Dear Birmingham and Solihull Mental Health NHS Foundation Trust,

I am a researcher from the University of Nottingham. I am aiming to gather information on all digital technologies used for adult mental health services. I would appreciate as much detail as possible regarding the following questions:

Please note: we distinguish between 1) procured, contracted or paid for by the service and 2) used and recommended based on the following:

1. *Procured, contracted or paid for by the service* - these are technologies from suppliers that have been formally agreed and paid for by the Trust to use in service.

2. *Used or recommended* - these are technologies that have not been formally procured or contracted but might be suggested to service users (e.g. a list of technologies given upon referral, while on the waitlist for treatment, upon treatment commencement or completion) or used by clinicians in service.

1. Please state any digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics for adult mental health problems that your Trust has procured, contracted or are paid for by the service for use by service users. For example, these might include, but are not limited to, internet-delivered cognitive behaviour (CBT) with or without therapist support, smartphone applications, web applications or programmes, wearables (including devices or sensors) or extended reality technologies (i.e. virtual reality, augmented reality). Format this as a list indicating which have been procured, contracted or paid for by the service.

BHM patients have access to SilverCloud which is a computerised CBT programme we can sign patients up to.

We use AccuRx or Iaptus video feature for individual treatment sessions and groups are held remotely via Teams or Zoom.

The above have been procured by the Trust.

2. Additionally, please state any digital technologies, e-therapies, internet-delivered therapies, online or digital therapies, digitally enabled therapies or digital therapeutics for adult mental health problems that your Trust uses or recommends to service users. For example, these might include, but are not limited to, internet-delivered cognitive behaviour (CBT) with or without therapist support, smartphone applications, web applications or programmes, wearables (including devices or sensors) or extended reality technologies (i.e. virtual reality, augmented reality). Format this as a list indicating which are recommended and which are used by the Trust.

In BHM we might recommend Sleepio and Headspace apps.

3. For the period of 2023/24, please provide any data monitoring information you collect on the technologies listed above. For example, the number of people that have been recommended or reported using the technologies, how long they continued to use the technology or whether there was a reported benefit from their use. Please state where this data is collected from (e.g. the technology providers or from the service).

Clarification: whether you collect or hold any information in relation to the technologies from questions 1 & 2 (e.g. how many people were treated using the technology, how many were recommended them or used them or anything further).

Invites sent 2312
Accounts created 1545
Accounts pending 5 (0.2%)
Accounts activated 1540 (66.6%) (number reported using the technology)
Outcomes for those completing paired scores: Reliably improved: 40%, Recovered: 44%, Reliably recovered: 32%

Please note that the data is collected by the technology provider.

4. Please list any Talking Therapies (formerly known as IAPT) providers that run services on your behalf or in connection with your Trust.

The Trust do provide Taking therapies via Birmingham Healthy Minds which is insourced.

5. If these services are not run directly by the NHS, please state who runs them and what they are (e.g. Social Enterprise, Limited Company, third sector group).

N/A – please refer to the response in Q4.

6. Please state any organisations or third parties (e.g. ORCHA) you have partnered with or commissioned to create or provide an app library.

None

7. For the period 2023/24 please state the total number of people your Trust treated for common mental health problems, including how many were treated for each problem.

Clarification:

By common mental health problems, I am using the NHS England Talking Therapies definition found here: https://www.england.nhs.uk/mental-health/adults/nhs-talking-therapies/**.**

"NHS Talking Therapies, for anxiety and depression services provide treatment for people with the following common mental health problems:

- **agoraphobia**

- **body dysmorphic disorder (BDD)**

- **depression**

- **generalised anxiety disorder**

- **health anxiety (hypochondriasis)**

- **mixed depression and anxiety (the term for sub-syndromal depression and anxiety, rather than both depression and anxiety)**

- **obsessive-compulsive disorder (OCD)**

- **panic disorder**

- **Post-traumatic Stress Disorder (PTSD)**

- **social anxiety disorder**

- **specific phobias (such as heights, flying, spiders etc.).**

  This information can be accessed through national (NHSE) reporting – it is a public record.

LINK: https://digital.nhs.uk/data-and-information/publications/statistical/nhs-talking-therapies-for-anxiety-and-depression-annual-reports/2022-23)