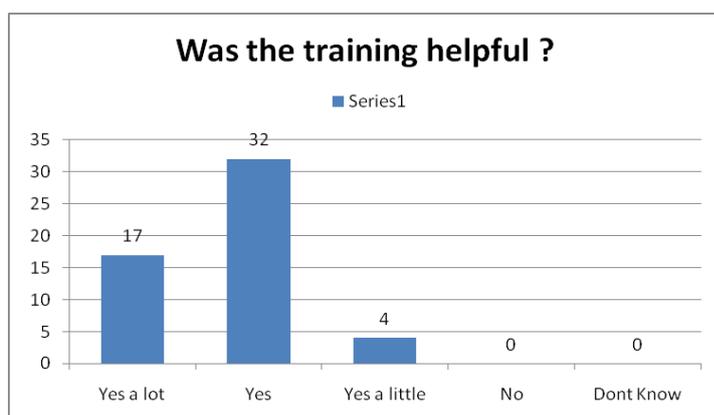
Positive Mental Training is seen as a valuable self help resource for depression, anxiety and also for a variety of other conditions, especially insomnia.

The results from this survey support the previous survey in 2007 that the training sessions and having PMT to offer to patients has helped many GPs cope better both with their patients and their own working practice.

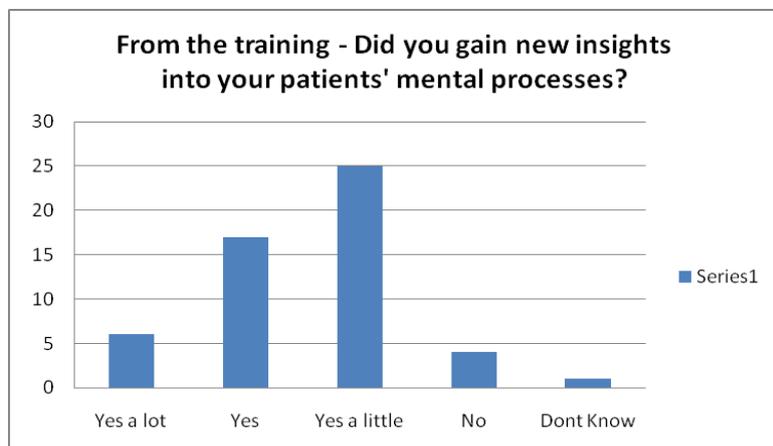
3. Results

3.1 Training

3.1.1 All doctors who attended training found it helpful.



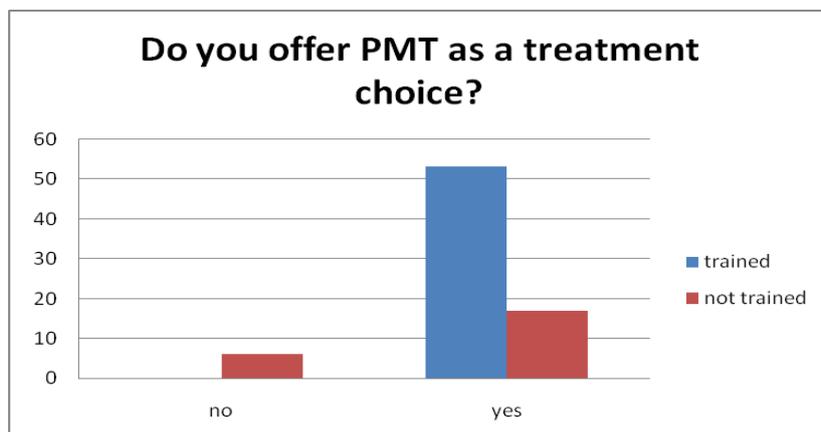
3.1.2 Most doctors who attended training found that they gained new insights into their patients' mental processes.



