

Assessing Suitability for Guided Self-Help using the Serenity Programme™

The Serenity Programme™ provides a '**blended learning**' approach to computerised cognitive behaviour therapy (**CCBT**), allowing users to work with an interactive **Internet-based self-help programme** alongside **brief support from a trained helper**.

The duration and frequency of contact with the helper can be varied according to the client's needs and preferences. Certain factors tend to be associated with better outcomes. You can **use this guide to help ascertain which clients are most likely to benefit from this approach**. The Serenity Programme™ **can be used as the sole intervention** for generalised anxiety disorder (GAD), **social anxiety**, **panic disorder** and **phobic avoidance**. However, it can **also be used as an adjunctive or psychoeducational intervention** alongside other approaches.

As the programme involves behavioural assignments (facing up to the things we avoid while learning to better regulate our emotions) users must be able to make time for the programme and its associated tasks.

Potential users are encouraged to compare the level of distress or inconvenience associated with the problem with any potential distress and inconvenience that could result from exposure to the avoided object or situation.

PHQ-9 and GAD-7 < 15 and GAF > 50

PHQ-9 or GAD-7 > 15 and / or GAF < 50

Low motivation, poor impulse control, psychosis, addiction, cognitive impairment, suicidal intent or major depression

— Increase access to interpersonal support —

Not recommended →

Factors associated with better outcomes

- ✓ Access to supportive others
- ✓ Moderate use of prescribed medication
- ✓ Good social and occupational role functioning
- ✓ Symptoms level permits independent working
- ✓ Recent onset of symptoms
- ✓ Views self as able to address problems
- ✓ Accessibility of automatic thoughts

- ✓ Awareness and differentiation of emotions
- ✓ Openness to the possibility of personal change
- ✓ Ability to work collaboratively with the helper
- ✓ Curiosity and willingness to experiment
- ✓ Ability to concentrate and work independently
- ✓ Ability to tolerate frustration
- ✓ High perceived likelihood of success (optimism)

- ✓ Familiarity with computers and the Internet
- ✓ Time and willingness to undertake homework
- ✓ Not currently in crisis
- ✓ Psychological mindedness
- ✓ History of previous successful working
- ✓ Moderate or no use of alcohol
- ✓ Desire to work with the programme