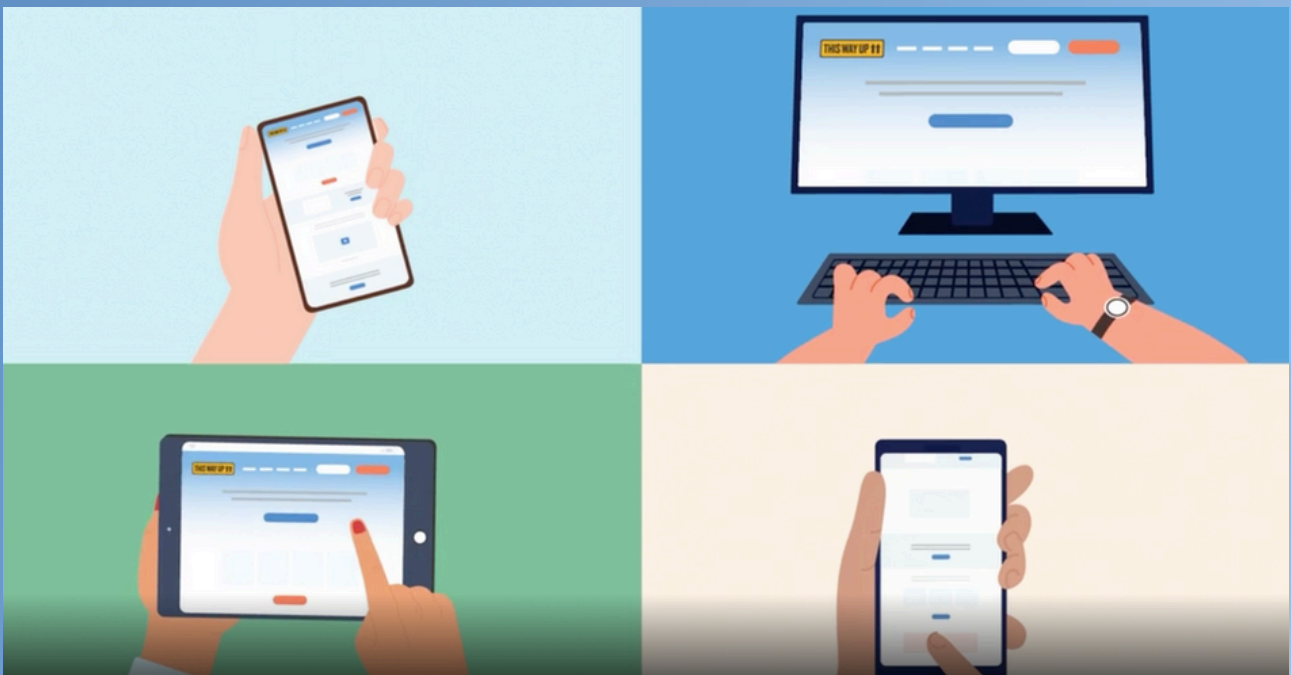


THIS WAY UP ↑↑

PROGRAM HANDBOOK

Internet-Delivered Cognitive Behavioural Treatment Programs



Our Partners:



Australian Government
Department of Health

Head to Health

What is online CBT?

Internet-delivered Cognitive Behavioural Therapy (iCBT) is structured CBT that is delivered online. THIS WAY UP's iCBT programs are designed to mimic a course of face-to-face CBT. However, there are some important differences between iCBT and its traditional counterpart.

Face-to-Face CBT

- Delivered in-person
- 5-20 sessions on average
- Session costs
- Requires support from a clinician
- Limited geographical availability
- May require a referral
- Potential for long waiting times

THIS WAY UP iCBT

- Delivered online, anytime
- 4-10 lessons on average
- Low cost or free
- Available with or without clinical support
- Available in all internet connected areas
- Does not require a referral
- Immediate access

Why use THIS WAY UP?

