



CBT Skills Groups Initiative

Physician Overview

148

physicians participated in Phase 1-4 training this quarter;

119 in Phase 1, 11 in Phase 2, 4 in Phase 3 and 14 in Phase 4.

(plus 12 physicians who are in transition between phases)

This summary presents evaluation findings¹ from January to March 2023 of the CBT Skills Groups Initiative, which offers CBT Skills training to physicians and patients.

Physicians' **top 3 motivations to register** were:

- 1 To better support patients
- 2 Personal wellness
- 3 To learn about CBT skills

Based on pre-program physician survey responses (n=72)*, physicians heard of the program mainly by:

UBC CPD Emails **60%**

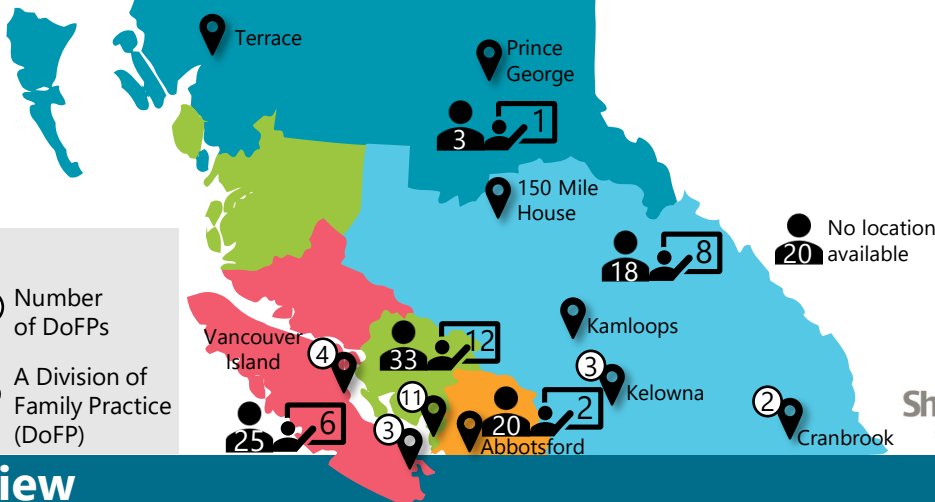
Colleague **42%**

DoFP **22%**

*Respondents able to select multiple options, will not add to 100%

Legend:

- Number of **Phase 1 trainees** by Health Authority
- Number of **Phase 2-4 trainees** by Health Authority
- Number of DoFPs
- A Division of Family Practice (DoFP)



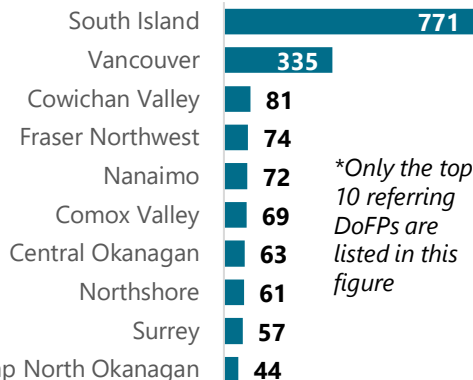
SharedCare
Partners for Patients

Patient overview

174

Patients participated in CBT Skills Foundations Groups this quarter, **primarily from the following DoFPs:** South Island (n=63), Vancouver (n=32), Surrey (n=10), and Cowichan (n=9)

The **highest number of referrals** were made by the following **Divisions of Family Practice (DoFP)*:**



*Only the top 10 referring DoFPs are listed in this figure

2041

Patients were referred this quarter by **899** providers. On average, providers referred **2** patients each.

¹ Findings are based on administrative data of physicians / patients participating during the quarter, physician evaluations surveys and patient evaluation surveys. Survey responses will not match administrative data; surveys are voluntary and open ongoing therefore may include responses from physicians / patients from other quarters.



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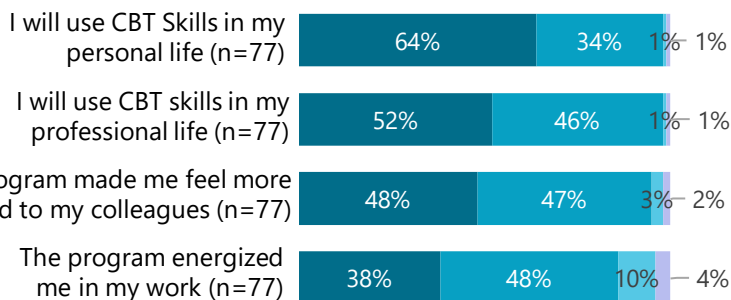


Impacts on Phase 1/Physician Wellness Participants

Learning and applying CBT Skills

Based on survey responses of Phase 1 / Physician Wellness participants this quarter (77 of 104; 74% response rate), **over 95% agreed they gained CBT Skills they will use and feel more connected to their colleagues.**

■ Strongly agree ■ Agree ■ Neutral ■ Disagree



Satisfaction with the program

Based on survey responses of Phase 1 / Physician Wellness participants this quarter (n=77), **over 95% agreed they would recommend the program to others and it was a valuable use of their time.**

96% of physician wellness participants (74 of 77) would **recommend the program to colleagues and patients**

96% of physician wellness participants (74 of 77) **agreed the program was a valuable use of their time**

Interest in becoming a CBT Skills Group Facilitator

Based on survey responses of Phase 1 / Physician Wellness participants, **49 physicians (65%; 49 of 75) would like to be trained to become a CBT Skills Group facilitator.**

Of these 49 physicians...

