



CBT Skills Groups Initiative

Physician Overview

Based on pre-program physician survey responses (n=28)*, **physicians heard of the program mainly by:**

- UBC CPD emails **50%**
- DoFP **50%**
- 11%** Physician Health Program
- 11%** CBT Skills Website

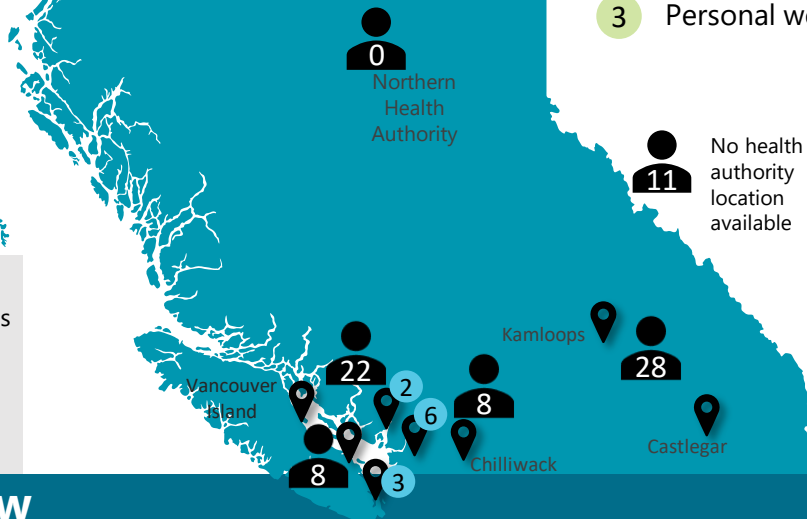
*Respondents able to select multiple options, will not add to 100%

Legend:

- Number of physicians wellness trainees by Health Authority
- A Division of Family Practice (DoFP)
- Number of DoFPs

69* physicians completed physician wellness training this quarter across 17 Divisions of Family Practice

*Participants able to select multiple Divisions this quarter, map numbers will not add to 69



This summary presents evaluation findings¹ from April-June 2022 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 Professional development
- 3 Personal wellness

Patient overview



872

Patients participated in CBT Skills Foundations Groups this quarter, **primarily from the following DoFPs:** South Island (n=425), Vancouver (n=177), Fraser Northwest (n=32), North Shore (n=23) and Cowichan Valley (n=22)

1,723

Patients were referred this quarter by **745** providers. On average, providers referred **2** patients each.

The **highest number of referrals** were made by the following **DoFPs***:

South Island	746
Vancouver	309
Nanaimo	69
Surrey	68
Northshore	61
Fraser Northwest	52
Cowichan Valley	51
Shuswap	40
North Okanagan	40
Burnaby	40
Comox Valley	35

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

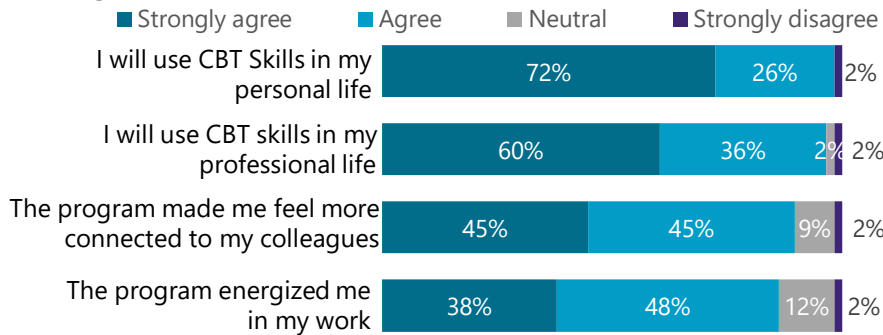
¹ Findings are based on administrative data of physicians / patients participating during the quarter, physician evaluations surveys and patient evaluation surveys. Survey responses will not match administrative data; surveys are voluntary and open ongoing therefore may include responses from physicians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



Impacts on Participating Physicians

Learning and applying CBT Skills

Based on survey responses of physicians who have completed physician wellness training (n=58), **over 90% agreed they gained CBT Skills they will use and feel more connected to their colleagues**



Satisfaction with the program

Based on survey responses of physicians who have completed physician wellness training (n=58), **97% agreed the program was a valuable use of their time and that they would recommend it to others**

97% of physician wellness participants (56 of 58) would **recommend the program to colleagues**

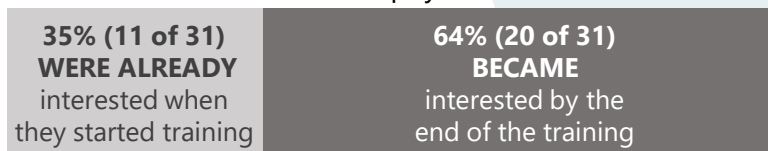
97% of physician wellness participants (56 of 58) would **recommend the program to patients**

97% of physician wellness participants (56 of 58) **agreed the program was a valuable use of their time**

Interest in becoming a CBT Skills Group Facilitator

Based on survey responses of physicians who have completed physician wellness training, **31 physicians (53%; 31 of 58) would like to be trained to become a CBT Skills Group facilitator.**

Of these 31 physicians...



