

Clinician welcome guide



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What is Just a Thought?

Just a Thought, provides New Zealand people with a powerful and engaging online tool to improve mental health.

The courses were developed by a team of clinicians and researchers from St Vincent's Hospital, Sydney and the University of New South Wales to improve personal well-being and for the treatment of anxiety and depressive disorders. The Wise Group have adapted and re-designed the courses to be appropriate for New Zealand culture and people.

Just a Thought currently offers internet-based courses that can be prescribed by a health professional or suggested as self-care courses, including:

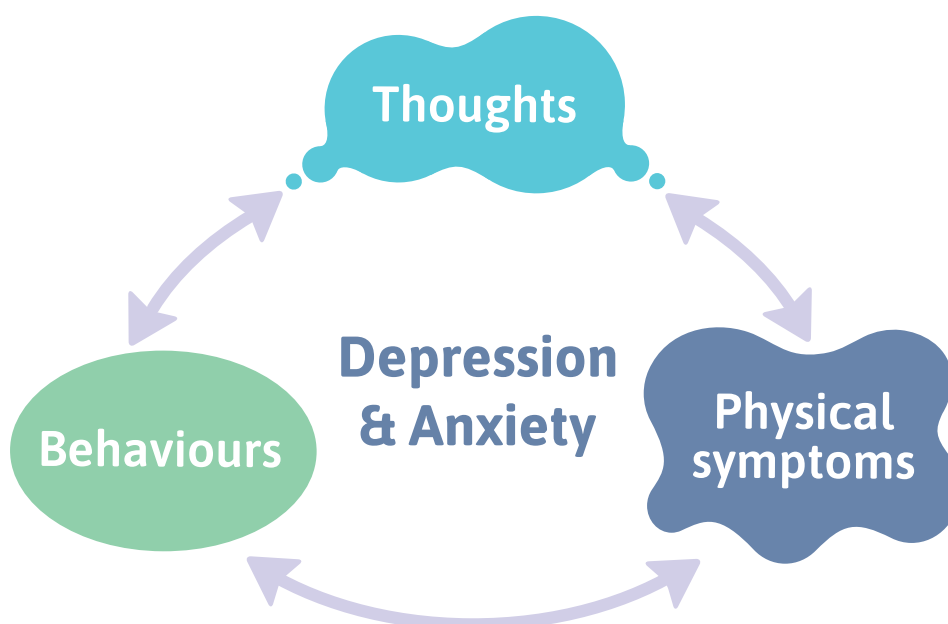
- Depression
- Generalised Anxiety Disorder

These free web-based courses are optimised for mobile, desktop or laptop use.

What is CBT?

Just a Thought courses are based on the effective CBT model. CBT is a gold-standard psychological intervention for treating anxiety and depression. CBT emphasises the relationship between thoughts, feelings, physical symptoms and behaviours in creating change.

The Just a Thought evidence-based CBT courses have been developed from a large body of research. Further research on the tool itself demonstrates it is an effective mode of delivery of CBT for a variety of disorders.



What is online CBT?

Online CBT is CBT that is delivered via the internet. It is also known as internet-delivered CBT, iCBT, computerised CBT, CCBT, or eCBT. Just a Thought online courses contain important aspects of CBT therapy that would be utilised within a face-to-face therapy session. However, there are some key differences between Just a Thought (online CBT) and face-to-face CBT, including;

Face-to-face CBT

- 5-20 sessions on average
- Structured around the expectations and needs of the client (low fidelity)
- Considerable out of pocket cost
- Ongoing clinical support
- Limited geographical availability
- May require referrals and recommendations

Online CBT

- Accessible via mobile or desktop
- 4-10 lessons on average
- Clinically proven structure to optimise treatment (high fidelity)
- No fees or cost
- Option of clinical support, or self-care therapy
- Available in all internet connected areas
- Easily prescribed
- Immediate access

Why use Just a Thought?

Just a Thought is the only online CBT system in NZ that is free and proven to work. It has been through over 30 randomised clinical trials which prove its efficacy. For a list of all published research regarding the tool, please go to justathought.co.nz/research

The tool helps clinicians to keep track of their patient's progress at numerous times, with immediate feedback after a patient completes online questionnaires and lessons. When you login to your account, you are able to review your patients' distress scores and see if they are improving.

There are many benefits of our courses to your patients, including;

- Convenience: our courses can be completed from home and outside of working hours.
- No cost or fees: because Just a Thought is offered free to all people in New Zealand, the cost to see a psychologist or psychiatrist is usually avoided.
- Immediate-access: there are no waiting periods. You can prescribe a course to your patient during a short consultation. They can then register in their own time and get started straight away.
- Effective: 80% of people who complete a course will benefit substantially, 50% to the point of no longer being troubled by anxiety or depression. However, 20% will not respond and should be reassessed or referred for a second opinion.

What clinicians in Australia have said...

“The automated administration and scoring of standardised measures throughout treatment means I can easily track client progress in a much more time-efficient way than administering and scoring the measures myself. The online clinician view lets me see all my client’s scores in one place, all at once.” *Psychologist*

“I loved receiving an email from a patient who could not afford, or find the time, to see a professional; she was amazed that just from a few simple online lessons, she had learnt the tools to overcome her anxiety.” *Clinical Psychologist*

“This online service has been hugely useful for my clients and for myself as a clinician. Clients find the material logical, easy to follow and practical; and they appreciate the 24/7 web access.” *Clinical Psychologist*

“It’s really like having an intern in the practice.” *General Practitioner*

“My patients tell me they no longer feel they are ‘weird’ or suffering alone. These courses have a tremendous normalising effect.” *Clinical Psychologist*

“It’s wonderful! Thanks so much. This gives me more time to work with clients in implementing and learning the skills they need to manage anxiety and depression.” *Clinical Psychologist*

What does a course contain?