THIS WAY UP iCBT programs are backed by scientific research and are designed to treat anxiety, depression, insomnia, and other mental health difficulties. What makes THIS WAY UP online programs unique is that they are:

- **Practical** - teach core cognitive-behavioural coping skills.
- **Convenient** - offer flexible, self-paced online access.
- **Comprehensive** - contain a full dose of evidence-based, step-by-step CBT treatment.
- **Accessible** - do not require a referral or an assessment, available as self-help.
- **Effective** - 80% of people who complete a program will benefit substantially.

It is **quick and easy** to start integrating THIS WAY UP programs into your routine care. We have designed our online treatment programs to make iCBT more accessible to patients, as well as reduce the demands placed on busy clinicians. Simply prescribe a program to your patient, and allow the online intervention to introduce the CBT skills to your patient.

What does a THIS WAY UP Program contain?

Each program contains online lessons in the form of fictional characters who are experiencing symptoms of anxiety, depression, insomnia, or other mental health difficulties. Each lesson follows the characters' journey as they come to understand their symptoms, and learn CBT skills to manage and overcome them.

THIS WAY UP's online programs consists of 4 to 8 lessons, with each lesson taking approximately 20 minutes to read through. The programs are fully automated and designed to be completed within 12 to 16 weeks. Each lesson is released five days after the completion of the previous one, allowing time to practise the skills learnt before proceeding to the next lesson. **Practising CBT skills is a key part of treatment.**

Following each lesson, a Workbook is available for completion. The Workbook includes the core skills taught in the lesson, as well as reflection exercises and activities to practice CBT skills in daily life.

Each program includes:



Lessons

Online lessons that teach core CBT skills.



E-Mail Reminders

Our system notifies your client when their lessons become available, and keeps you informed of their progress.



Workbooks

Downloadable workbooks including psychoeducation, practice activities and reflection tasks for patients.



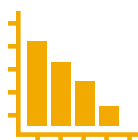
SMS Reminders

Your patients can select to receive text message reminders to help them stay on track.



Resources

Access to downloadable worksheets and toolkits to help your patients with difficulties related to their symptoms.



Progress Tracking

Psychometric questionnaires to help you and your patients evaluate progress and guide intervention.

Evidence-Based Treatment Programs

Transdiagnostic Programs

- Anxiety and Depression
- Mindfulness-Enhanced CBT
- Pregnancy Anxiety and Depression
- Postnatal Anxiety and Depression
- Teen Worry and Sadness



Disorder-Specific Programs

- Depression
- Generalised Anxiety
- Social Anxiety
- Health Anxiety
- Panic
- OCD
- Post Traumatic Stress
- Chronic Pain
- Insomnia



Well-Being Programs

- Stress Management
- Mindfulness
- Student Wellbeing





Anxiety & Depression Program

Who is this program for?

This **transdiagnostic** program is for individuals who present with symptoms of both depression and anxiety, including:

- Excessive, uncontrollable worry
- Persistent low mood or sadness
- Irritability
- Feeling 'flat' or 'hopeless'
- Low self-esteem
- Difficulty concentrating
- Tiredness
- Tense muscles
- Excessive reassurance seeking
- Poor sleep

Clinical Tip

Anxiety and depression often occur together and can exacerbate each other. Excessive worrying can cause low mood, while low mood and hopelessness can trigger worrying. This program is designed to tackle both sets of symptoms.

What does this program involve?

Across **6 lessons**, patients will follow the illustrated stories of 'Liz' and 'Rob', as they learn how to manage their symptoms of anxiety and depression using cognitive behavioural strategies.

This program contains:

Psychoeducation about:

- The symptoms of anxiety and depression
- How anxiety and depression work
- Cognitive behaviour therapy
- The lethargy cycle
- The fight-or-flight response
- The psychological benefits of exercise
- Sleep hygiene
- Unhelpful thinking styles
- Rumination and worry
- Positive beliefs about worry
- Self-criticism and depression
- Avoidance and safety behaviours
- Lapses and relapses

Evidence-Based Skills & Strategies including:

- Controlled breathing
- Progressive muscle relaxation
- Behavioural activation
- Activity scheduling
- Thought monitoring
- Thought challenging
- Attention shifting
- Behavioural experiments
- Graded exposure
- Structured problem solving
- Worry stories
- Assertive communication skills
- Relapse prevention

Questionnaires

Patients complete the **K-10**, **PHQ-9**, and **GAD-7** throughout this program.

