Digital CBT Service Report
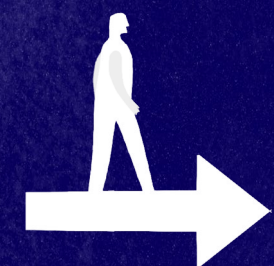
Spring 2022

Overall user satisfaction rate is 94%

Our Referrers

83% GPs are the source of the most referrals, representing of the total referrals.

Our clients self identify as:
Female **74.6%**
Male **23.6%**
Other **1.8%**

1,000 activated accounts achieved by Oct 18th, nearly 6 months ahead of plan.

Referral rates are highlighting the need for greater and easier access to psychological interventions

Effective intervention for treatment of depression and anxiety in Ireland.

45% of users with clinical levels of **depression** showed reliable improvement

57% of users with clinical levels of **anxiety** showed reliable improvement

54% of users with clinical levels of **depression** (excl. severe) transitioned to recovery

48% of users with clinical levels of **anxiety** (excl. severe) transitioned to recovery

Where are clients located?
33.4% Dublin
34.3% compiled of cities such as Cork, Galway, Limerick and Waterford.

I definitely feel this has given me a different look on my emotions and feelings and when taking the time to stop and give myself a few minutes to connect with myself as to why I'm feeling this way. Helps me to feel better and calmer and that it's ok to feel unmotivated, tired and low on the bad days and to think about all the positives around me.

SilverCloud user in Ireland

73% of the clients were aged between 18 to 44

the largest cohort of 26.9% aged 25-34

Recovery rates for those in the severe range were lower for both depression (21%) and anxiety (25%), indicating that this group may get additional benefit from higher intensity treatments

Our Partnership

Space from Anxiety programme' was most popular at **51%**

Followed by:
Space from Depression & Anxiety (**25%**)
Space from Depression (**21%**)

68% Primary Care Psychology are the referral source with the highest activation rate

with GPs accounting for the second highest activation rate at 66%.

Who We Are Helping

66.3% had been prescribed medication, which is higher than what is observed in other services like IAPT in the UK

89% indicated that they believe SilverCloud Digital CBT could to work for them