

## Inclusion/Exclusion Criteria for Mind Matters IAPT Service

The Mind Matters IAPT Service is largely comprised to support people with common mental health conditions such as anxiety and depression. We offer short term CBT interventions for people with anxiety and depression and counselling for depression. Our average length of sessions at step 2 is 4 sessions and at step 3 is 6-8 sessions. We offer interventions online, telephone, group and individual sessions.

### **Inclusion:**

- Depression, including antenatal and postnatal
- Generalised anxiety disorder
- Mixed depression and anxiety
- Panic disorder
- Obsessive-compulsive disorder (mild to moderate)
- Phobias (including social anxiety disorder or social phobia)
- Post-traumatic stress disorder (single event trauma only)
- Health anxiety (hypochondriasis)
- Eating disorders (mild-to-moderate)
- Adjustment disorders in adults with anxious mood
- Substance misuse (where anxiety or depression related symptomatology is present and when their substance misuse problems have stabilised)
- Mild learning disability where anxiety or depression related symptomatology is present

### **Priority Cases:**

- Perinatal (fast-tracked to access treatment within 14 days)
- Veterans (fast-tracked to access treatment within 14 days)

### **CQUINS:**

We also aim to improve access to psychological therapies to the following groups;

Older People

Mild Learning Difficulties

BAMER/BME population

Long Term Health Conditions

### **Exclusion Criteria for Mind Matters IAPT:**

- Those who are actively suicidal and those who have tried to commit suicide in the past **30 days**
- Those who pose a high risk to themselves, risk to others or who are at significant risk of self-neglect
- People currently under the care of secondary care services (i.e. CMHRs)
- “Hard-to-engage” people who have consistently rejected various treatment options offered
- Early intervention in psychosis
- People suffering from acute psychosis and those who have a pre-existing diagnosis of severe and enduring, unstable mental illness
- Personality disorders (severe/complex)
- Medication management
- Individuals for whom drug and alcohol misuse present as primary problems are best focused towards substance misuse services
- People who have a moderate and severe impairment of cognitive function (e.g. dementia); or moderate and severe impairment due to autistic spectrum problems or learning disabilities are best served by specialist services