



CBT Skills Groups Initiative

This summary presents evaluation findings¹ from October to December 2023 of the CBT Skills Groups Spread Initiative, which offers CBT Skills training to physicians and patients.

Physician Overview

157

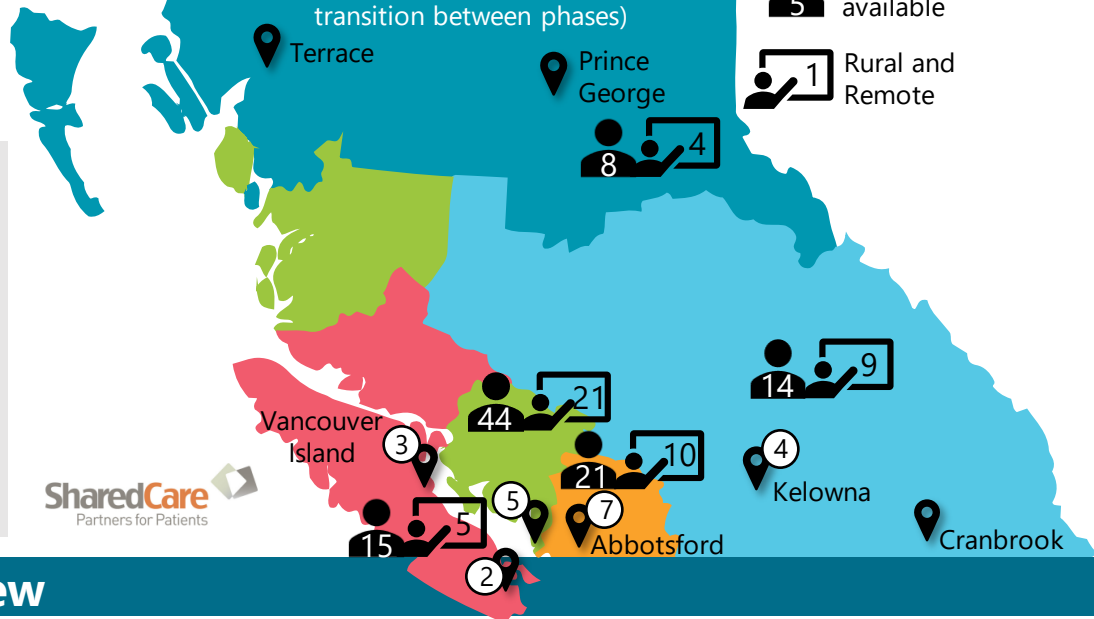
physicians participated in Phase

1-4 training this quarter;

107 in Phase 1, 4 in Phase 2,

7 in Phase 3 and 17 in Phase 4.

(plus 22 physicians who are in transition between phases)



SharedCare
Partners for Patients

Patient overview

414

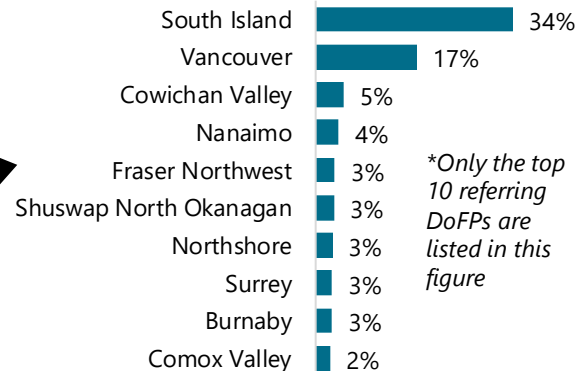
Patients participated in CBT Skills Foundations Groups this quarter, primarily from the following DoFPs:

South Island (n=172), Vancouver (n=91), and Fraser Northwest (n=14)

2178

Patients were referred this quarter by **967** providers. On average, providers referred 2 patients each.

The highest number of referrals were made by the following **Divisions of Family Practice (DoFP)***:



¹ Findings are based on administrative data of physicians / patients participating during the quarter, physician evaluations surveys and patient evaluation surveys. Survey responses will not match administrative data; surveys are voluntary and open ongoing therefore may include responses from physicians / patients from other quarters.

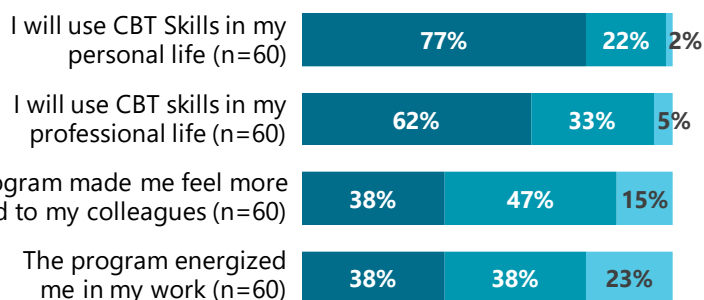


Impacts on Phase 1/Physician Wellness Participants

Learning and applying CBT Skills

Based on survey responses of Phase 1 / Physician Wellness participants this quarter (60 of 88; 68% response rate), **over 90% agreed they will use CBT skills in their personal and professional lives.**

■ Strongly agree ■ Agree ■ Neutral



Satisfaction with the program

Based on survey responses of Phase 1 / Physician Wellness participants this quarter (n=60), **over 90% agreed they would recommend the program to others and it was a valuable use of their time.**

98% of physician wellness participants (59 of 60) would **recommend the program to colleagues**

95% of physician wellness participants (57 of 60) would **recommend the program to patients**

97% of physician wellness participants (58 of 60) **agreed the program was a valuable use of their time**

Interest in becoming a CBT Skills Group Facilitator

Based on survey responses of Phase 1 / Physician Wellness participants, **33 physicians** (57%; 33 of 58) **would like to be trained to become a CBT Skills Group facilitator.**

Of these 33 physicians...

