‘ACTivate Your Life’
Delivering an Effective Psychoeducational Intervention across Wales
Epidemiology vs. Resources

What is needed is Increased Access to Psychological Therapies

Impact = Effectiveness x Reach
Books on Prescription – COST-EFFECTIVENESS

Quality bibliotherapy is significantly **effective**

And **BoP COSTS** are **VERY** low (£1)

With effectiveness of 33% - Unit Cost per Effective Treatment (UCET) = £3

**High Cost-effectiveness, potential**

**Very Wide Reach and High Impact**
GROUP PSYCHOEDUCATION

Non-stigmatizing (educational focus and delivery in non-clinical settings)

Normalizing (mixed group, focus on universal, ordinary mental processes)

Develops enduring (and general) skills (e.g. mindfulness, emotional intelligence)

Broad focus (e.g. transdiagnostic – and prevention, treatment, recovery, rel. prev.)

Extensive reach and highly cost-effective
ACTivate Your Life

A psycho-education course based on ...

Acceptance and Commitment Therapy

ACT

Delivered live to groups by trained presenters
(Mental Health professionals, 3rd sector, SUs)

Transdiagnostic and “non-diagnostic”
Offered through primary care MH services to Tier 0 / Tier 1 adults in other contexts and in bespoke versions

Adolescent services (HD)

Pain services (P)

Survivors of domestic violence (AB)

Stroke (CT, C & V)
We can limit the negative effects of our Mind’s activities by becoming more aware – by getting wise to our Mind.

Becoming less impulsive and more mindful will ease our suffering – and COMMITMENT to living in line with our values will help us to make life more rewarding and more fulfilling.
ACTivate Your Life - Fundamental Strategies

Awareness of Mind
Acceptance
Defusion
Mindfulness
Identifying Values
Maintaining Commitment

These all increase psychological flexibility
### 3 SOURCES – EFFECT SIZES (Cohen’s d)

<table>
<thead>
<tr>
<th>AYL</th>
<th>Cohen Class</th>
<th>Weighted</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHQ-8</td>
<td>Large</td>
<td>Citalopram .25</td>
</tr>
<tr>
<td>GAD-7</td>
<td>Large</td>
<td>Fluoxetine .28</td>
</tr>
<tr>
<td>SELF-ESTEEM</td>
<td>Moderate</td>
<td>Mirtazapine .35</td>
</tr>
<tr>
<td>WELLBEING</td>
<td>Moderate</td>
<td>Sertraline .29</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Venlafaxine .37</td>
</tr>
</tbody>
</table>
ACTivate Your Life

Current developments include ...

➢ “AYL After Cancer Treatment” (“AYLACT”) (now being developed with Tenovus)

➢ Older adult version (Cwm Taf)

➢ BSL signed version for the deaf (ABMU/BDA)

POTENTIAL –