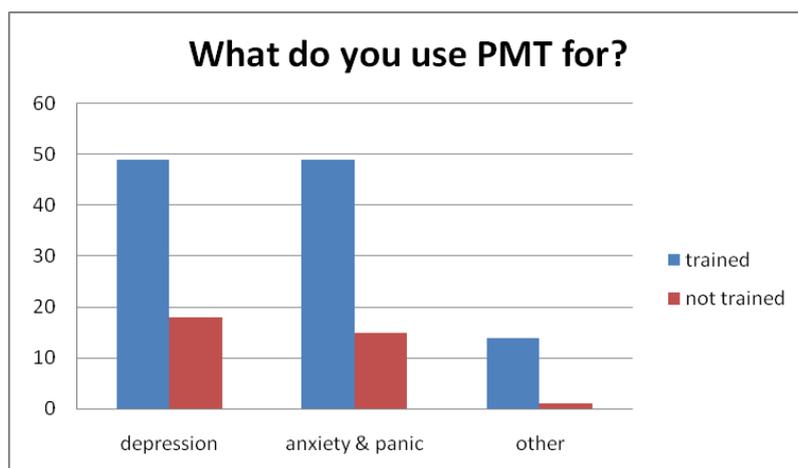
3.2 The use of PMT as a treatment choice

3.2.1 100% of replies from those who attended the training were using PMT for their patients. A comment was *(I use it because) .. 'good response from colleagues and patients.'*

As would be expected a lesser % (74%) used the programme if they had not attended the training. A comment was *(because) 'not trained'.*



3.3.2 As was observed with the previous survey those doctors who had attended training were more able to apply PMT to other conditions as well as anxiety & depression.



Doctors were asked to comment on 'other' uses which were :-

stress/ relaxation, insomnia, low self esteem/insomnia /when patient assessment and choice suggests they will engage/ insomnia, stress/ IBS and stress

Insomnia was the most frequently mentioned other condition, supporting many anecdotal reports from hundreds of doctors and patients . CD1 has been found particularly valuable for sleep .

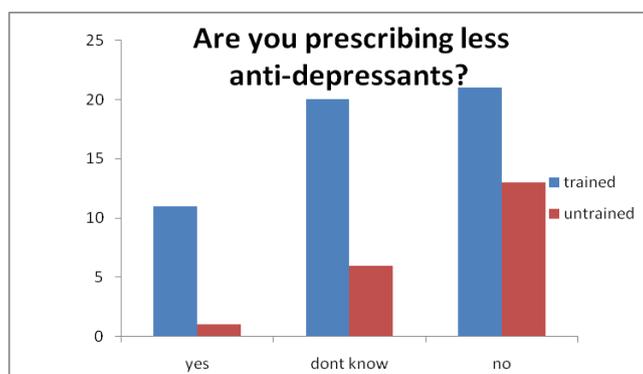
3.4 Use with anti-depressants

As with the previous survey doctors were using PMT equally as

- an adjunct to anti-depressants
- instead of anti-depressants
- help with coming off anti-depressant medication

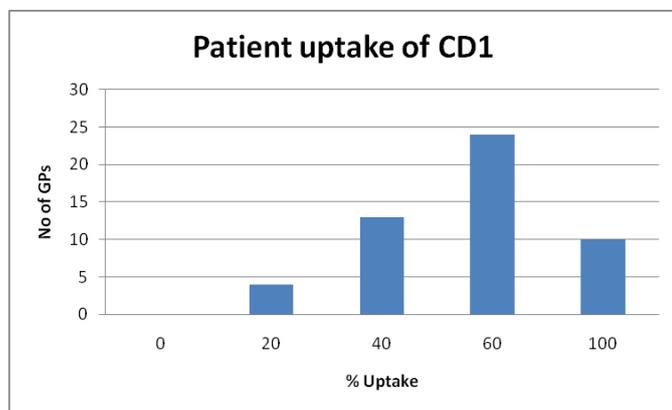
3.4.1 Prescribing less?

More Doctors who had attended training reported a decrease use in antidepressants (21%) compared with those who did not attend training (5%)



3.5 Uptake of of CDs

3.5.1 CD1



Bar chart showing the estimated % of patients who take CD1 when offered by their GP.

3.5.2 CD2 & CD3

It was estimated by the doctors that only about 30% of patients were returning for a second CD and the uptake for CD3 was small at about 15 – 20%.

