

Case study

Client completed MindStep in October 2017



76 YEAR OLD

MALE

MARRIED

WORKS PART TIME

MENTAL HEALTH ADMISSION
EARLY 2017

PRESENTING PROBLEM

- Obsessions and comparing himself to others
- Felt depressed and like a failure
- Lead him to isolate himself, sleep more and be irritable

MENTAL HEALTH INTERVENTION

- Behavioural activation which involved scheduling a balance of routine, pleasurable and necessary activities across the week
- As he gradually increased what he was doing each day, his mood and energy levels also increased, this enabled him to steadily build back into a highly functioning lifestyle
- Relapse prevention education was provided and a plan set for ongoing maintenance of skills learnt

END OF COACHING GOALS

- Commence volunteer work once a week
- Study French for 1 hour most days
- Catch up with friends at least once a week

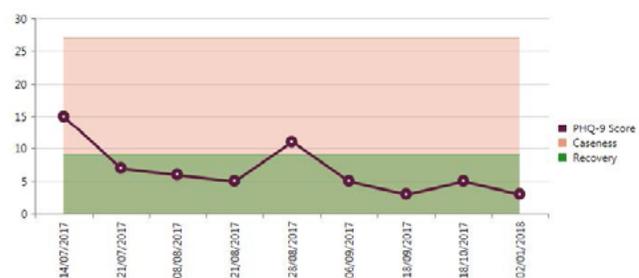
OUTCOMES

- Weekly symptom scores significantly improved
- All end of coaching goals achieved and client reported high confidence to continue
- Follow-up appointment in January showed ongoing improvements

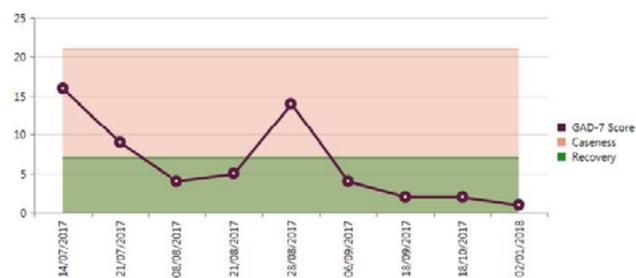
EXTRA NOTE

Feeling positive, energized and going well with his French study, this client has booked a trip to France for mid-2018!

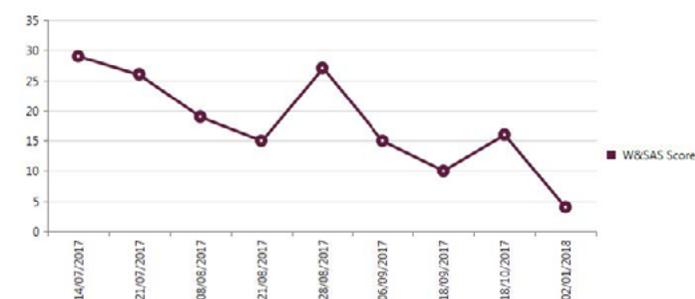
PHQ-9 Scores

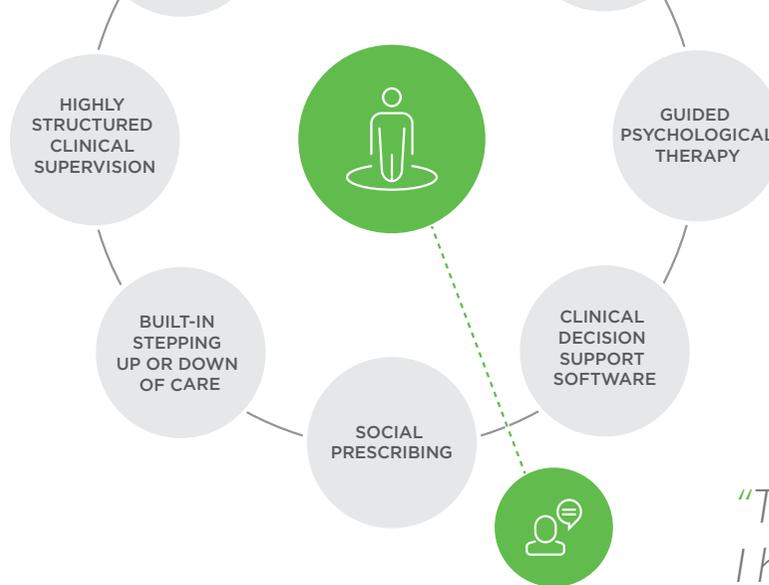


GAD-7 Scores



W&SAS Scores





CLINICAL OUTCOMES

Overall, MindStep® shows an average recovery rate of 55.82% in the 18 months since program launch. This varied from month to month, ranging from 31% to 67%. Clients who demonstrated a greater rate of symptom improvement in the first 4 weeks were more likely to complete all 7 scheduled MindStep® sessions. There was also a significant association between symptom severity and recovery status, indicating greatest benefits were experienced by people with moderate severity of depression or anxiety.

Another measure of benefit was to assess reliable improvements of (PHQ9≥6 and/or GAD7≥4). Overall, 66% of clients experienced reliable improvement at the end of the program using this definition.

Significantly, the majority of people who recovered remained well at 1, 3 and 6 month follow up (with relapse rates of 6-9% defined as PHQ9≥10 or GAD7≥8).

DROPOUT RATES

For clients who agreed to attend at least 1 therapy session, 9% were deemed as not suitable (due to high risk or other co-morbidities); 14% were stepped up (due to high risk or deterioration) and a further 14% dropped out (could not be contacted or declined further sessions).

55% PERCENTAGE OF PEOPLE ENROLLED IN THE PROGRAM WHO FULLY RECOVERED

66% PERCENTAGE OF PEOPLE WHO EXPERIENCED A CLINICALLY SIGNIFICANT IMPROVEMENT IN THEIR SYMPTOMS

“The experience was really positive. I hadn’t expected it to go as well as it has. Working with someone long distance, I originally didn’t see the value in doing that, then as I began being part of the program, I really, really treasured that...”

HOSPITAL UTILISATION IMPACTS

MindStep® was not established as a research program. As a result, only pre and post participation data from one insurer were analysed. Notwithstanding the small number of clients with hospital admission data during the study period, results show a significant reduction in average hospital length of stay (LOS) - 7.21 days (p=0.001) for people completing all sessions; 8.11 days (p=0.014) for people who recovered. This was also reflected in the costs incurred by the insurer - a saving of \$4734 (p<0.001) for people completing all sessions and \$5478 (P<0.001) for people who recovered. If the diagnosis for admission was related to a major depressive episode, the reduction in LOS for completers was 11.1 days (p=0.002) with a saving of \$8323 (p<0.001).

CONCLUSION

MindStep® is a proven low intensity mental health program that has been successfully adapted to the Australian health setting for people who have had a recent hospital admission due to anxiety