Program Outline

Lesson 1 - About Anxiety and Depression	
This lesson explains what depression and anxiety are and how to manage the physical symptoms of these disorders using exercise, breathing, and relaxation.	Skills: Controlled breathing, progressive muscle relaxation, and physical exercise Resources: Handouts on getting good sleep, medication, and panic attacks
Lesson 2 - Identifying Thoughts and Tackling Low Activity	
Patients learn how to identify the unhelpful thoughts that maintain anxiety and depression, and how to improve their mood using behavioural activation.	Skills: Thought monitoring, behavioural activation, and activity scheduling Resources: Handouts on activity scheduling, '100 Things To Do', and boosting motivation
Lesson 3 - Dealing with Thoughts	
This lesson describes how to tackle unhelpful thinking styles and rumination using thought challenging, attention shifting, and behavioural experiments.	Skills: Thought challenging, attention shifting, behavioural experiments Resources: Worry time, thought challenging, and 'Positives Hunt' worksheets
Lesson 4 - Tackling Avoidance	
Patients learn about the role of avoidance in depression and anxiety, and how to overcome avoidance using graded exposure and structured problem solving.	Skills: Graded exposure and structured problem solving Resources: Handouts on assertiveness and conversation skills
Lesson 5 - Mastering Your Skills	
In this lesson, patients learn how to trouble-shoot exposure therapy and how to use exposure to overcome their fear of worry itself.	Skills: Graded exposure, worry stories, and assertive communication skills Resources: Worry stories handout
Lesson 6 - Staying Well	
Patients review the skills covered in this program and develop their own relapse prevention plan.	Skills: Relapse prevention planning

Research

A randomised controlled trial and large effectiveness studies concluded that completion of this program leads to significant reductions in symptoms of clinical depression and anxiety.

References: Newby J et al, Internet-based cognitive behavioural therapy for mixed anxiety and depression: Results from a RCT and effectiveness in primary care settings, Psychological Medicine, 2013; Newby J et al, Effectiveness of transdiagnostic internet cognitive behavioural treatment for mixed anxiety and depression in primary care, Journal of Affective Disorders, 2014; Newby J et al, Reductions in negative repetitive thinking and metacognitive beliefs during transdiagnostic internet cognitive behavioural therapy (iCBT) for mixed anxiety and depression, Behaviour Research and Therapy, 2014.



Mindfulness-Enhanced CBT Program

Who is this program for?

This **transdiagnostic** program is for individuals who are interested in learning mindfulness-based skills for managing symptoms of anxiety and depression, including:

- Excessive, uncontrollable worry
- Persistent low mood or sadness
- Irritability
- Feeling 'flat', hopeless, or worthless
- Difficulty concentrating
- Tiredness or poor sleep
- Tense muscles
- Excessive reassurance seeking

What does this program involve?

Across **6 lessons**, patients will follow the illustrated story of 'Liz' and 'Rob' as they learn mindfulness-based skills for managing the maladaptive thoughts and behaviours that maintain anxiety and depression.

This program contains:

Psychoeducation about:

- The symptoms of anxiety and depression
- How anxiety and depression work
- Mindfulness
- Cognitive behaviour therapy
- The fight-or-flight response
- The lethargy cycle
- How thoughts influence mood and worry
- Unhelpful thinking styles
- Unhelpful beliefs about worry
- Avoidance and safety behaviours
- Sleep hygiene
- Communication styles
- Lapses and relapses

Evidence-Based Skills & Strategies including:

- Controlled breathing
- 3-minute breathing space
- Mindful eating and walking
- Body scanning
- Behavioural activation
- Activity scheduling
- Structured problem solving
- Thought monitoring and challenging
- Labelling emotions
- Graded exposure
- Worry stories
- Assertiveness
- Relapse prevention planning

Questionnaires

Patients complete the **K-10**, **PHQ-9**, **GAD-7** and **SWEMWBS** throughout this program.

Program Outline

Lesson 1 - About the Diagnosis and Treatment

This lesson explains how depression and anxiety work, introduces mindfulness, and outlines four mindfulness-based skills.

