Silvercloud Digital Therapies Platform

Silvercloud provides private and secure access anywhere, anytime to a range of evidence-based, online cCBT packages that are each tailored for different clinical conditions. Each package contains modules that teach users techniques to reduce symptoms of stress, anxiety, low mood or depression associated with their own specific condition.

Based on Cognitive Behavioural Therapy (CBT) or Acceptance and Commitment Therapy (ACT), mindfulness and positive psychology, Silvercloud is interactive and flexible. The program can be run on a PC, laptop, mobile phone or tablet device with an internet connection. This form of treatment is recommended by NICE and SIGN and can be accessed by patients with minimum delay.

In Scotland over 20,000 referrals for cCBT are received each year. It has been shown to be an effective and acceptable treatment with up-take and drop-out rates being comparable to face to face psychological treatment. It is suitable for patients aged 16 and above.

Referral Criteria:

Suitable for patients with the following clinical conditions:
Mild to moderate depression and/or anxiety associated with the following medical conditions:

- Diabetes
- Chronic Pain
- Chronic Heart Conditions
- Lung Conditions
- Rheumatoid Arthritis
- Depression
- Anxiety
- Generalised Anxiety Disorder
- Health Anxiety
- Social Anxiety
- Phobia
- OCD
- Panic
- Perinatal Wellbeing
- Breast Cancer

Not suitable for patients:

- ✗ With active suicidal ideas or plans: please refer to relevant service
- ✗ Who are unable to read or write English (reading age below 10/11 years)
- ✗ Who have a severe and/or enduring mental health difficulty (e.g. psychosis / bipolar)
- ✗ Significant cognitive impairment that would impair their ability to use the programme
- ✗ Those with a primary alcohol and/or substance misuse problem
- ✗ Those who will be out with the UK when completing their reviews

Referral Procedure:

Referrals can be made either via SCI-Gateway by selecting Computerised Cognitive Behavioural Therapy as the specialty or by completing the Tayside cCBT referral form. Please send completed forms by mail to the address below or by email to TAY.taysideccbt@nhs.scot

If referring by SCI-Gateway it is essential to indicate the primary clinical condition listed above for which treatment is being sought. It is also essential that you include an up-to-date contact number and email address as an account cannot be set up without this.

After Referral:

After the referral is received, the NHS Tayside cCBT coordinator will contact your patient by telephone within 5 working days to provide them with additional information and register them on SilverCloud. Your patient will then be sent an email with a link to activate their account. They will be asked to create a secure username and password, read the support agreement and complete the questionnaires. After these steps they will be able to get started with SilverCloud and have the option of downloading an app to access the programme.

Home User Technical Requirements:

Patients completing the programme in their home will require the following:

- Desktop computer, laptop, tablet, or Smartphone, with speakers or earphones

- Internet connection (data usage may apply if using on a mobile network)

Reviews

Approximately every 4 weeks the user will be asked to take part in a "review" on an agreed date with the Tayside cCBT Co-ordinator, these are carried out in the format of an email. These must be completed whilst the user is in the UK. During a review the user will be asked to complete questionnaires and share any comments that they have made over the course of completing the SilverCloud modules. The cCBT co-ordinator will then provide written feedback and additional advice that will appear on the users Homepage and the Messages page. The feedback and advice provided **will not be clinical** in any nature, but will offer encouragement and support. If the user requires clinical support at any stage throughout the online treatment, they should contact an appropriate clinician involved in their care, such as you as their referrer or their GP.

Suicidal Thoughts:

At the start of treatment and during a review, the patient will complete a questionnaire that includes asking if they have had thoughts of harming themselves. If they answer that they have, they will complete additional questions relating to the frequency and level of intent to act upon such thoughts as well as any protective factors. The NHS Tayside cCBT co-ordinator will inform the referrer and/or the users GP, or other clinician of this information. If they are completing the course outside of standard working hours it is recommended they contact NHS 24 to discuss these feelings. The Tayside cCBT co-ordinator will then inform the referrer and/or the users GP, or other clinician the next working day.

Further Information:

For further information on the cCBT Service please contact your local cCBT administrator on:

Contact details for any questions/queries etc: -

Digital Therapies Service, NHS Tayside, Dudhope House, 15 Dudhope Terrace, Dundee, DD3 6HH.

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