



An outcomes evaluation of the implementation of *Living Life To The Full Interactive*, *Sleepio* and *Breaking Free Online* at an innovative eTherapy service, *Self Help*

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Background/Objectives

There is increasing evidence to support the clinical effectiveness of eTherapies, such as computerised CBT for mental health related difficulties, although limited data have been reported from real-world mental health services to support the role of eTherapies.

This study reports clinical outcomes from a mental health charity in Greater Manchester with a dedicated eTherapy service.

Method

A total of 1104 service users were included who had been referred to the service for primary care for their mental health difficulties. Participants were triaged into one of three eTherapy programmes: 'Living Life to the Full Interactive' for low mood and anxiety (n = 866), 'Sleepio' for insomnia (n = 85), or 'Breaking Free Online' for substance misuse (n = 117), depending on clinical need, and provided with ongoing access for as long as necessary. Standardised psychometric assessments of depression (PHQ-9), anxiety (GAD-7) and social functioning (WASA) were conducted at baseline and post-treatment.



Results

Data indicated differences between the three groups, with the Breaking Free Online group having higher scores for depression (CI -1.69 – 1.57; $p < .0001$) and anxiety (CI -.59 – 2.36; $p < .0001$) than the other two groups at baseline. Despite baseline differences, comparably significant improvements in mental health scores between baseline and post-treatment follow-up were found within all three groups (all $p < .0001$), with effect sizes ranging from $r = .46$ to $r = .78$. There were also significant reductions in the number of service users reaching clinical threshold scores for mental health difficulties ($p < .0001$).



Conclusions

Data presented provide evidence for the clinical effectiveness of Self Help's eTherapy delivery model in supporting service users with a range of mental health difficulties. Further work is underway to examine longer-term outcomes from the eTherapy service, and the potential for this treatment modality to reduce waiting times and the financial costs of mental health services.

Conflict of Interest: SE, GD and SD are employed by Breaking Free Group, where the Breaking Free Online programme was developed. JW and GD are authors of the Breaking Free Online programme. JW is founder and a director and shareholder of Breaking Free Group. CW is President of BABCP, the lead body for CBT in the UK, and is also author of Living Life to the Full Interactive as well as a range of other CBT-based resources that address anxiety, depression and other disorders, which are available commercially. He receives royalties for these and is shareholder and director of a company that commercialises these resources. CE is co-founder and CMO of Big Health Ltd (Sleepio), where he is a shareholder and receives remuneration from the company.