



# University of HUDDERSFIELD

## University of Huddersfield Repository

Lucock, Mike, Lawson, Mike and Khan, W.

Self Help Access in Routine Primary Care - the SHARP project

### Original Citation

Lucock, Mike, Lawson, Mike and Khan, W. (2011) Self Help Access in Routine Primary Care - the SHARP project. In: British Association of Behavioural and Cognitive Psychotherapy (BABCP) Annual Conference 2011, 20th - 23rd July 2011, Guildford, UK. (Unpublished)

This version is available at <http://eprints.hud.ac.uk/11285/>

The University Repository is a digital collection of the research output of the University, available on Open Access. Copyright and Moral Rights for the items on this site are retained by the individual author and/or other copyright owners. Users may access full items free of charge; copies of full text items generally can be reproduced, displayed or performed and given to third parties in any format or medium for personal research or study, educational or not-for-profit purposes without prior permission or charge, provided:

- The authors, title and full bibliographic details is credited in any copy;
- A hyperlink and/or URL is included for the original metadata page; and
- The content is not changed in any way.

For more information, including our policy and submission procedure, please contact the Repository Team at: [E.mailbox@hud.ac.uk](mailto:E.mailbox@hud.ac.uk).

<http://eprints.hud.ac.uk/>

SELF-HELP ACCESS IN ROUTINE PRIMARY CARE



# Guided Self Help The SHARP project

**S**elf  
**H**elp  
**A**ccess in  
**R**outine  
**P**rimary care

[www.primarycare-selfhelp.co.uk](http://www.primarycare-selfhelp.co.uk)

Mike Lucock, Mike Lawson & Wajid Khan  
July 2011

## Context: History & Development

- Grassroots: Community Practitioners Initiative:
- Identified a need for:

*Effective, Jargon free, Accessible, Flexible*

Self help Material which could be distributed at a Primary Care level & supported by a co-ordinated resource which was open to professionals as well as the public.

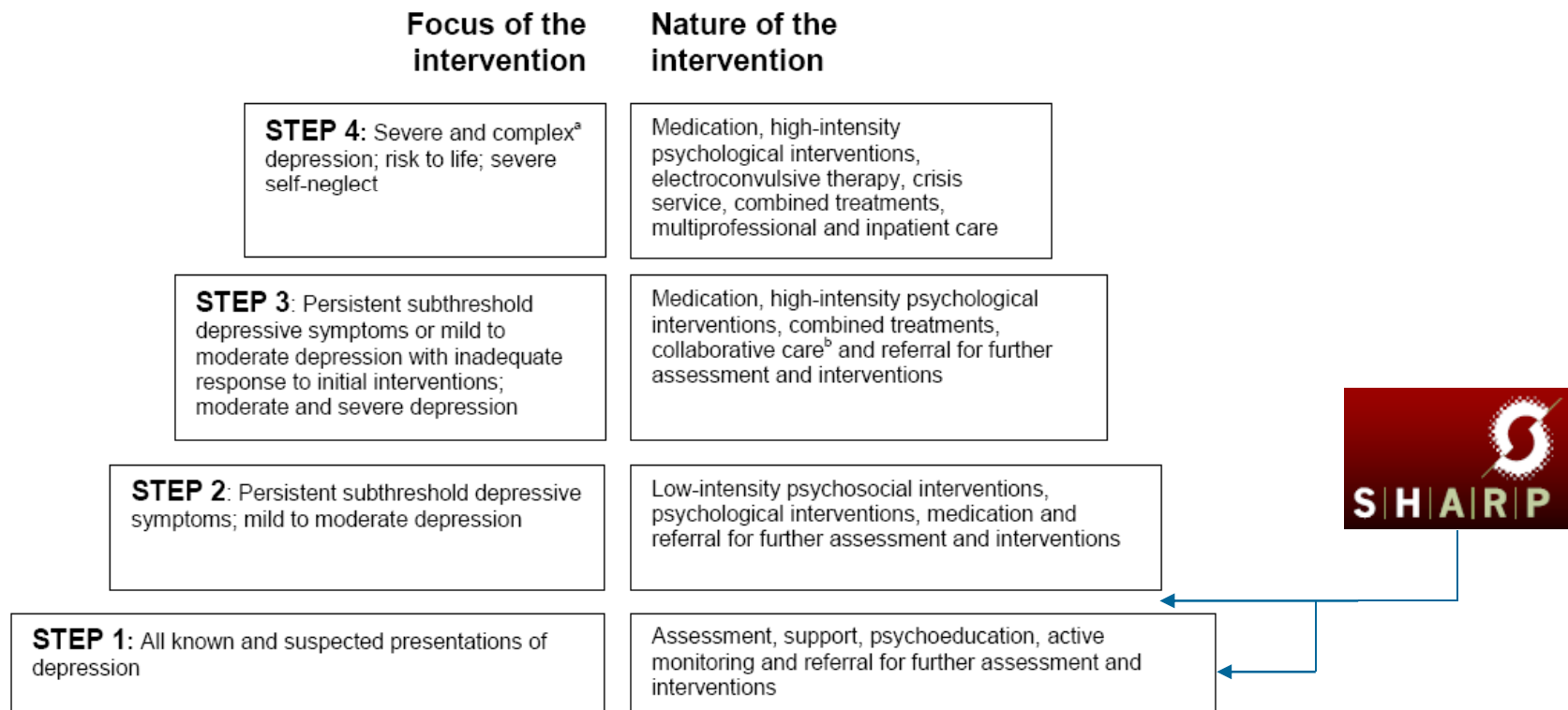
- Pilot program involving 44 Clinicians in Wakefield:  
(GP's, Health Trainers, Community Nurses, IAPT staff)
- Project in line with NICE Guidelines and Stepped Care Model

