



Taylored Psychology Therapy Outcomes

Many people come to therapy wanting to feel better; others come to learn more about themselves. We measure our outcomes to ensure we are being effective in helping people feel better.

However, we recognise that questionnaires are not the whole story. They cannot tell us exactly how someone experiences life, themselves, relationships or all the ways they have been affected by therapy. We equally value what people tell us about their experience of therapy and change our approach as necessary.

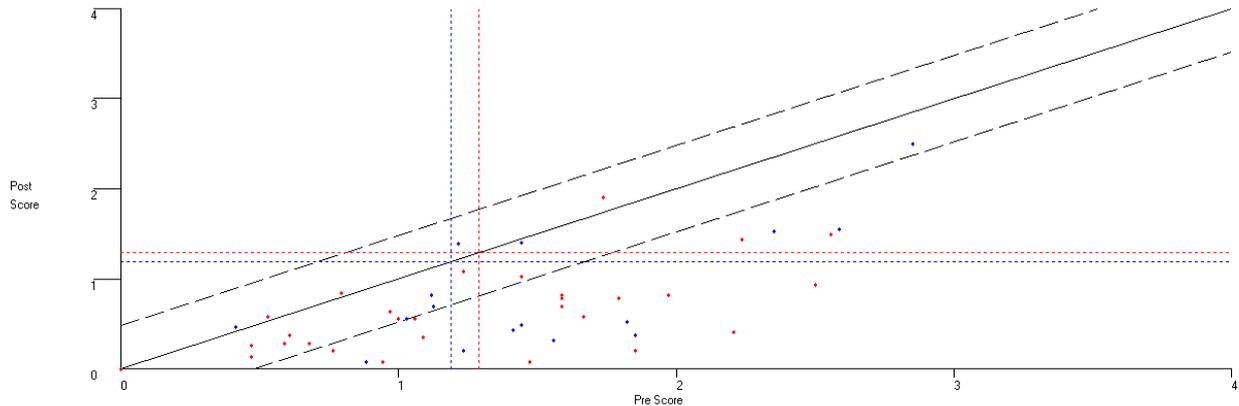
Outcomes on the CORE-OM

CORE-OM measures psychological distress. Scores can range from 0 – 27, with greater scores indicating greater distress with a clinical cut off score of 10 or more suggesting a need for treatment. Our results on the webpage and below are from those 89 clients who completed therapy over the last 3 years.

- 68% of clients completed therapy as planned. In clients who persisted with treatment, 52% scored above clinical threshold in psychological distress. with mild to moderate-severe distress, suggesting the need for treatment. Of these, 65% achieved clinical and reliable change¹ at the end of therapy. A further 17% had reliably improved in their symptoms. Thus, 83% of clinically distressed clients either shown reliable improvement or reliable clinically significant change.
- Of the clients who fell below clinical threshold at assessment, 28% had reliably improved.
- No clients showed reliable deterioration.
- This compares very favourably to other services. See http://www.coreims.co.uk/site_downloads/PC%20Benchmarks%20-%206%20-%20Recovery%20-%20final.pdf

¹ Reliable change is change that exceeds that which might be expected by chance alone or measurement error and for the CORE-OM is represented by a change of 5 or more in the clinical score.

Clinically significant change is indicated when a client's CORE score moves from the clinical to the non-clinical population (ie. Client scores above 10 at intake and below 10 after therapy)



Jacobson plot of pre and post scores on the CORE-OM: the red dots are female, the blue dots are male client clinical outcomes, diagonal lines (between) = no reliable change, vertical lines = clinical cut off, horizontal lines reliable and clinical change.

Outcomes for Depression and Anxiety symptom severity:

We looked at the last 50 clients who agreed to taking part in service evaluation in compiling the following results:

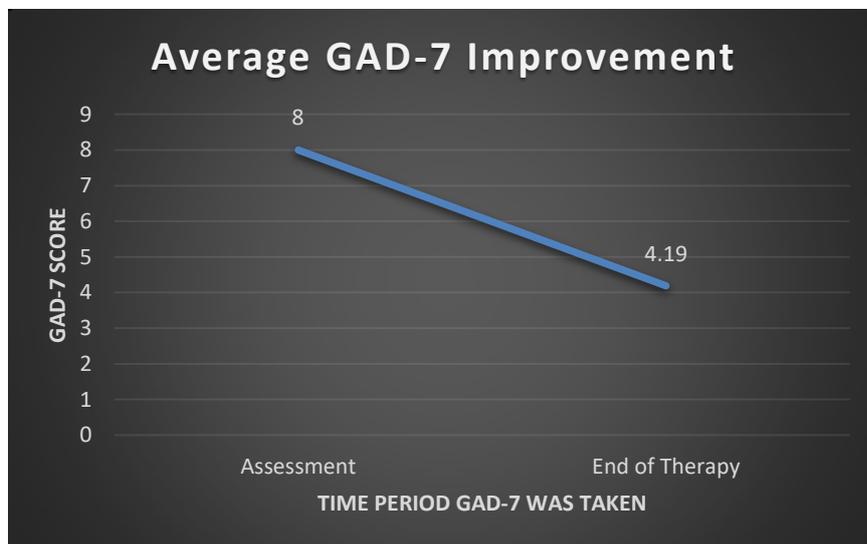
- 24% of clients (12) attended assessment only. Clients who began therapy attended an average of 8 sessions (range 1-26). 60% of clients completed therapy as planned.
- Of those who persisted with therapy, at assessment 53% (9/17) scored within a clinical range on a measure of depression severity (PHQ-9). By end of therapy, 67% demonstrated reliable and clinically significant change, and additional 22% had reliably improved in symptoms².
- At assessment, 44% of people (7/16) were above clinical threshold in a measure of anxiety symptoms, the GAD-7. By end of therapy, 29% had reliably and clinically significantly improved and a further 43% reliably improved³.

² The clinical cut off for PHQ-9 is 10, and we look for a 6 point change for change to be reliable

³ The clinical cut off for GAD-7 is 8, and we look for a 4 point change for change to be reliable.



- In addition, of those clients within normal range at assessment, 22% reliably improved in symptoms of anxiety and 12% in symptoms of depression.
- No client reliably or clinically deteriorated on any measure.
- GAD-7 measures anxiety symptom severity with scores ranging from 0-21, with greater scores indicating greater anxiety (a score of 8 or more suggests need for treatment). The chart below shows the average scores at assessment (SD=4.66, range 1-16) and at the end of therapy (SD=3.89, range 0-10) from 16 clients who completed GAD-7 at both times.



- PHQ-9 measures severity of depressive symptoms. Scores range from 0 – 27, with greater scores indicating low mood, and a score of 10 or more suggesting a need for treatment. This chart shows the average PHQ-9 scores at assessment (SD=5.64, range 2-21) and at the end of therapy (SD=4.57, range 1-15) from the 17 clients who completed the PHQ-9 at both assessment and end of therapy.

