

What happens with my information?

Each session the programme will ask how you have progressed in the last week, what challenges you have faced and how you may have managed using the knowledge gained from previous sessions.

You will also be asked if you have had any thoughts of suicide in the last week.

Should you answer 'yes' to thoughts of suicide, we pass this information on to your healthcare professional the next working day along with any other relevant information to make them aware of your thoughts and feelings.

We will pass information regarding your progress, to your healthcare professional during your treatment - as and when required.

This information will only ever be shared with those directly involved in your care.

What equipment/software do I need?

Beating the Blues is an online treatment aimed at anxiety and depression, as such a limited amount of personal equipment and software is required to gain and maintain access to the treatment.

A PC or Laptop.

It is currently not compatible with tablets or smart phones and will not operate on these devices. If you do not have a PC or Laptop, you may seek access at a local library or community hub.

Internet Explorer internet browser.

Your browser should be compatible with and contain Adobe Flash Player to run the programme, we recommend Internet Explorer for this purpose.

A steady internet connection.

As the treatment is online, connection to the internet is required to complete the programme.

Earphones or headphones.

The programme runs regular video clips and relies on audio, having earphones will help you to listen and keep the audio confidential. Subtitles options are available through your account dashboard.

Hints & Tips

Sessions can take around an hour on average to complete, so try to plan time in advance for each session.

You should leave at least a week between sessions to allow time for any tasks and activities and try not to rush through them.

Try to complete as many of the tasks and activities as you can - evidence shows cCBT is more effective if tasks are completed and the next session will refer back to them.

Focus on parts which are most relevant to you and try not to be discouraged by parts which may not seem as relevant to your situation.

It may take a few sessions to get used to the tone and language of the treatment programme, and to feel and see the benefits of cCBT.

Should you be unable to move on to the next session, i.e you may be rather busy one week or be on holiday, you can quickly review previous sessions and move on once you feel ready to do so.

cCBT is designed to be flexible and can be completed at your own pace, within your own environment.

If at any point you feel that you would like to discuss the treatment programme with someone, you can call or email the cCBT Support Team.

Will I receive any support during treatment?

The cCBT Support Team will contact you shortly after your details are received to guide you through the treatment programme and answer any questions you may have. The support team can be contacted by phone (during working hours) or email at any time, if we're unavailable then we will call you back within one working day.

NEED
SOME
HELP?

CONTACT US ON
0131 537 1247

ccbt@nhslothian.scot.nhs.uk



cCBT

Computerised Cognitive Behavioural Therapy

Patient Information & Guidance

www.beatingtheblues.co.uk

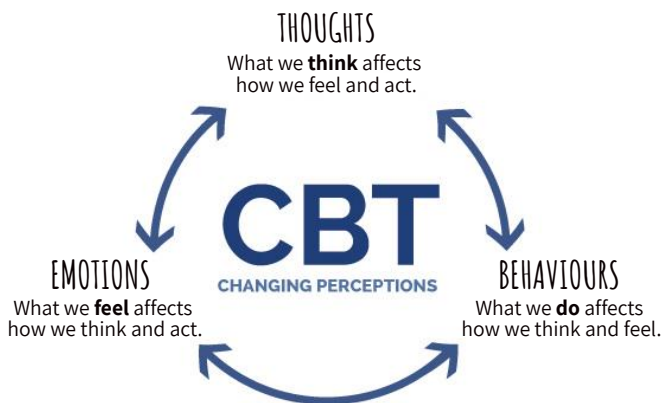


What is Beating the Blues?

Beating the Blues is an online treatment platform that uses **Cognitive Behavioural Therapy (CBT)** to help those who are experiencing depression and anxiety. It helps people think differently about and challenge their traditional thinking patterns and behaviours.

What is CBT & how does it work?

CBT is a widely recognised and clinically proven psychological therapy that is designed to work on the relationship between thoughts, behaviours and emotions. CBT teaches individuals how to recognise and challenge their problems in the present by understanding how these three key areas link together.



How might this treatment help me?

Beating the Blues will help you to understand, recognise and challenge unhelpful ways of thinking that can affect how you feel (your emotions) and how you act (your behaviour).

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Accessing Beating the Blues...

Your healthcare worker (i.e your GP or CPN) will contact your local cCBT Team to request that you are provided with access information which you should receive around one week after you details have been received.

This information will contain a 9-digit 'Activation Code' which needs to be entered into the online platform by visiting www.beatingtheblues.co.uk and selecting the 'Activation' link on the bottom right-hand side of the screen. Enter your activation code into the space provided and follow the on-screen instructions.



Where and how can I complete the treatment?

Beating the Blues can be completed anywhere with a PC/Laptop, earphones and an internet connection, whether at **home** or at a community site like a **library**. Unfortunately, the current version of the treatment platform is **not compatible** with tablets or smart phones due to the platform requiring Flash Player software.

How many sessions should I complete?

It's important to complete as many sessions as possible to gain the most from the treatment. The course starts off gradually and increases with each session to build up your knowledge and skills over time. It is worthwhile planning ahead and setting aside time to complete each session on a regular basis, approx every 10 days.

Beating the Blues sessions...

Beating the Blues consists of 8 linked sessions which are designed to be completed in order. To ensure you get the most from cCBT, we ask that you aim to get to at least session 5, even if you start to feel better in earlier sessions.

Session 1: Getting Started

- Helps establish a clear picture of problems and their causes.
- Video clips are shown of people with similar problems.
- Teaches useful ways of dealing with anxiety & depression.

Session 2: Goal Setting & Automatic Thoughts

- Helps you to set measurable goals for your therapy.
- Show the links between thoughts, emotions & behaviours.
- Offers choice of methods to help deal with your problems.

Session 3: Common Thinking Distortions

- Shows how thinking can become twisted through our mood.
- Demonstrates 'thinking errors' and how to address them.
- Teaches methods of recognising & tackling 'thinking errors'.

Session 4: Changing Unhelpful Thinking

- Demonstrates how to change unhelpful thinking patterns.
- Introduces alternative techniques to problem solving.

Please try to complete Session 5 as this provides important information for your healthcare worker, as well as a more comprehensive overview of Cognitive Behavioural Therapy.

Session 5: Inner Beliefs

- Recognising belief systems and determining their effect.
- Teaches how to change unhelpful beliefs to feel & stay better.

Sessions 6-8 help to reinforce what you have learned already and demonstrate how you can put these elements into practice over the long term.

Session 6: Inner Beliefs (continued) and Thinking Habits

- Looks deeper into the reasons we give for life events.
- Challenges you to manage problems emotionally.

Session 7: Thinking Habits (continued)

- Teaches you to recognise your method of explaining events.
- Teaches new thinking habits and ways to deal with problems.

Session 8: Conclusion and Coping with Setbacks

- Review what you have learned during the treatment course.
- Helps you to set new goals for the coming months ahead.
- Helps you to develop a plan for dealing with future setbacks.