**Mike Lucock, Mike Lawson & Wajid Khan**  
**July 2011**

# Context (Contd.): Stepped Care

Example of Depression, From NICE Guidelines 90 – October 2009

Figure 1 The stepped-care model



Mike Lucock, Mike Lawson & Wajid Khan  
July 2011

# Core Aims

- To provide self-help information that could be used in routine practice by a range of primary care practitioners and possibly non NHS staff.
- To use 5 Areas model as the framework for the training and the leaflets
- To provide brief and accessible training which supports practitioners on utilising the 5 area model
- Build on local existing ways of working

## **Not CBT Therapy: Use of Principles**

**Mike Lucock, Mike Lawson & Wajid Khan  
July 2011**

## Developed Resources

- Stand alone website [www.primarycare-selfhelp.co.uk](http://www.primarycare-selfhelp.co.uk)
- 50+ Leaflets in Full & lite form – some based on Chris William's books (with permission and acknowledgement)
- Discussion forum for practitioners
- Training resources for practitioners:
  - Role play examples on using self help material
  - Training guides and other information sheets,
  - Case studies of how SHARP has been used in other areas
- Links to other self-help resources  
e.g. Northumberland leaflets, Voluntary Groups etc.

**Mike Lucock, Mike Lawson & Wajid Khan**  
**July 2011**



# Developed Resources: Website

**SHARP** - Mozilla Firefox

File Edit View History Bookmarks ScrapBook Tools Help

http://www.primarycare-selfhelp.co.uk/index.php

BBC News - Warren Buffett donates an... BBC Weather | WF17 SHARP

**SHARP**

Self-help Leaflets → Select a Leaflet...

SELF-HELP ACCESS IN ROUTINE PRIMARY-CARE  
www.primarycare-selfhelp.co.uk

**Login**  
Email  
wajid.khan@swyt.nh  
Password  
.....  
Log In  
[Register](#)  
[Forgot password?](#)

**Section Links**  
[SHARP Home](#)  
[About SHARP](#)  
[News](#)  
[Self-Help Leaflets](#)  
[Other Leaflets/Booklets](#)  
[Self-Help Programs](#)  
[External Links](#)  
[Contact SHARP](#)  
[Help!](#)

**Search the Leaflets**  
Keyword  
  
Search

**The SHARP Project**  
**A website providing self-help resources and training**

**What is SHARP?**  
Self-help Access in Routine Primary Care (SHARP) is a project designed to enable primary care practitioners to support patients with mild to moderate anxiety and/or depression to access to Cognitive Behavioural Therapy (CBT) based self-help information.

