



## **Report of Positive Mental Training activity in Manchester one year on from the Health Education England sponsored workshop given in March 2015.**

The RCGP accredited workshop 'Positive Mental Training: Recovery from Distress' was delivered to 28 GPSTs along with 3 senior training staff from around Manchester in March 2015. The workshop comprised of the theory of emotional distress and provided practical knowledge on skills necessary to promote recovery and resilience, such as breathing retraining, relaxation and reappraisal. Additionally all participants were given access codes to the psychological training programme Positive Mental Training. These codes could be used for personal use or given to patients to allow them to download the programme from the website, and as from January of 2016 the Feeling Good app. The GPs were all advised to use their surgery postcode in the downloading process to identify themselves, enabling us to monitor which GPs patients are using the downloads. All information is anonymous and only collected with the patients express permission. Patients are given the option to complete GAD 7 and PHQ 9 health assessment questionnaires.

Results from analysis of codes and postcodes over the 12 month period from April 1<sup>st</sup> 2015 to April 1<sup>st</sup> 2016, follow:

- 21 separate GP Manchester postcodes were identified suggesting that 21 GPs were giving out the programme to their patients throughout the year.
- 210 patients downloaded the programme from the website over the last 12 months, and 61 from the app from January onwards. Total 271: average is 13 patients per doctor using the programme.
- As the patients downloading had the option not to complete data, 107 initial PHQ9 and GAD7 scores were collected, of which 19 showed severe depression and 43 severe anxiety. The average levels of depression and anxiety for those downloading the programme were PHQ9 13; GAD7 12.

**A one year follow up survey was conducted** in April 2106; 35% of doctors (11) completed the survey. Key results from respondents were:

- 100% felt better able to manage their mental health & somatic/chronic patients
- 10 out of the 11 (91%) were using the programme for their patients
- 55% felt better able to manage their own stress
- 46% were using the programme personally
- 55% felt they had a better relationship with their patients
- 64% had greater job satisfaction
- All would recommend the training to colleagues

The Positive Mental Training programme thus has a dual beneficial effect - for patients and for the doctors. Previous research with Kings College has shown that Positive Mental Training is very cost effective for all levels of moderate/severe depression, particularly severe depression.