43% (21 of 49)
WERE ALREADY
interested when they
started training

47% (23 of 49)
BECAME
interested by the
end of the training

Note: 4 physicians initially interested indicated they were no longer interested by the end of training.



Of the 49 interested physicians, 33% are in Vancouver Coastal Health, 24% are in Island Health, 16% in Interior Health, 17% in Fraser Health, 4% in Northern Health and across 18 DoFPs.



This quarter 43 UBC Physician Wellness participants indicated interest in pursuing Phases 2-4 training and have been sent an application package from the Skills Society.

Professional Fulfillment & Burnout

Physicians are requested, at the start and end of their training, to complete a survey which employs the **Stanford Professional Fulfillment Index²** to investigate the **wider impacts of the training.** Findings from these surveys will be analyzed annually, once a sufficient sample size is available.

The following feedback was received from physician wellness participants this quarter:

"[The facilitator's] energy and shared experiences **allowed for a very supported, knowledge filled but relaxed learning environment.**"

– Physician wellness participant

"[The facilitator was] able to keep me engaged and interested in using these techniques throughout my week. **I really appreciated some of the personal examples [they] were able to provide and found this really helpful to consolidate the learning.**"

– Physician wellness participant

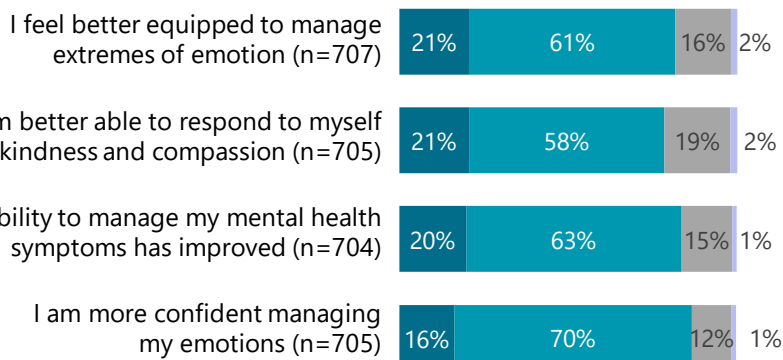
² The **Stanford Professional Fulfillment Index (PFI)** is a 16-item instrument that covers burnout (work exhaustion and interpersonal disengagement) and professional fulfillment. Response options are on a five-point Likert scale. Scale scores are calculated by averaging the item scores of all the items within the corresponding scale. Scale scores can then be multiplied by 25 to create a scale range from 0 to 100. Higher score on the professional fulfillment scale is more favourable. In contrast, higher scores on the work exhaustion or interpersonal disengagement scales are less favourable.

Impacts on Participating Patients

Learning and applying CBT Skills

Based on survey responses of patients who participated in a group this quarter, **over 80% agreed that as a result of the group they are better able to manage their mental health symptoms.**

■ Strongly Agree ■ Agree ■ Neutral ■ Disagree



"I feel in a lot stronger place than when I began and recognizing the mental traps and redirecting thoughts has been very useful to me so as a result I feel a lot happier and more able to cope and less depressed."

– Patient participant

Satisfaction with CBT Skills groups

Based on survey responses of patients who participated in a group this quarter, **over 90% agreed they felt safe in the group and would recommend it to friends and family.**

96%

of patients (676 of 704*) **agreed or strongly agreed they felt safe in the group. This level of agreement was similar across both white and racialized patients.**

(*of the other 4%, 3% were neutral, 0.4% disagreed and 0.6% strongly disagreed)

94%

of patients (665 of 706) **agreed, or strongly agreed, they would recommend this program to friends and family**

"I don't think I can understate how valuable this experience has been for me and for my ability to move forward in my life." – Patient participant

Depression and anxiety severity

Patients are requested, at the start and end of their group, to complete a survey which employs the **Patient Health Questionnaire 8³ (PHQ-8)** and the **Generalized Anxiety Disorder 7⁴ (GAD-7)** to investigate **impacts of CBT Skills on depression and anxiety, respectively.** *There was an insufficient number of completed PHQ-8 and GAD-7 scores available for analysis at the time of preparing this summary.*

The following feedback was received from patient participants this quarter:

"I am a healthcare worker who has trained in CBT, mindfulness and self-compassion via previous courses. I was extremely impressed at the completeness of this course, the written resource and the facilitation. I will be HIGHLY recommending this course to other practitioners and clients alike! Thank you for this excellent resource.

– Patient participant

"I'm grateful to have this program offered to me. It has helped me immensely. My daughter even mentioned that she feels I'm much better now which has greatly improved our relationship."

– Patient participant

³ The **PHQ-8** is an 8-item instrument for screening, diagnosing, monitoring and measuring the severity of depression. Responders are asked to rate the frequency of depression symptoms in the last 2 weeks on a Likert scale ranging from 0-3. Items are summed to provide a total score. In terms of the depression severity, a score of 1-9 is considered 'minimal', 10-14 mild, 15-19 Moderate, 20-24 Severe. Only patients with a score of 18 or less at time of referral are eligible to register for CBT Skills Groups.

⁴ The **GAD-7** is a 7-item questionnaire for screening and severity measuring of generalized anxiety disorder (GAD). The GAD-7 score is calculated by assigning scores of 0, 1, 2, and 3, to the response categories of 'not at all', 'several days', 'more than half the days', and 'nearly every day', respectively, and adding together the scores for the seven questions. Scores of 5, 10, and 15 are taken as the cut-off points for mild, moderate and severe anxiety, respectively.