

How to use computer-based Cognitive Behavioural Therapy (CBT) with your patients

Several online psychotherapy treatments are available for patients to use and may be helpful to manage risks in the interim. Psychologically-based interventions, such as cognitive behavioural therapy (CBT), have been shown to be as effective as individual therapy with a live therapist.^{1,2} The following resources can be used to assist you in discussions with your patient about the use of computer-based CBT approaches.

- 1. Inform** your patient that our thoughts can be used to turn up or turn down the volume of our emotions, and that there are techniques that one can learn to use to amplify positive emotions and decrease negative emotions. This should not be confused with simply, “looking on the bright side.”
- 2. Reassure** the patient that the program provides simple step-by-step instructions and detailed guidance, allowing for ease of use.
- 3. Provide** your patient with the name and web address of the program you want them to use (see below for some examples).
- 4. Ask** your patient to register, reminding them that it is free. Ask them to begin slowly by simply completing the first section of the program that is a series of questions about what they are experiencing. Consider having the patient complete this step during your appointment if the patient is having difficulty initiating tasks.
- 5. At every follow-up** with the patient, ask the patient to log in to the site and review the progress that they have made.
- 6. Assist** the patient with any questions or concerns they have about the sections they completed or tried to complete.
- 7. Reinforce** the techniques reviewed at each session by asking the patient to think of another recent moment or situation in which they could have applied the techniques.

Online CBT Resources

MoodGYM: <https://moodgym.anu.edu.au/welcome>

E-couch: <https://ecouch.anu.edu.au/welcome>

References

1. National Institute for Health and Care Excellence. Depression in adults: the treatment and management of depression in adults (Update-NICE clinical guideline 90). London, UK: National Institute for Health and Clinical Excellence (NICE); 2009.
2. Andrews G, Cuijpers P, Craske MG, McEvoy P, Titov N. Computer therapy for the anxiety and depressive disorders is effective, acceptable and practical health care: a meta-analysis. PloS ONE. 2010;5:e13196.

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