Skills: Controlled breathing, accepting unpleasant sensations, 3-minute breathing space, and mindful eating

Resources: Breathing audio guide, and handouts on '50 Mindfulness Activities', panic attacks, and common mindfulness difficulties

Lesson 2 - Managing Mood

Patients learn body-based mindfulness exercises, and how to use behavioural activation and structured problem solving.

Skills: Body scanning, mindful walking, activity scheduling and structured problem solving

Resources: Handouts on activity scheduling, sleep hygiene, and problem solving

Lesson 3 - Tackling Unhelpful Thoughts

This lesson describes skills for tracking unhelpful thinking styles and rumination.

Skills: Thought challenging, attention shifting, and behavioural experiments

Resources: Labeling emotions handout and thought monitoring form

Lesson 4 - Overcoming Avoidance

Patients learn about the role of avoidance in depression and anxiety, and how to overcome avoidance.

Skills: Graded exposure

Resources: Worksheets on thought challenging, 'Positives Hunt', and challenging rumination

Lesson 5 - Advanced Exposure Skills

In this lesson, patients learn how to trouble-shoot exposure and how to use exposure to overcome their fear of worry itself.

Skills: Graded exposure, worry stories, and assertive communication skills

Resources: Handouts on assertiveness, communication skills, and exposure

Lesson 6 - Preventing Relapse and Getting Even Better

Patients review the skills covered in this program and develop their own relapse prevention plan.

Skills: Relapse prevention planning

Research

A randomised controlled trial and a large effectiveness study have shown that this program is effective for reducing depression and anxiety.

References: Kladnitski et al., Transdiagnostic internet-delivered CBT and mindfulness-based treatment for depression and anxiety: A randomised controlled trial. *Internet Interventions*, 2020. Hurwitz et al, Mindfulness-enhanced internet-based cognitive behavioural therapy for anxiety and depression: Outcomes in routine care. *Journal of Affective Disorders*, 2023.



Perinatal Anxiety and Depression Programs

Who is this program for?

The **transdiagnostic** Pregnancy and Postnatal programs are for pregnant women/women following the birth of their baby, who are experiencing symptoms of anxiety and depression, including:

- Worrying about lots of different things
- Difficulty sleeping or relaxing
- Feeling breathless and panicked
- Feeling low, sad or numb
- Lack of interest in many activities
- Racing heart or 'tight' chest
- Unusual irritability
- Feeling worthless, hopeless or guilty

Clinical Tip

The Pregnancy Anxiety and Depression program is for pregnant women while the Postnatal Anxiety and Depression program is for women following the birth of their baby. Individuals who have completed the pregnancy program can also do the postnatal program as a refresher.

What does this program involve?

Across **3 lessons**, patients will follow the illustrated stories of 'Cara' and 'Lee' as they learn skills for managing manage symptoms of pre- and post-natal anxiety and depression.

This program contains:

Psychoeducation about:

- Symptoms of anxiety and depression
- The causes of anxiety and depression
- Cognitive behaviour therapy
- Medications for mood and anxiety
- The ABC Model of emotions
- Unhelpful thinking styles
- Avoidance and safety behaviours

Evidence-Based Skills & Strategies including:

- Controlled breathing
- Self-care
- Thought monitoring and challenging
- Structured problem solving
- Tolerating uncertainty
- Graded exposure
- Assertive communication

Questionnaires

Patients complete the **K-10**, **GAD-7**, and **EPDS** throughout this program.

Program Outline

Similar skills are taught in the same order in both programs; however, Lee and Cara's stories are different in each program, and reflect the lived experiences of parents pre- and post-birth.

Lesson 1 - About the Diagnosis and Treatment

This lesson explains how anxiety and depression work and how they can be treated using cognitive behavioural strategies.

Skills: Controlled breathing and self-care

Resources: Handout on progressive muscle relaxation

Lesson 2 - Tackling Unhelpful Thoughts

In this lesson, patients learn how to do thought challenging and structured problem solving, and how to better tolerate uncertainty.