This may be because the relaxation in CD1 is sufficient to sort out the problem – or patients don't listen to it! However they may keep it for a while and use it later. Possibly also what matters here is also the GPs model of depression and anxiety being amenable to psychological resilience strengthening.

3.6 Library System

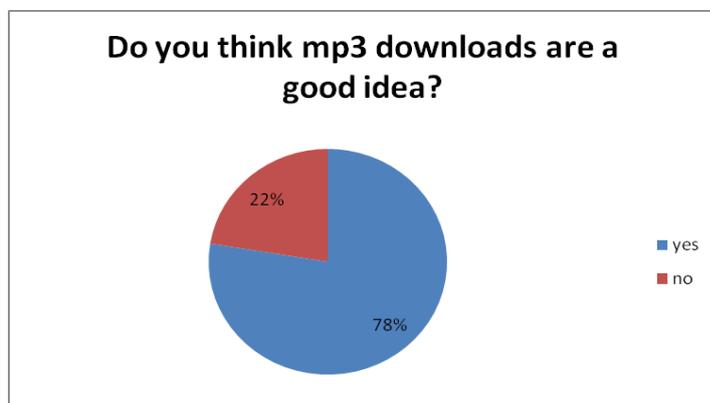
The majority of GPs (63%) thought the library system was a good idea and was working well. Although there were concerns about keeping track of the CDs and getting them returned.

Comments were:

*difficult to keep track/not returned often enough
few ppl return them/ its a hassle to the admin and have to send letters to patients who haven't returned
they do not bring them back even when asked to/ ppl forget to return
we now charge £5 deposit
some patients buy for future use
sometimes people rush to return them without using fully, would be nice if they could keep them
deposit/ patients forget to return, reminder label on cds?*

3.6.1 Mp3 downloads

We asked -



Well, we've done it now and its running very smoothly!

3.7 What do you like about PMT?

The following comments came from GPs who attended training and those who did not.

Comments:

*good for patients not wanting drugs/ good alternative,
helpful as CBT have such a long waiting list,
good for patients who cant handle one on one's
valued by patients*

relaxation aspect of cd1

can go at own pace/ alternative approach that suits some patients

practical option instead of Px's/offer tested allternative to drugswhich many patients see as a good thing

patients are receptive to self help approach/ alternative to CBT or Medication/patient empowerment another option, good for anxiety/

easily available without waiting list, can give the patient immediatley,

reusable/ relaxation and breathing exercises/gives patients control/ no drug therapy,

1st cd excellent for anxiety/stress

non pharmaceutical treatment covers large area of problems that i would px ad's for and with potential for longer term benefits.

ppl think their doing something, good to have access to when psychological services are so poor

good to have somthing self sufficiency/ the patient feels in control/ boosts confidence

good for usual depression, also good as it is not pharmalogical

somthing positive to offer/patients taking control of therapy

don't know enough to comment/

peopl e think their doing something/ good to have access to when psychological services are so poor/

good to have something

3.8 Has Positive Mental Training changed your practice?

The following comments came from those who attended training and those who did not.

yes

another option to give to patients

less px of AD's, empowers patients

yes/ see depressed patients slightly less

yes, more motivated with depressed and anxious patients

more to offer

become much more interested in non pharmaceutical methods of dealing with mental illness

improved management of anxiety

less perscriptions

yes a little

/another option/extra alternative for patients

a little, less than I'd hoped

partly/not really/

another tool to offer/ use

yes/a little/increased depression treatment options/ a little/ improved management of anxiety and