Note: 2 physicians initially interested indicated they were no longer interested by the end of training.

Of the 31 interested physicians, 45% are in Vancouver Coastal, 26% in Interior Health, 16% in Island Health, 10% are in Fraser Health, and 3% in Northern Health and across 11 DoFPs.

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.

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 textbook is absolutely fantastic. The course content is amazing. So thankful for this course, **it was exactly what I didn't know I needed.**"

– Physician wellness participant

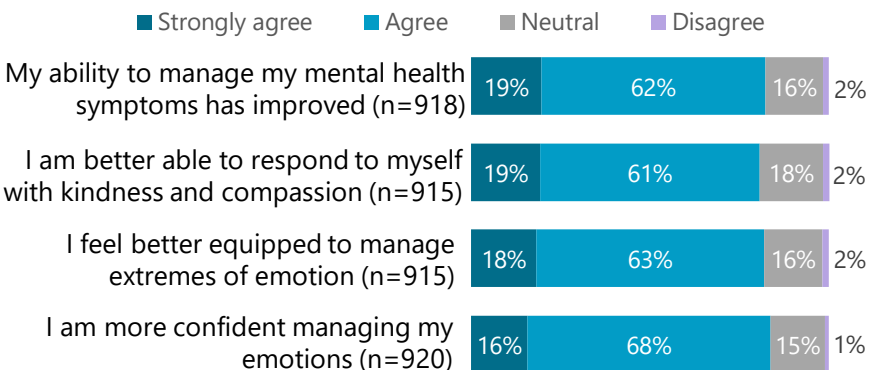
"We learned new concepts each week, put them into practice during the week, shared our experiences...**learning of my colleagues' experiences and discussions in small groups was very valuable.**"

– Physician wellness participant

Impacts on Participating Patients

Learning and applying CBT Skills

Based on survey responses of patients who completed a group this quarter, **over 80% agreed that as a result of the group they are better equipped with, and able to apply, CBT Skills in their lives.**



"Having the resources these classes have provided have truly saved my life. **I am provided with tools and so much guidance** as well as teaching me how to have self compassion as I learn to use them."

- Patient participant

Satisfaction with CBT Skills groups

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

93%

of patients (736 of 788*) **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 7%, 5% were neutral, 0.4% disagreed and 1% strongly disagreed)

94%

of patients (866 of 922) **agreed or strongly agreed they would recommend this program to friends and family**

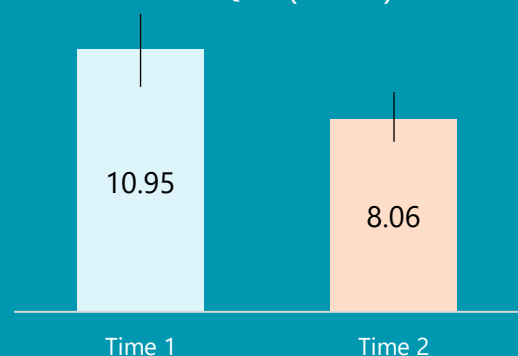
"**This was an amazing help to my every day life,** I cannot say that enough!" - Patient participant

Depression and anxiety severity

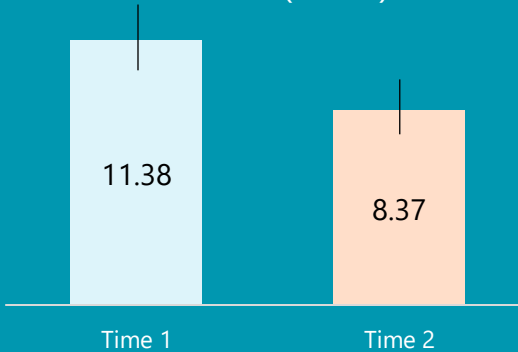
Patients are requested, at the start and end of their group, to complete a survey which employs the **Patient Health Questionnaire 8³ (PHQ-8)** and the **Generalized Anxiety Disorder 7⁴ (GAD-7)** to investigate **impacts of CBT Skills on depression and anxiety, respectively.** Analysis includes only those who attended 6 or more sessions and had pre- and post- scores. A paired t-test and 95% confidence interval was applied.

Participating patients experienced **statistically significant improvements in their symptoms of depression and anxiety.**

PHQ-8 (n=63)



GAD-7 (n=63)



Furthermore, **82% of patients with moderate to severe depression improved by one or more degrees of severity.**

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.