Skills: Thought challenging, structured problem solving, and tolerating uncertainty

Resources: Handouts on thought challenging, structured problem solving, and understanding intrusive thoughts

Lesson 3 - Overcoming Avoidance

Patients learn how to overcome their anxiety using graded exposure. They also learn assertive communication skills.

Skills: Graded exposure and assertive communication

Resources: Exposure practice form, a self-care plan, and handouts on communicating effectively and increasing activity

Research

Two randomised controlled trials and a large effectiveness study have shown that this program can effectively reduce symptoms of pre- and post-natal anxiety and depression.

References: Loughnan et al, A randomised controlled trial of 'MUMentum postnatal': Internet-delivered cognitive behavioural therapy for anxiety and depression in postpartum women, Behaviour Research and Therapy, 2019; Loughnan et al, A randomized controlled trial of 'MUMentum Pregnancy': Internet-delivered cognitive behavioral therapy program for antenatal anxiety and depression, Journal of Affective Disorders, 2019. Mahoney et al, Online cognitive behaviour therapy for maternal antenatal and postnatal anxiety and depression in routine care, Journal of Affective Disorders, 2023.



Teen Worry and Sadness Program

Who is this program for?

This **transdiagnostic** program is for teenagers aged 12 to 17 who are experiencing symptoms of worry and sadness, and their families. This program will help young people experiencing:

- Excessive, uncontrollable worry
- Persistent low mood or sadness
- Low self-esteem
- Irritability
- Difficulty concentrating
- Tiredness or poor sleep
- Tense muscles
- Feeling 'flat', hopeless, or worthless

This program must be prescribed and supervised by a clinician and cannot be completed via the self-help pathway.

Clinical Tip

This program involves optional lesson-by-lesson guides for parents/caregivers to help support their teenager. Parents and caregivers can access a 'Parent Guide' and 'Parent FAQs', and will receive email notifications if their teenager's K-10 scores heighten significantly.

What does this program involve?

Across **6 lessons**, teenagers will follow the illustrated stories of 'Chloe', 'Ella', 'Josh', and 'Will', as they learn skills for coping with sadness, stress, and adolescence.

This program contains:

Psychoeducation about:

- The symptoms of anxiety and depression
- How anxiety and depression work
- Helpful vs. unhelpful stress and worry
- The lethargy cycle
- The psychological benefits of exercise
- Avoidance and safety behaviours
- The physical symptoms of anxiety
- Communication styles
- Facing your fears
- Lapses vs. relapses

Evidence-Based Skills & Strategies including:

- Thought monitoring and challenging
- Realistic thinking
- Physical exercise
- Behavioural activation
- Graded exposure
- Activity scheduling
- Progressive muscle relaxation
- Effective communication skills
- Controlled breathing
- Structured problem solving

Questionnaires

Patients complete the **K-10**, **Modified PHQ-9**, and **GAD-7** throughout this program.

Program Outline

Lesson 1 - About the Diagnosis

This lesson explains what depression and anxiety are and how they can be identified.

Skills: Psychoeducation

Lesson 2 - Tackling Unhelpful Thoughts

Patients learn how to manage anxiety and unhelpful thinking styles using thought challenging and realistic thinking.

Skills: Identifying and challenging unhelpful thoughts

Resources: Thought challenging worksheet

Lesson 3 - Tackling Unhelpful Thoughts

This lesson explains how to tackle low mood by engaging in fun activities, and how to overcome anxiety using graded exposure and relaxation techniques.

Skills: Behavioural activation, activity scheduling, graded exposure, and progressive muscle relaxation.

Lesson 4 - Communicating Effectively

This lesson explains how to communicate effectively and assertively, and how to use controlled breathing to manage anxiety.

Skills: Assertive communication and controlled breathing

Resources: Practicing assertiveness handout

Lesson 5 - Putting It All Together

Patients learn how to do structured problem solving and how to combine different skills to overcome their worries.

Skills: Structured problem solving

Resources: Worksheets on testing predictions, problem solving, and knowing which skill to use

Lesson 6 - Preventing Relapse and Getting Even Better

Patients review the skills covered in this program and develop their own relapse prevention plan.