depression/ to start/useful addition/another option to offer

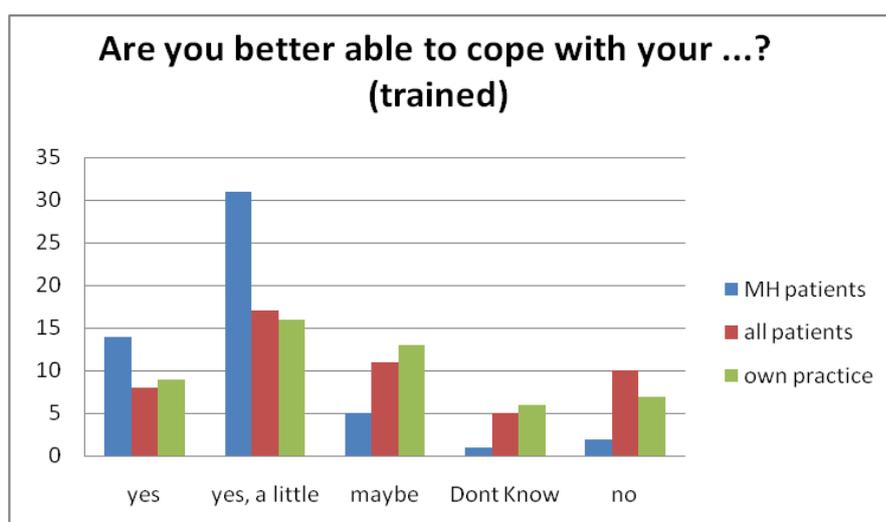
something non medicinal to offer now/option for patients reluctant to take Ads

3.8.1 Does PMT help GPs cope?

Reaffirming the previous survey, many GPs that attended training felt they were more able to cope.

Specifically

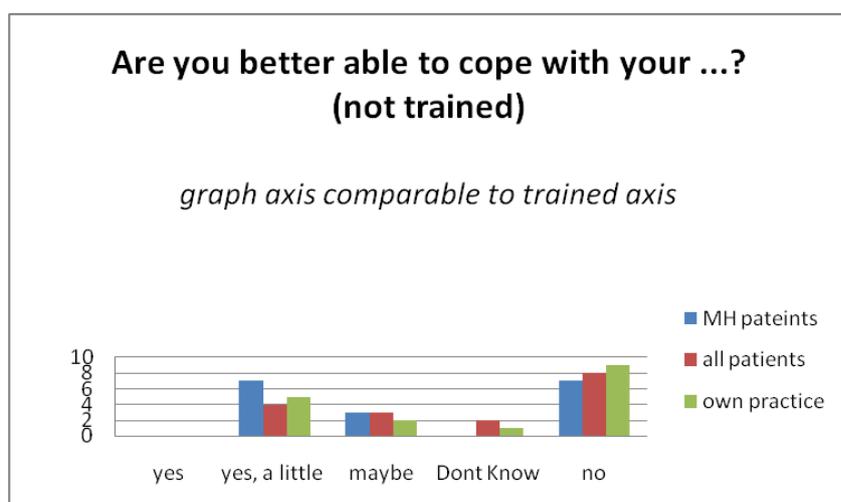
- 84% felt better able to cope with their mental health patients
- 47% felt better able to cope with their own working practice and
- 47% felt more able to cope with their other patients



Training clearly conveys an advantage –

compare with

- those who **did not** attend training
- 41% felt better able to cope with their mental health patients
- 29% felt better able to cope with their own working practice and
- 23% felt more able to cope with their other patients



4 General Comments

From trained

Great idea but not all patients are up for it

e learning? Short modules for protected learning

generic value to relaxation/breathing but i find only psychologically minded/motivated complete further exercises overall very impressed

great resource, keep it going please

really have found this useful

has been really worthwhile initiative

have been very bad about coding, probably therefore under represented usage, i suspect this is wide spread

well done doctor dobbin!

forgot to code most of time and always run late sorry

i have not had much success with the cd's, it works with very motivated patients but most patients dont like it and end up on meds anyway

useful resource

thank you for the reminded re coding, there is room for improvement there

*would like evaluation an overall effect an prescribing and referral rate to mental health
2 patients suggested you should index the cd's as they cannot go back to a certain point easily
if supplied by CHP how do we order*

From not training

v useful

would like to have attended training but has always been at a difficult time for the practice

would like to offer it but been unable to attend course, perhaps a training booklet?

haven't seen anything from CHP

more training dates available please.

Only just heard it exists, plan on going to training day

useful addition to px options in mental health

would be interested in doing formalised training at some point, not enough time at moment so not a priority

I plan to go to the course

impressed by efficiency, patients seem to like it although many only use cd1