



## CBT Skills Groups Initiative

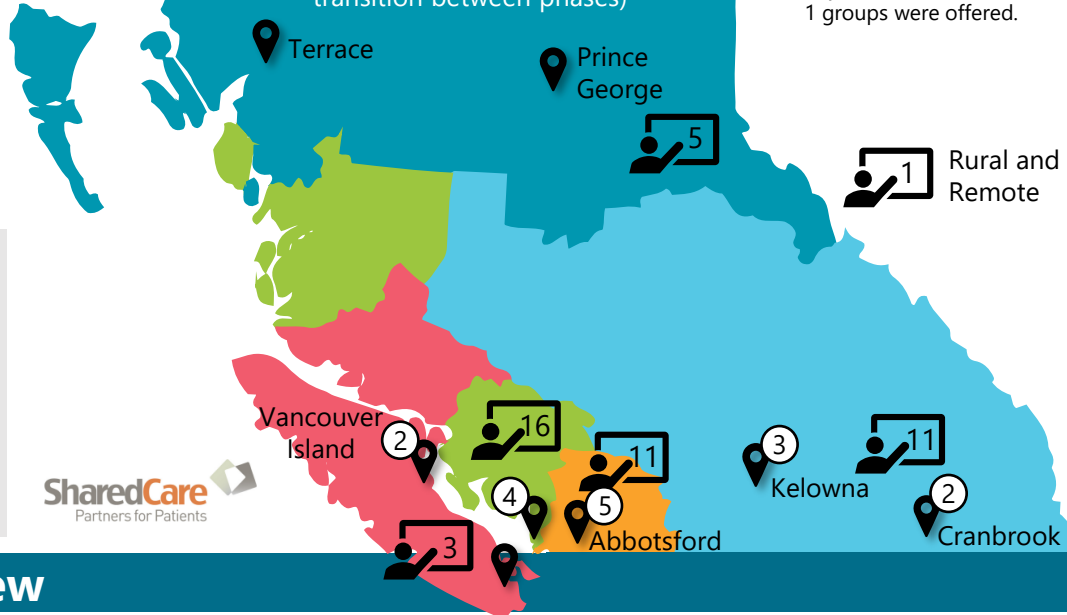
This summary presents evaluation findings<sup>1</sup> from July to September 2024 of the CBT Skills Groups Spread Initiative, which offers CBT Skills training to physicians and patients. The initiative is offered through **Mind Space**, previously known as the CBT Skills Groups Society.

### Physician Overview 47

physicians participated in Phase 1-4\* training this quarter; 5 in Phase 2, 4 in Phase 3 and 21 in Phase 4. (plus 17 physicians who are in transition between phases)

This quarter, **1 trainee completed Phase 2**, **1 trainee completed Phase 3**, and **2 trainees completed Phase 4** and are now Certified Facilitators

\*No Phase 1 participants this quarter as no UBC CPD Physician Wellness / Phase 1 groups were offered.



#### Legend:

- Number of **Phase 2-4 trainees** by Health Authority
- Number of DoFPs
- A Division of Family Practice (DoFP)

SharedCare  
Partners for Patients

### Patient overview

## 567

Individuals participated in CBT Skills Foundations Groups this quarter, **primarily from the following DoFPs**: South Island (n=146), Vancouver (n=115), and Fraser Northwest (n=36)

## 2480<sup>2</sup>

Participants were referred this quarter by **1100** providers. On average, providers referred 2 participants each.

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

South Island	615, 25%
Vancouver	399, 17%
Nanaimo	126, 5%
Central Okanagan	105, 4%
Comox Valley	104, 4%
Fraser Northwest	99, 4%
Northshore	85, 4%
Cowichan Valley	84, 3%
Surrey	78, 3%
Burnaby	76, 3%

\*Only the top 10 referring DoFPs are listed in this figure

<sup>1</sup> Findings are based on administrative data of participating physicians / patients during the quarter, and participant 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.