Skills: Relapse Prevention Planning

Resources: Toolbox of skills

Research

This program is based on cognitive behaviour therapy, an internationally recommended treatment for adolescents experiencing anxiety or depression.

References: National Institute for Health and Care Excellence (NICE). 2017. Depression in children and young people: Identification and management <https://www.nice.org.uk/guidance/cg28/chapter/1-Recommendations>. National Institute for Health and Care Excellence (NICE). 2013. Social anxiety disorder: recognition, assessment, and treatment. <https://www.nice.org.uk/guidance/cg159/ifp/chapter/Treatment-for-children-and-young-people>



Depression Program

Who is this program for?

This **disorder-specific** program is for individuals who are displaying symptoms of depression, including:

- Persistent low mood or sadness
- Diminished interest in activities
- Feelings of worthlessness or guilt
- Low self-esteem
- Feeling 'flat' or 'hopeless'
- Difficulty concentrating
- Tiredness
- Negative thoughts

Clinical Tip

If someone is also displaying signs of anxiety, like excessive, uncontrollable worry, they might benefit more from our Anxiety and Depression Program.

What does this program involve?

Across **6 lessons**, patients will follow the illustrated story of 'Jess' as she learns how to manage her worries and tackle a range of unhelpful thoughts and behaviours that maintain her low mood.

This program contains:

Psychoeducation about:

- The symptoms of depression
- How depression works
- Cognitive behaviour therapy
- Unhelpful thinking styles
- Self-criticism and depression
- Rumination and depression
- The lethargy cycle
- Sleep hygiene
- Lapses and relapses

Evidence-Based Skills & Strategies including:

- Behavioural activation
- Activity scheduling
- Thought monitoring and challenging
- Graded exposure
- Behavioural experiments
- Structured problem solving
- Sleep hygiene
- Communication and conversation skills
- Relapse prevention

Questionnaires

Patients complete the **K-10**, **PHQ-9**, and **GAD-7** throughout this program.

Program Outline

Lesson 1 - About the Diagnosis and Treatment

This lesson explains what depression is, how it's maintained, and how it can be treated using cognitive behavioural strategies.

Skills: Psychoeducation

Resources: '100 Things To Do' handout

Lesson 2 - Learning to Manage Thoughts

In this lesson, patients learn how to identify unhelpful thinking styles, manage rumination, and restore healthy sleeping patterns.

Skills: Behavioural activation, activity scheduling, and thought monitoring

Resources: 'Good Sleep Guide' and activity scheduling worksheet

Lesson 3 - Challenging Cognitions in Depression

This lesson focuses on the role of cognitions in depression, especially self-criticism, and introduces thought challenging.

Skills: Thought challenging and attention shifting

Resources: Thought challenging and activity planning worksheets

Lesson 4 - Overcoming Avoidance

Patients learn about the role of avoidance in depression, and how to overcome avoidance using structured problem solving and graded exposure.

Skills: Structured problem solving, graded exposure, and behavioural experiments

Resources: Handouts on structured problem solving and worry time

Lesson 5 - Communication Effectively

Patients learn about lapses in depressive symptoms, different communication styles, and how to communicate effectively and assertively.

Skills: Managing lapses and assertive communication

Resources: Handouts on communication styles and conversation skills

Lesson 6 - Preventing Relapse and Getting Even Better

Patients review the skills covered in this program and develop their own relapse prevention plan.

Skills: Relapse prevention planning

Research

Two randomised controlled trials and multiple effectiveness studies have concluded that completion of this program leads to a significant reduction in symptoms of depression. Approximately 80% of people who finish this program benefit substantially.

References: Perini SJ et al, Clinician-assisted Internet-based treatment is effective for depression: A randomized controlled trial, Australian and New Zealand Journal of Psychiatry, 2009; Titov N et al, Internet treatment for depression: a randomized controlled trial comparing clinician vs. technician assistance, PLoS One, 2010; Williams AD and Andrews G, Effectiveness of internet cognitive behavioural therapy (iCBT) for depression in primary care: A quality assurance study, PLoS One, 2013.



Generalised Anxiety Program

Who is this program for?

