

# IAPT for Personality Disorders

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"PASSENGERS WAITING TO BOARD THE DELAYED SERVICE TO PARAPARUMU, PLEASE TAKE YOUR WAY TO PLATFORM 9 TO AWAIT BUSES, PRESENTLY DELAYED IN HEAVY TRAFFIC CONGESTION. - THANK YOU"

## 3 Demonstration Sites

- Somerset Partnership Foundation Trust  
(Primary and Secondary Care)
- Barnet, Enfield and Haringay
- North East London Foundation Trust

Since December 2012

# Clustering data 12/13

- Cluster 1-4 = 89.25%
- Cluster 5-8 = 10.27%

## Outcome Measures – across all sites

### EQ 5-D

- 63% Showed Improvement, 35% of these more than 20%
- 28.4% Median improvement completers
- 22.9% drop outs (P=.003)

### Patient Health Questionnaire (PHQ9)

- 76% showed improvement,
- 50% of these more than 20%
- 42.1% median improvement completers
- 27.6% drop out (P=.0001)

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## Improving Access to Psychological Therapies

Warwick Edinburgh Mental Wellbeing scale (WEMWBS)

- 73% showed improvement, 24% of these more than 20%
- 29.9% median improvement completers
- 25.7% drop out ( $P=.0002$ )

Work and Social Adjustment Scale (WASAS)

- 67% showed improvement, 34% of these more than 20%
- 31.2% median improvement completers
- 25.5% drop out ( $P=.0001$ )

# Service Utilisation – n=898

- Crisis Team contact**

<i>Before treatment</i>	<i>During treatment</i>	<i>Follow up (BEH only)</i>
39.2%	19.1%	16.4%
6.42	2.16	2.4

- Highly significant (p=0.0001)
- Medium effect size (d=0.42)

- Acute Admissions**

<i>Before treatment</i>	<i>During treatment</i>	<i>Follow up</i>
21%	8.3%	0.78
0.78	0.66	0.64

- Bed Days**

<i>Before treatment</i>	<i>During treatment</i>	<i>Follow up</i>
3.53	1.61	

## Risk Behaviours

- **Self harm**

*Before treatment*

61%

4.46

*During treatment*

27.2%

1.85

*Follow up*

1.24

- **Suicide attempts**

*Before treatment*

29.9%

0.44

*During treatment*

6.9%

0.09 (small sample)

*Follow up*

### **Violence**

*Before treatment*

23%

1.1

*During treatment*

11%

0.38 (completers)

*Follow up*

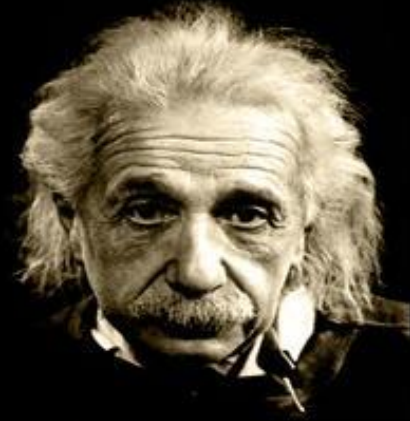


# Five Year Forward View

- Move towards integration of primary and secondary care services
- Need for increased investment
- Wider system improvement
- Emphasis on prevention and public health

**Insanity: doing the same  
thing over and over again**

**and expecting different results. ~Albert Einstein**



- “We cannot solve our problems with the same thinking we used when we created them”

» Albert Einstein