It includes the following:

- Access to brief self-help leaflets to help people understand and manage their problems more effectively
- Links to other self-help resources
- A training course for practitioners with the following outcomes
  - To understand the 5 areas Cognitive Behavioural Therapy (CBT) model and how it is used in the self-help leaflets
  - To identify patients who are suitable for guided self-help
  - To engage patients in the guided self-help approach
  - To identify appropriate self-help materials for the patients' identified problems and goals
  - To support patients in their use of self-help materials
- Access by online registration to a practitioners section that contains a discussion forum to enable ongoing support and the sharing of good practice

http://www.primarycare-selfhelp.co.uk/index.php

start | SHARP - Mozilla Firefox | Inbox - Microsoft Out... | Document3 - Microsof... | Microsoft PowerPoint ... | 09:46



# Developed Resources: Website

A screenshot of a Mozilla Firefox browser window displaying the SHARP website. The browser's address bar shows the URL 'http://www.primarycare-selfhelp.co.uk/selfhelp.php'. The website has a red header with the SHARP logo. On the left, there is a 'Login' section with an email field containing 'wajid.khan@swyt.nh' and a password field with masked characters. Below the login section is a 'Section Links' menu with items like 'SHARP Home', 'About SHARP', 'News', 'Self-Help Leaflets', 'Other Leaflets/Booklets', 'Self-Help Programs', 'External Links', and 'Contact SHARP'. The main content area is titled 'Self Help Leaflet' and includes sections for 'Full and Lite Versions', 'Categories', 'Getting Started', 'Understanding your problem', 'The 5 Areas Model', 'Using the 5 Areas Model to manage your problem', 'Monitoring your symptoms', and 'Other therapies and resources'. A dropdown menu is open, showing a list of leaflets such as 'Changing Unhelpful Thinking (2) - Challenging Unhelpful Thoughts', 'Relaxation', 'Monitoring your symptoms', and 'Alcohol Use Disorders Identification Test - Audit'. The Windows taskbar at the bottom shows the start button and several open applications including SHARP - Mozilla Firefox, Microsoft Outlook, and Microsoft PowerPoint.





# Developed Resources: Full Leaflets

http://www.primarycare-selfhelp.co.uk/media/guide/DepressionTheViciousCycle.pdf - Microsoft Internet Explorer provided by Heal


1 / 1 50%

www.primarycare-selfhelp.co.uk SUPPORTING SELF CARE

## Self-Help Leaflet 20

### Depression – The 'Vicious Cycle' that keeps it going

Negative thoughts are almost always present when we are feeling low or depressed. In that sense, negative thoughts are 'normal' – they are part of feeling depressed, which happens to all of us during our lives. However, if your depression goes on for a long time or keeps returning then it may be your negative thoughts themselves that are triggering your depression, or making it worse or longer lasting.



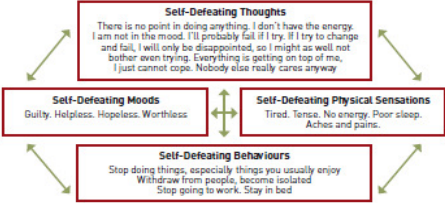
People prone to depression often think in a biased, negative way about themselves (I'm no good / I am useless), about the world (Nobody cares about me / every one else is too busy to bother about me) and about the future (Nothing will change / my life will always be like this)

What makes these thoughts even more difficult to tackle is the fact that they are usually:

1. **Automatic** – they just pop into your head without any effort on your part.
2. **Distorted** – they do not fit the facts.
3. **Unhelpful** – they keep you depressed and make it difficult to change.
4. **Believable** – it does not occur to you to question or challenge them.
5. **Persistent** – they are very difficult to switch off or get rid of.

In people prone to depression these negative thoughts can stop you from doing the things that you would normally do. As a result you may feel low or depressed which may trigger more negative, self-critical thoughts. So, a 'vicious cycle' develops that keeps the depression going and makes it worse.

The diagram below shows an example of a 'vicious cycle' at work. These cycles can often be triggered by stress from the outside world – other people giving us a hard time, problems at work; children playing up – or they can be triggered by problems inside ourselves that we cannot control, such as physical illness or chronic disability or health problems. These vicious cycles can also make self-help difficult, so it is important to be aware of them and challenge them.



**Self-Defeating Thoughts**  
There is no point in doing anything. I don't have the energy. I am not in the mood. I'll probably fail if I try. If I try to change and fail, I will only be disappointed, so I might as well not bother even trying. Everything is getting on top of me. I just cannot cope. Nobody else really cares anyway.

