

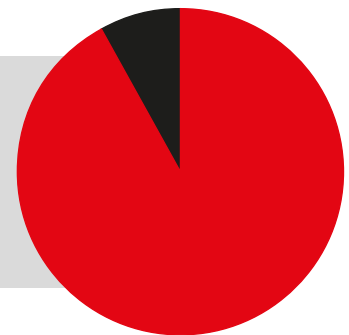
STATISTICAL OUTCOMES OF FEEL THE FEAR & DO IT ANYWAY® WORKSHOPS CONTRACTED BY THE NHS AQP PSYCHOLOGICAL THERAPIES SCHEME, EAST RIDING OF YORKSHIRE, ENGLAND

Sample size	150 patients attending 2-day 'Feel the Fear and Do It Anyway' Workshops; January - December 2013.
Criteria for attending	Individual had reported to the GP with symptoms of anxiety and depression.
Assessment measures	1. (GAD / 7) and (PHQ / 9) 2. Course feedback questionnaire
Outcomes	Overall, 71% of patients responded to say they <i>felt less isolated and aware of how to improve their mental health following the course</i>
Contract	A one year contract was extended three times due to the success of the Feel the Fear psycho-education.

Results were as follows:

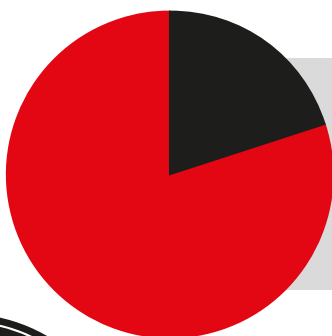
92% reported a *reduction in their GAD/7 score from start to completion of treatment*

- Reduction in GAD/7 score
- No reduction or increase in GAD/7 score



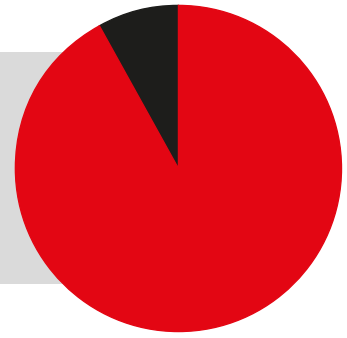
80% reported a *reduction ≥ 4 points showing a statistically reliable change*

- Reduction ≥ 4 points
- Reduction of 1 - 3 points



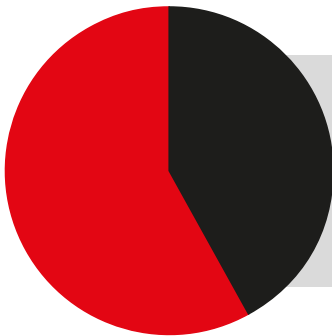
92% reported a **reduction in their PHQ/9 score from start to completion of treatment**

- Reduction in PHQ/9 score
- No reduction or increase in PHQ/9 score



58% of these reported a **reduction \geq 6 points showing statistically reliable change**

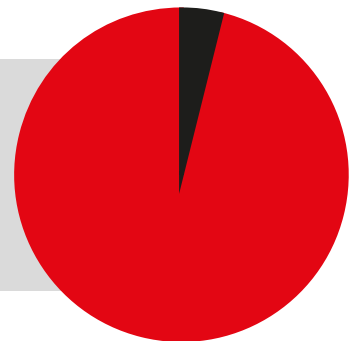
- Reduction \geq 6 points
- Reduction of 1 - 5 points



FEEDBACK QUESTIONNAIRES PRODUCED THE FOLLOWING RESULTS:

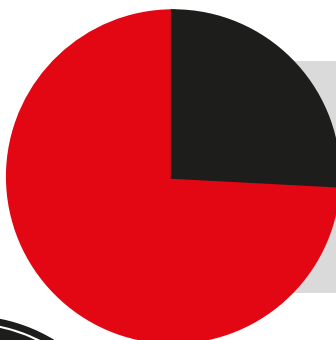
96% of patients entering treatment on Day 1 **returned after 7 days to complete Day 2**

- Completed all treatment
- Completed part treatment



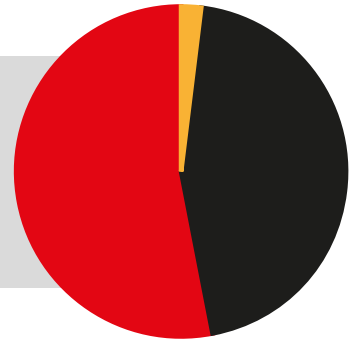
100% of patients said they would **recommend this course to others**

- Strongly Recommend
- Recommend



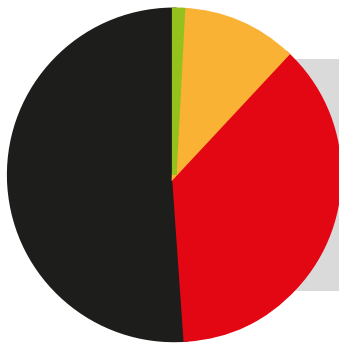
98% agreed that completing this course helped them **feel happier and more positive overall**

Strongly Agree Not Sure
Agree



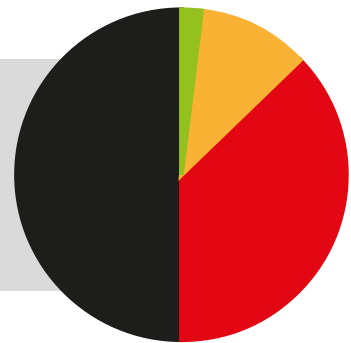
88% agreed that completing this course helped to **change negative thought patterns**

Strongly Agree Not Sure
Agree Disagree



87% agreed that completing this course helped them **feel more confident**

Strongly Agree Not Sure
Agree Disagree



86% agreed that completing this course helped with **future goals and how to achieve them**

Strongly Agree Not Sure
Agree Disagree