This **disorder-specific** program is for individuals who are displaying symptoms of Generalised Anxiety Disorder (GAD), including:

- Excessive, persistent, and uncontrollable worry about numerous events or activities
- Physical symptoms of stress, like muscle tension, nausea, and poor sleep
- Psychological symptoms of stress, like irritability and difficulty concentrating

Clinical Tip

Individuals with Generalised Anxiety Disorder often worry about worrying, like to be in control of situations and their emotions, and feel uncomfortable when faced with uncertainty.

If your patient's anxiety is limited to a particular area, like their health or social situations, then they may benefit more from a specific anxiety program, like the Health Anxiety Program or the Social Anxiety Program.

What does this program involve?

Across **6 lessons**, patients will follow the illustrated story of 'Liz' as she learns how to manage her worry and tackle a range of maladaptive behaviours that serve to maintain her anxiety.

This program contains:

Psychoeducation about:

- Normal vs. abnormal anxiety
- The symptoms of generalised anxiety
- How generalised anxiety works
- The fight-or-flight response
- Cognitive behaviour therapy
- Unhelpful thinking styles
- Unhelpful beliefs about worry
- Avoidance and safety behaviours
- Core beliefs
- Intolerance of uncertainty
- Managing lapses and relapses

Evidence-Based Skills & Strategies including:

- Controlled breathing
- Progressive muscle relaxation
- Physical exercise
- Thought monitoring and challenging
- Behavioural experiments
- Attention shifting
- Structured problem solving
- Graded exposure
- Core belief challenging
- Accepting uncertainty
- Relapse prevention planning

Questionnaires

Patients complete the **K-10**, **PHQ-9**, and **GAD-7** throughout this program.

Program Outline

Lesson 1 - About the Diagnosis and Treatment

Patients learn how generalised anxiety works and how to manage the physical symptoms of anxiety using exercise, relaxation, and controlled breathing.

Skills: Controlled breathing, progressive muscle relaxation, and physical exercise

Resources: Progressive muscle relaxation handout and the 'Good Sleep Guide'

Lesson 2 - Learning to Manage Thoughts

This lesson focuses on the role of cognitions in anxiety, especially catastrophizing, and introduces thought challenging.

Skills: Thought monitoring and challenging

Resources: Thought monitoring worksheet and self-esteem handout

Lesson 3 - Challenging Beliefs about Worry

Patients learn how to challenge unhelpful beliefs about worry and how to use structured problem solving to reduce their anxiety.

Skills: Problem solving, thought challenging, behavioural experiments, and attention shifting

Resources: Handouts on structured problem solving and worry time

Lesson 4 - Facing your Fears

This lesson describes how avoidance maintains anxiety and explains how to overcome avoidance using graded exposure.

Skills: Graded exposure

Resources: Handouts on graded exposure, healthy boundaries, and assertiveness

Lesson 5 - Challenging Beliefs and Acting "As If"

In this lesson, patients learn how to trouble-shoot exposure, challenge the core beliefs underlying GAD, and accept uncertainty.

Skills: Challenging core beliefs and managing uncertainty

Resources: Core belief challenging handout

Lesson 6 - Preventing Relapse and Getting Even Better

Patients review the skills covered in this program and develop their own relapse prevention plan.

Skills: Relapse prevention planning

Research

Two randomised controlled trials and large effectiveness studies have concluded that completion of this program leads to a significant reduction in symptoms of clinical anxiety, with large effect sizes comparable to face-to-face therapy.

References: Robinson et al, Internet treatment for generalized anxiety disorder: a randomized controlled trial comparing clinician vs. technician assistance, PLoS One, 2010; Mewton et al, The effectiveness of internet cognitive behavioural therapy for generalised anxiety disorder in clinical practice, Depression and Anxiety, 2012; Mahoney et al, Reducing behavioral avoidance with internet-delivered cognitive behavior therapy for generalized anxiety disorder', Internet Interventions, 2019.



Social Anxiety Program

Who is this program for?

This **disorder-specific** program is for individuals experiencing symptoms of Social Anxiety Disorder, including:

- Excessive fear and avoidance of social situations
- Fear of being judged for showing anxiety symptoms, like sweating or blushing

Clinical Tip

People with Social Anxiety Disorder are often easily embarrassed, excessively worried about being judged as strange, stupid or incompetent, and self-critical.

