

How do we calculate numbers of patients treated with Positive Mental Training to be over 70,000?

We calculate numbers of patients treated with Positive Mental Training by considering a number of factors:

1 **CD uptake:** Positive Mental Training consists of a programme of 3 CDs (12 weeks of treatment in all, 4 weeks per CD) which are usually issued by health professionals who identify patients as needing treatment (mainly GPs) when patients return. The CDs are held within GP practices, mental health centres, local psychiatric or wellbeing clinics, on a library basis, loaned to patients and returned when the patient is seen again, usually about 4 weeks later, and given the next CD (2 or 3). **For the rest of this report when we mention CDs we mean CD1** as this indicates patients that were issued with the programme by their health professional.

To estimate how many patients have been treated with Positive Mental Training CDs we

- a) take the total number of CD1s issued,
- b) estimate how many have been re-loaned & how many 'lost'

Estimating lost CDs: We do not assume 100% of the CD1s are re-loaned as we know from surveys that patients do not always return the CDs. **We calculate the % lost to re-loan as 33%.** This is taken from a survey in Halton and St Helens in 2011 ([see here in this website](#)), we asked the question 'Do your patients return the CDs after use?' The results were 8% always; 38% mostly; 25% sometimes; 19% hardly ever; 8% never. From this we calculated that there would be a 19% + 8% = 27% loss of CDs which we rounded up to 33%. Similar return rates have been reported in Edinburgh.

Estimating re-loan: We estimate that a CD1 is available for re-loan every 10 weeks. Therefore calculating the use of the CDs issued as decreasing by 1/3 every time they were returned, then over a one year period if 1000 CD1s were issued, 666 would be returned and re-loaned, then 444 of those would be returned and reloaned so the final figure would be 2734 patients given the CD over the year:

$1000 + 666 + 444 + 296 + 197 + 131$ (after 131 we assume they disappear to drawers or bins)= 2734 patient uses, a ratio of 2.73 patient uses per CD

2 **Mp3 downloads:** These have been available from our website since 2010.

The figure of 70,000 patient uses is based on the continuing demand for CDs from our 2 largest areas - Edinburgh and Halton and St Helens using the information below.

In 2010-2011 we recorded that 3167 CD1s were issued to Halton and St Helens so we calculate that 8645 patients used a CD version of the programme and we know that 573 people downloaded the programme as mp3s so this gives a figure of 9218 patients treated. Over the ensuing 4 years we calculate from the later supplies and downloads that approximately a further 10,000 patients were treated (the programme continues in these areas).

Edinburgh CHP has requested on average 2,500 CD1s per year over 8 years = (setting aside the first 2 years 2006 and 2007) = 20,000 CDs = 54,600 patient uses plus 400 downloads on average per year from 2010 when the mp3 download scheme started = 57,000 patient uses of PosMT.

Adding Halton and St Helens and Edinburgh = 57,000 + 9218 + 10,000 = 76,000 patients treated

This does not include other smaller areas where we have worked which have CDs and use mp3s, Cumbria, South Wales, Sandwell, Isle of Wight, Northampton, Manchester, Fife and others. Also there is no account taken of collateral use, it has been noted that the CDs are sometimes shared within households.

This report compiled November 2015 by Alastair Dobbin