THIS WAY UP Clinic
Newsletter

Why am I reading this newsletter?

Anxiety and depression represent 7% of the total burden of disease in Australia. That's double the burden of diabetes. Internet-based cognitive behavioural therapy (iCBT) like THIS WAY UP Clinic is an effective evidenced based treatment with a NNT of 2. This means, 2 patients need to be treated with our online anxiety and disorder program in order to obtain 1 additional responder. Our mission at THIS WAY UP is to halve anxiety by 2015 but we need your help to do it. If every affected Australian underwent iCBT we could halve the burden of anxiety and depression and improve the lives of millions. It is an effective and simple way to help those affected with anxiety or depression.

In the News

We have a new face – THIS WAY UP Clinic and Facebook

Formerly known as CRUfADclinic.org, we realised this brand name was a major stumbling block. It was without obvious meaning and was difficult to spell. In July 2012, we re-branded to THIS WAY UP Clinic (www.thiswayup.org.au/clinic). It's different, positive and illuminates the gloom that often envelops anxiety and depression. Plus, it's easier to remember! Join us on facebook and twitter and we'll give you up-to-date information about THIS WAY UP.

Facebook: facebook.com/ThisWayUpAU

Twitter: twitter.com/ThisWayUpAU

Australia's first e-mental health portal

Australia's first national e-mental health online portal launched in July 2012. The new portal at www.mindhealthconnect.org.au, is designed to provide a trustworthy source of information, support and a gateway to therapy for people seeking help for mental disorders. Evidence supports the use of online and telephone services to assist those suffering mild to moderate mental disorders and distress. Such services can also help combat barriers to conventional therapy. THIS WAY UP Clinic is honoured to be included as a Phase 1 partner of

mindhealthconnect. Alongside Beyond Blue, Black Dog Institute, Anxiety Online and Lifeline, we will provide online self help programs for anxiety and depression at www.thiswayup.org.au/self-help. These are brief versions of the guided treatment courses prescribed by you in www.thiswayup.org.au/clinic, brief because adherence is a serious problem in self help courses on the web and shorter and more basic courses may prove more likely to be helpful.

Clinical Tips

How to identify suicidal patients

Many patients who are depressed have days when they think that they would be better off dead but this does not necessarily mean they are suicidal. The term 'suicidal' indicates they also have the intent, a plan and the means. So ask 'Has the patient talked of death or dying? How intent are they on acting on these thoughts? Does the patient have a specific suicide plan? Has he/she made serious suicide attempts in the past? Can the patient be sure of not acting on suicidal ideas?' If the answer is yes then close supervision by family, friends may be needed while they do the THIS WAY UP Clinic Depression course, which has been shown to halve the frequency of 'better off dead' days.

Latest Evidence

We are preparing a manuscript for publication with some impressive results from data gathered during iCBT courses done in primary care. Real world effectiveness data for the treatment of depression demonstrates that: 90% of patients initially in the mild range recover and no longer meet diagnostic criteria for depression. 80% of patients initially in the moderate range improve and 50% recover, and even 80% of patients initially in the severe range improve and 40% recover and no longer meet diagnostic criteria for depression.

Help halve anxiety by 2015

Gavin Andrews,
Director
THIS WAY UP Clinic, CRUfAD

Highlights

Real-world effectiveness data for the treatment of depression demonstrates that:

- 90% of patients initially in the mild range recover (no longer meeting diagnostic criteria for depression).
- 80% of patients initially in the moderate range improve and 50% recover.
- 80% of patients initially in the severe range improve and 40% recover