**Self-Defeating Moods**  
Guilt. Helpless. Hopeless. Worthless.

**Self-Defeating Physical Sensations**  
Tired. Tense. No energy. Poor sleep. Aches and pains.

**Self-Defeating Behaviours**  
Stop doing things, especially things you usually enjoy. Withdraw from people, become isolated. Stop going to work. Stay in bed.

SHARP is a joint venture between The University of Huddersfield, South West Yorkshire Mental Health NHS Trust and Wakefield Primary Care Trust.  
© Copyright The University of Huddersfield, 2005. All rights reserved.  
Version 1 to 01/2008 Page 1 of 2

Done

start 4 Microsof... 12 Intern... the SHARP ... sharp manu... 4 Microsof... untitled - Paint 11:35

Mike Lucock, Mike Lawson & Wajid Khan  
July 2011

# Developed Resources: Lite Leaflets

DepressionFiveAreasModelLite.pdf (application/pdf Object) - Mozilla Firefox  
 http://www.primarycare-selfhelp.co.uk/media/guide/DepressionFiveAreasModelLite.pdf

## Depression - A 'Five Areas' Model

Depression is the most common mental health problem and the third most common reason for going to the doctor. 1 in 4 people will suffer from depression at some point in their lives.

The diagram shows some of the signs and symptoms of depression. The events in the big box (the outside world) can strongly affect us, though many events in the outside world are not under our control. The other 4 boxes (thoughts, feelings, physical symptoms and behaviour) are our own responsibility and we are the only ones who can change them.

**THE 'OUTSIDE WORLD' - LIFE SITUATIONS AND RELATIONSHIPS**  
 Death of a family member or friend. Problems with housing or neighbours.  
 Money worries. Losing your job. Relationship problems or break up.

**THOUGHTS / IMAGES**  
 "I am no good to anyone anymore"  
 "I am a failure"  
 "I will never get any better"  
 "I am just a burden"  
 "Life's not worth living"

**PHYSICAL SYMPTOMS**  
 No energy, Tired all the time,  
 No appetite or eating too much,  
 No interest in sex, Poor sleep,  
 Poor memory and concentration

**FEELINGS / MOODS**  
 Depressed,  
 Guilty,  
 Irritable,  
 Anxious.

**BEHAVIOURS**  
 Avoiding people,  
 Staying indoors or in bed,  
 Seeking reassurance from family or others,  
 Avoiding physical exercise,  
 Using drugs or alcohol

Not everyone who is depressed will have all these symptoms and even people who are not depressed may feel like this some of the time.

Page 1 of 2 © Copyright The University of Huddersfield, 2012. All rights reserved. Adapted with permission from Developing Depression and the model: A New Approach by Dr Chik Wilkins, Huddersfield Press. SHARP is a joint initiative between The University of Huddersfield and South West Yorkshire Partnership NHS Foundation Trust. W190012-01/11

Done

start SHARP - Mozilla Firefox DepressionFiveAreas... Inbox - Microsoft Ou... Document3 - Microso... Microsoft PowerPoint... 09:49

## Structure of Training

- One full day or two half-day workshops, covering:
  - Half day on: Introduction to GSH, NHS policy context, the Five Areas model, introducing the self-help materials (websites, leaflets).
  - Half day on: How to identify suitable patients and their key problems and goals, engaging practitioners in guided self-help and supporting their use of the leaflets.
- Follow-up half day workshop after three to four months to review practice
- Use of video demonstrations and role plays of consultations
- Access to online advice via the forum.

**Mike Lucock, Mike Lawson & Wajid Khan**  
**July 2011**

## Evaluation: Participants Ratings (pilot practitioner sessions)

Feedback rated on a 5 point scale:

**0** Poor                      **1** Fair                      **2** Quite good                      **3** Very good                      **4** Excellent