30% (10 of 33)
WERE ALREADY
interested when
they started training

70% (23 of 33)
BECAME interested by
the end of training

Professional Fulfillment & Burnout

Physicians are requested, at the start and end of their training, to complete a survey which employs the **Stanford Professional Fulfillment Index²** to investigate the **wider impacts of the training.** Findings from these surveys will be analyzed annually, once a sufficient sample size is available.

The following feedback was received from physician wellness participants this quarter:

"Learning about the triangle of experience, the STOPP tool, and revisiting it each time really solidified the learning. I think the repetition was key."

– Physician wellness participant

"The written content in the workbook - it is easily digestible, practical, nicely formatted to highlight key points, and I love the reference system to tools that align with concepts. I will be able to use this for continued reference!"

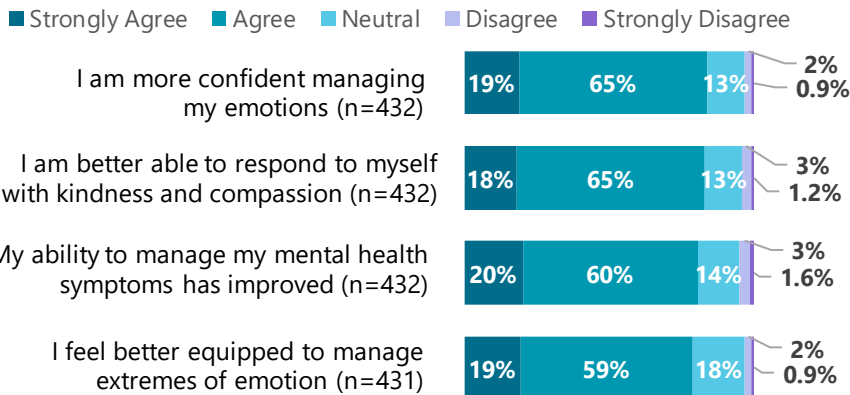
– Physician wellness participant

² The Stanford Professional Fulfillment Index (PFI) is a 16-item instrument that covers burnout (work exhaustion and interpersonal disengagement) and professional fulfillment. Response options are on a five-point Likert scale. Scale scores are calculated by averaging the item scores of all the items within the corresponding scale. Scale scores can then be multiplied by 25 to create a scale range from 0 to 100. Higher score on the professional fulfillment scale is more favourable. In contrast, higher scores on the work exhaustion or interpersonal disengagement scales are less favourable.

Impacts on Participating Patients

Learning and applying CBT Skills

Based on survey responses of patients who participated in a group this quarter, over **80% agreed that as a result of the group they are more confident managing their emotions.**



"I liked the scientific information we received in how our brains and emotions worked and learning the truth that we could change. That was a big aha for me."
– Patient participant

Satisfaction with CBT Skills groups

Based on survey responses of patients who participated in a group this quarter, **over 90% agreed they felt safe in the group and would recommend it to friends and family.**

96%

of patients (423 of 441*) **agreed or strongly agreed they felt safe in the group. This level of agreement was similar across both white and racialized patients.**
 (*of the other 3%, 1% were neutral, 0.9% disagreed and 2% strongly disagreed)

94%

of patients (413 of 441) **agreed, or strongly agreed, they would recommend this program to friends and family**

"Just being able to identify negative thought patterns and realize I have the power to change them is immeasurably helpful and hopeful."
– Patient participant

Depression and anxiety severity
 Patients are requested, at the start and end of their group, to complete a survey which employs the **Patient Health Questionnaire 8³ (PHQ-8)** and the **Generalized Anxiety Disorder 7⁴ (GAD-7)** to investigate **impacts of CBT Skills on depression and anxiety, respectively.** *There was an insufficient number of completed PHQ-8 and GAD-7 scores available for analysis at the time of preparing this summary.*

The following feedback was received from patient participants this quarter:

"[CBT Skills Groups] helped me understand a lot, improving my awareness and toolsets for managing anxiety and mental exhaustion."
– Patient participant

"I felt very safe to share my experiences with the group. The group allows you to be surrounded by individuals with a commonality and although all of our experiences are different, it allowed me to not even consider being judged or not fit in with the group. Thank you for having this program."
– Patient participant

³ The PHQ-8 is an 8-item instrument for screening, diagnosing, monitoring and measuring the severity of depression. Responders are asked to rate the frequency of depression symptoms in the last 2 weeks on a Likert scale ranging from 0-3. Items are summed to provide a total score. In terms of the depression severity, a score of 1-9 is considered 'minimal, 10-14 mild, 15-19 Moderate, 20-24 Severe. Only patients with a score of 18 or less at time of referral are eligible to register for CBT Skills Groups.

⁴ The GAD-7 is a 7-item questionnaire for screening and severity measuring of generalized anxiety disorder (GAD). The GAD-7 score is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of 'not at all', 'several days', 'more than half the days', and 'nearly every day', respectively, and adding together the scores for the seven questions. Scores of 5, 10, and 15 are taken as the cut-off points for mild, moderate and severe anxiety, respectively.