<sup>2</sup> The number of referrals is higher than the number of CBT Skills Foundations Groups participants because referrals can be made to 2 other types of entry-level groups, and participants can register at their leisure.



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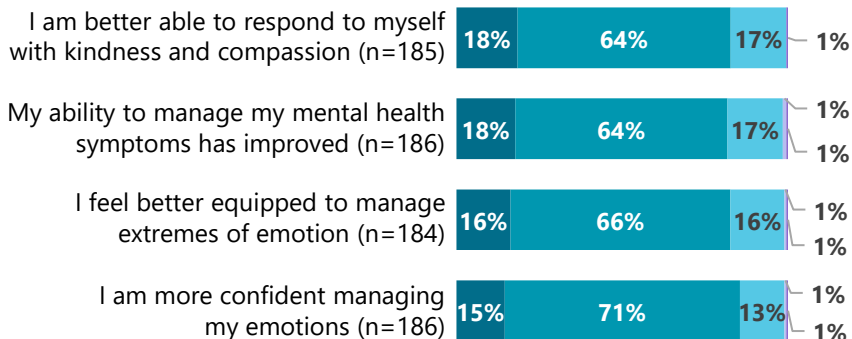


# Impacts on CBT Skills Foundations Participants

## Learning and applying CBT Skills

Based on survey responses of this quarters' participants, **82% agreed that as a result of the group they are better able to respond to themselves with kindness and compassion.**

■ Strongly Agree ■ Agree ■ Neutral ■ Disagree ■ Strongly Disagree



"[The facilitator] adopted an excellent approach and pace to the huge volume of material presented. **I enjoyed the weekly meditations, the didactic aspects and the other participants' comments.**"

- CBT Skills Foundations participant

## Satisfaction with CBT Skills Foundations groups

Based on survey responses of this quarter's participants, **over 95% agreed they felt safe in the group and would recommend it to friends and family.**

97%

of participants (188 of 194\*) **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%, 2.5% were neutral, 0.5% disagreed)

96%

of participants (186 of 193) **agreed, or strongly agreed, they would recommend this program to friends and family**

"I appreciated our facilitators [sharing] their own challenges in mastering the skills being discussed. **This approach helped me feel like these are common, shared human challenges and helped me build more compassion for my own experience and that of others.**"

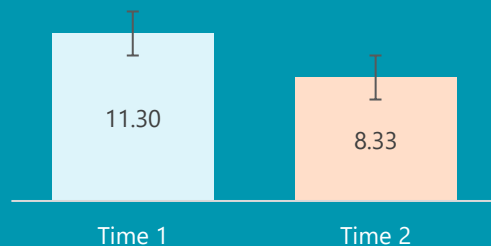
- CBT Skills Foundations participant

## Depression and anxiety severity

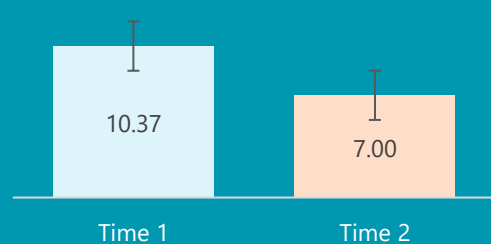
Participants are requested, at the start and end of their group, to complete a survey which employs the **Patient Health Questionnaire 8<sup>4</sup> (PHQ-8)** and the **Generalized Anxiety Disorder 7<sup>5</sup> (GAD-7)** to investigate **impacts of CBT Skills on depression and anxiety, respectively.** Analysis includes only those who attended 6 or more sessions and had pre- and post-scores. A paired t-test and 95% confidence interval was applied.

Participants experienced **statistically significant improvements** in their **symptoms of depression and anxiety.** Effect sizes were moderate and large for PHQ-8 (0.586) and GAD-7 (0.812).

PHQ-8 (n=27)



GAD-7 (n=27)



Furthermore, **88% of participants with moderate to severe depression improved by one or more degrees of severity.**

<sup>4</sup>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.

<sup>5</sup>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.