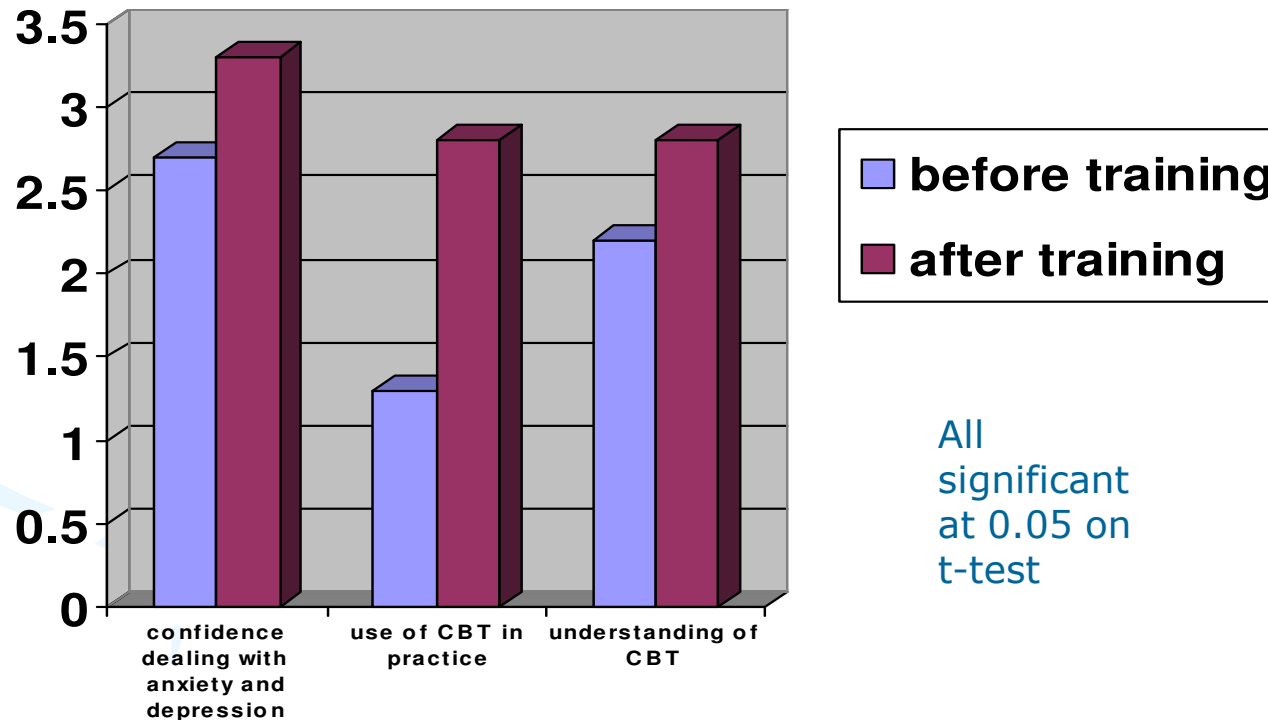
Mean Score/ Ratings		
	Session 1	Session 2
<b>Relevance to Role</b>	<b>3.6</b>	<b>3.7</b>
<b>Usefulness to Role:</b>	<b>3.6</b>	<b>3.6</b>
<b>Presentations:</b>	<b>3.2</b>	<b>3.2</b>
<b>Environment:</b>	<b>2.7</b>	<b>2.8</b>
<b>Handouts:</b>	<b>3.4</b>	<b>3.5</b>

Did the Session Meet Your Expectations?

	Yes	Partially	No
<b>Session 1</b>	<b>92%</b>	<b>8%</b>	<b>-</b>
<b>Session 2</b>	<b>91%</b>	<b>9%</b>	<b>-</b>

# Evaluation: Pilot Practitioner Sessions:

**Figure 1:** Changes in practitioners subjective ratings of use of CBT- understanding of CBT and confidence dealing with anxiety and depression before and after the training (0-4 point scale)



**Mike Lucock, Mike Lawson & Wajid Khan  
July 2011**

## Evaluation: Train the Trainer sessions

- 50 Practitioners – Divided in to 3 Training Cohorts

Area	Attendees
Barnsley	6
Bradford	4
Doncaster	2
Grimsby	2
Halifax	2
Hull	3
Kirklees	2
Leeds	5
Rotherham	4
Sheffield	13
Wakefield	7

Occupation Area (Summarised)	Attendees
Psychological Wellbeing Practitioner (Low & High intensity)	26
Health Trainers (Incl. Team Leads & Management)	5
Mental Health Team practitioners	6
Mental Health Team leader or Team Manger	3
Senior Drugs Workers or Therapists	6
Support time Recovery worker	1
Nurse Specialist	1
CBT Trainee	1
Project officer LD	1

**Mike Lucock, Mike Lawson & Wajid Khan  
July 2011**

## Evaluation: Participants Ratings (Train the Trainer sessions)

Feedback rated on a 5 point scale:

**0** Poor                      **1** Fair                      **2** Quite good                      **3** Very good                      **4** Excellent

Mean Score/ Ratings (Session 1):			
	Cohort 1	Cohort 2	Cohort 3
<b>Relevance to Role</b>	<b>3.6</b>	<b>3.1</b>	<b>3.6</b>
<b>Usefulness to Role:</b>	<b>3.5</b>	<b>3.0</b>	<b>3.5</b>
<b>Presentations:</b>	<b>3.5</b>	<b>3.0</b>	<b>3.3</b>
<b>Environment:</b>	<b>3.3</b>	<b>2.8</b>	<b>3.2</b>
<b>Handouts:</b>	<b>3.6</b>	<b>3.5</b>	<b>3.7</b>
<b>Content:</b>		<b>3.1</b>	<b>3.4</b>

Did the Session Meet Your Expectations?

	Yes	Partially	No
<b>Cohort 1</b>	<b>100%</b>	-	-
<b>Cohort 2</b>	<b>91%</b>	<b>9</b>	-
<b>Cohort 3</b>	<b>92%</b>	<b>8</b>	-

## Evaluation: Participants (Train the Trainer sessions)

Feedback rated on a 5 point scale:

**0** Poor                      **1** Fair                      **2** Quite good                      **3** Very good                      **4** Excellent

<b>Mean Score/ Ratings (Session 2):</b>			
	<b>Cohort 1</b>	<b>Cohort 2</b>	<b>Cohort 3</b>
<b>Over All Content</b>	<b>3.6</b>	<b>3.1</b>	<b>2.5</b>
<b>Overall Relevance To Your Role</b>	<b>3.5</b>	<b>3.7</b>	<b>2.9</b>
<b>Overall Usefulness To Your Role</b>	<b>3.5</b>	<b>3.7</b>	<b>2.9</b>
<b>Environment</b>	<b>3.5</b>	<b>3.2</b>	<b>3.1</b>
<b>Website Leaflet info</b>	<b>3.6</b>	<b>-</b>	
<b>Role Plays / Practice Sessions</b>	<b>3.4</b>	<b>3.5</b>	<b>2.9</b>
<b>Planning your training sessions</b>	<b>3.4</b>	<b>3.1</b>	<b>2.7</b>
<b>Stuart Lloyd / demo / Feedback</b>	<b>3.6</b>	<b>3.1</b>	<b>3.0</b>
<b>Session Meet Expectations?</b>	<b>100% Y</b>	<b>94% Y</b>	<b>50% Y</b>



# Analysis: Participants Comments

## Feedback Comments from Participants on the Training:

*Flexible & Well Balanced Training (PWP's Sheffield)*

As a non NHS clinician it has given me the confidence and understanding to use the 5 Area model  
*(Drugs Worker - Leeds)*

I can choose the bits that are useful in my area and develop them further  
*(Peri-natal Nurse Specialist - Wakefield)*

Role Plays & discussions were positive  
*(PWP Barnsley)*

*Website resources simple and well branded (PWP Team Manager Kirklees)*

Provides me with a better structure i.e. 5 area model to support clients  
*(Health Trainers Bradford)*