Each course follows the story of a fictional character (or characters) who experience the symptoms of anxiety and/or depression. Throughout the course, the stories will help the patient learn about their own symptoms and the steps required to help them recover.

Each lesson takes about 20 minutes to read and will generally require the patient to take 3-4 hours in between lessons to complete the suggested practice activities. The courses are self-paced, but designed to be completed within 3 months, at most. It is best to do one lesson every week or two to allow time to practise between lessons.

There is a 5-day lockout period between lessons to encourage the revision of material and completion of homework activities. Initially the patient will be granted 90 days and allow time to practise skills learned. Upon completion of the course, they will be granted an extra 12 months access for practise purposes.

Just a Thought courses involve:



6 lessons in an easy-to-read illustrated story format



Practice exercises to complete after every lesson



Extra resources and descriptions of other peoples' experiences



Online questionnaires before each lesson

Getting started

Just a Thought is accessed via the Internet. First, you need to register.

1. Register: clinicians need to register at justathought.co.nz/register-clinician
2. Sign in at justathought.co.nz/login using your registered email address and password.
3. Prescribe a course to a patient using our Quicksript system (prescribing a course directly from your clinician dashboard). Your patient will receive an email from us with a link and instructions on how to sign up for a course, and be supervised by you.
4. Motivate and remind patients to continue their progress. Our system will also send automatic reminders and alerts to you and your patient.

Patients need to be aware that they will get the most benefit if they complete the entire course and set aside time to practise skills learned. We understand patients do not always do what their doctor or psychologist suggests, even when they know that it will be beneficial to them. This may be because they don't understand what they need to do.

As the prescribing clinician, there are three important roles you can play:

1. Convey to patients that Just a Thought online CBT courses are a very good treatment option.
2. Stress the importance of completing the course according to schedule – encourage patients to complete the lessons, review each Lesson Summary, practise skills learned and try to regularly implement them in their daily life.
3. Take an interest in their progress through telephone or face-to-face follow-up (done either by yourself or an identified support person) this will help with keeping them engaged in therapy as well.

How you can incorporate Just a Thought's online CBT courses in your clinical practice*

** Adapted from Newby, J. 2016, How to integrate internet Cognitive Behavioural Therapy within your clinical practice: a practical guide for clinicians.*



As a preparation for face-to-face treatment:

- Patients learn the key CBT skills before their treatment.
- Online CBT can inform them about what therapy involves and set positive and realistic expectations for treatment.



As a stand-alone intervention:

- Online CBT has been proven effective as a stand-alone intervention for anxiety disorders and comorbid depression and anxiety.



As an adjunct to face-to-face treatment sessions:

- Patients can do an online CBT lesson either before or immediately after a face-to-face session, or in between sessions.



- Revisiting lessons can be built in as a helpful relapse prevention tool.
- When face-to-face treatment has been completed, online CBT can be prescribed to ensure patients are regularly practicing CBT skills.
- The included ongoing assessments throughout the lessons provide a possible useful way of monitoring the patient for a possible deterioration.

Who is suitable for a Just a Thought course?

Patients who have mild to moderate anxiety or depressive disorder are suitable for a Just a Thought course.

Your clinical judgment will assist you to identify people who may benefit from a Just a Thought course. We recommend delaying prescription of courses to anyone that may be acutely unwell, actively suicidal or regularly abusing substances.

Please also be aware that people regularly taking benzodiazepines or heavily sedating medication may experience challenges engaging in the courses.

What if it's not appropriate for me to prescribe Just a Thought to a patient?

Clinicians can suggest that the patient log on to justathought.co.nz and register to do a self-care course. There is no cost and the content of these courses are identical to the prescribed courses. While they'll receive automated reminders, there is no supervision.

Can I choose which course my patient will complete?

Yes. You are able to recommend a course for your patient when you prescribe. Please note that the patient/client must also select this course during enrolment to be enrolled in this course.

Are there any costs involved?

There are no costs to clinicians to prescribe a course. Clinicians will retain clinical responsibility for their patient and will need to allocate time to track patient progress and make support calls if necessary.

What level of clinical responsibility is involved?

Clinicians who prescribe Just a Thought courses will take clinical responsibility for their patients, exactly as if they were prescribing medication or providing another treatment where monitoring of response is required. Only the 'prescribing clinician' will be able to see the progress of their clients registered with Just a Thought.

How can I view my patient/client's progress?

Your patient's progress will be emailed to you. However, you can access their progress at any time by logging in to your clinician account. To log in:

1. Go to justathought.co.nz/login
2. In the login box enter your email address and password.
3. Once logged in you will be able to view your patient's progress scores.

If you want to review the course content that you have prescribed to your patient (eg view lesson, Lesson Summary and practice exercises, testimonials and additional resources), click and select the patient in the drop down box.

What are the technical requirements?

In order to use Just a Thought you will need updated standard web browsing software. We recommend using the latest version of [Google Chrome](#)

Where can I get more information?

Download the [clinician getting started guide](#) for simple step-by-step instructions on prescribing Just a Thought courses. You can also check out our website for more information on Just a Thought: justathought.co.nz

If you have any further questions, please feel free to contact the Just a Thought team by sending us an email to hello@justathought.co.nz.

Take care,

The Just a Thought Team
justathought.co.nz