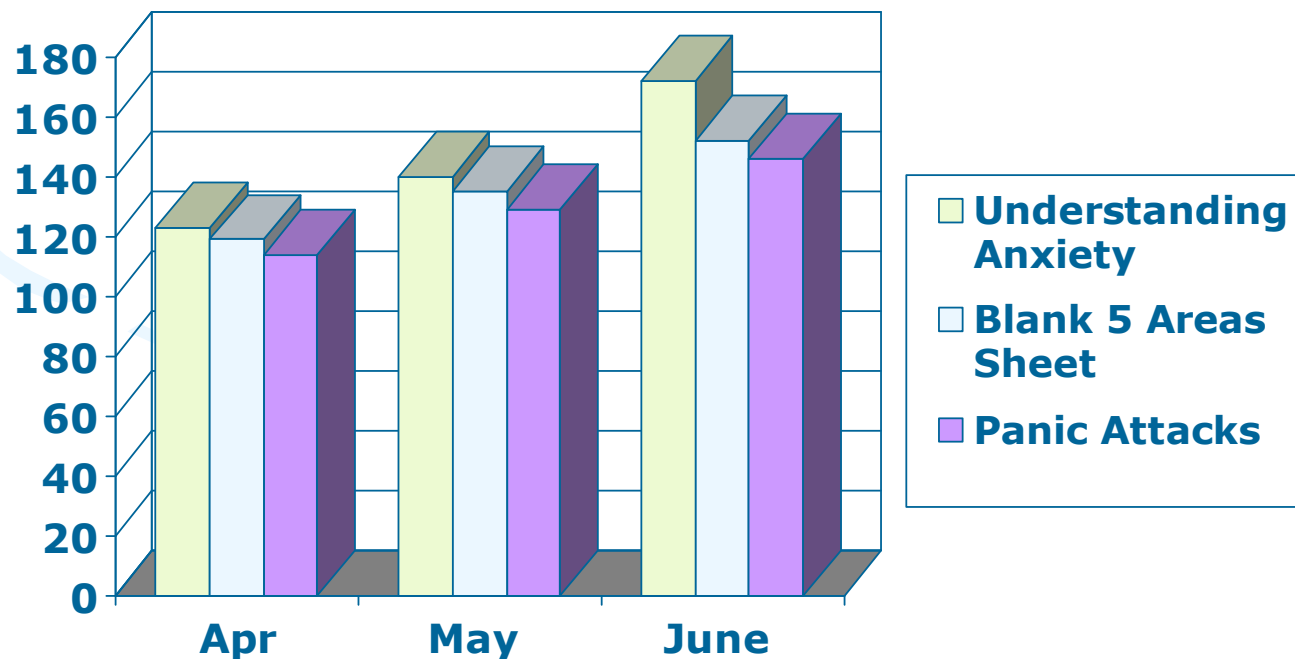
Seeing the practical 'Demonstrations' of how SHARP can be used has boosted my confidence in applying it locally

**Mike Lucock, Mike Lawson & Wajid Khan**  
**July 2011**

## Evaluation: Resources Uptake

- There are currently 233 registered members of the website (Registration not necessary to access leaflets).
- Website viewing / hits per month exceeding over 350

**Figure 2: Showing the Viewing Figures for the Top 3 Full Leaflets From the Website For April – June 2011:**



## Evaluation: Train The Trainer phase

- Post Training: All Areas have organised some sort of training or activity to disseminate SHARP information & Resources:

### Two Examples of Varied Use of SHARP:

<p>Sheffield (IAPT PWPs)</p>	<ul style="list-style-type: none"> <li>• Specialist 'SHARP' group set up to identify ways in which to engage GPs &amp; to look at ways SHARP resources could be used effectively</li> <li>• SHARP information presented to 2 GP surgeries alongside ½ hour workshop slots</li> <li>• Presentation for approx 50 GP trainees</li> </ul>	<p>A series of training sessions are planned with 6 other GP practices in the area</p> <p>Website information and leaflets are to be highlighted in staff newsletters across the area</p>
<p>Wakefield (Nurse Specialist)</p>	<ul style="list-style-type: none"> <li>• Adapting information from SHARP a series of training sessions looking at 'Anxiety Management' were undertaken with the Midwifery and health visiting team - 24 clinicians attended this training.</li> <li>• Due to high demand: a further 2 sessions were organised:</li> </ul>	<p>A further 3 training sessions looking at depression &amp; anger management are planned.</p>

# Reflections

- Flexibility of the approach for local needs
- Range of trainers, “trainees”, settings and ways in which the training has been delivered
- Supported innovative practice
- Use of approach and leaflets by trainers, staff, families
- Opportunistic use of the approach in routine practice

**Mike Lucock, Mike Lawson & Wajid Khan**  
**July 2011**

# Future Thoughts

- Continue to support trainers
- Continue to develop and improve the leaflets in line with the feedback
- Provide web resource and support for practitioners who are carrying out SHARP training in their respective areas e.g. videos
- Using the SHARP website to act as a co-ordinating resource for self help material: with updated links
- Develop and finalise the manual & other resources
- Develop effective advertising and promotional materials

**Mike Lucock, Mike Lawson & Wajid Khan**  
**July 2011**

# ACKNOWLEDGEMENTS



*Yorkshire and the Humber*



*Wakefield District*



With all of us in mind

South West Yorkshire Partnership 

NHS Foundation Trust

**Mike Lucock, Mike Lawson & Wajid Khan**  
**July 2011**