What does this program involve?

Across **6 lessons**, patients will follow the illustrated stories of 'Kat' and 'Jack' as they learn how to manage the unhelpful thoughts, physical symptoms, and behaviours that maintain Social Anxiety Disorder.

This program contains:

Psychoeducation about:

- Normal vs. abnormal anxiety
- The symptoms of social anxiety
- How social anxiety works
- Cognitive behaviour therapy
- The fight-or-flight response
- The role of cognitions in anxiety
- Pre- and post-rumination
- Unhelpful thinking styles
- The ABC Model of emotions
- Avoidance and safety behaviours
- Managing lapses and relapses

Evidence-Based Skills & Strategies including:

- Controlled breathing
- Progressive muscle relaxation
- Physical exercise
- Thought monitoring and challenging
- Behavioural experiments
- Video feedback
- Attention shifting
- Structured problem solving
- Graded exposure
- Assertive communication skills
- Relapse prevention planning

Questionnaires

Patients complete the **K-10**, **PHQ-9**, and **Mini-SPIN** throughout this program.

Program Outline

Lesson 1 - About the Diagnosis and Treatment

This lesson explains how social anxiety and cognitive behaviour therapy work, and introduces strategies for managing the physical symptoms of anxiety.

Skills: Controlled breathing, progressive muscle relaxation, and physical exercise

Resources: Handout on 'Managing your Mood'

Lesson 2 - Overcoming Avoidance

This lesson focuses on the role of avoidance and safety behaviours in anxiety and introduces graded exposure.

Skills: Graded exposure

Resources: Handout on boosting self-esteem and a graded exposure worksheet

Lesson 3 - Testing Maladaptive Beliefs

Patients learn how to trouble-shoot graded exposure, conduct behavioural experiments and use video feedback to test their anxiety.

Skills: Graded exposure, behavioural experiments, and video feedback

Resources: Public speaking handout

Lesson 4 - Tackling Unhelpful Thoughts

In this lesson, patients learn how to identify and monitor the unhelpful thoughts that maintain their anxiety.

Skills: Thought monitoring

Resources: Thought monitoring worksheet

Lesson 5 - Communication Effectively

Patients learn how to challenge their unhelpful thoughts, communicate skillfully, and shift their attention effectively.

Skills: Thought challenging, social skills training, and attention shifting

Resources: Handouts on assertiveness and conversation skills

Lesson 6 - Preventing Relapse and Getting Even Better

Patients review the skills covered in this program and develop their own relapse prevention plan.

Skills: Relapse prevention planning

Resources: 'Managing Social Anxiety: Advanced Skills' Handout

Research

Many randomised controlled trials and multiple effectiveness studies have shown that completion of this program leads to a significant reducing in symptoms of Social Anxiety Disorder.

References: Titov N et al, Randomized controlled trial of web-based treatment of social phobia without clinician guidance, Australian and New Zealand Journal of Psychiatry, 2009; Titov N et al, The Shyness Program: Longer Term Benefits, Cost-Effectiveness, and Acceptability, Australian and New Zealand Journal of Psychiatry, 2009; Titov N et al, An RCT comparing two types of support on severity of symptoms for people completing Internet-based cognitive behaviour therapy for social phobia, Australian and New Zealand Journal of Psychiatry, 2009; Titov N et al, Internet treatment for social phobia reduces comorbidity, Australian and New Zealand Journal of Psychiatry, 2009; Williams et al, The effectiveness of internet cognitive behaviour therapy (ICBT) for social anxiety disorder across two routine practice pathways, Internet Interventions, 2014.



Health Anxiety Program

Who is this program for?

This **disorder-specific** program is for individuals who worry excessively about health or dying. People with health anxiety typically:

- Worry about somatic symptoms
- Worry doctors have 'missed something'
- Repeatedly check themselves for signs of illness
- Schedule frequent medical check-ups
- Avoid places where they might get sick
- Excessively seek reassurance about their health

Clinical Tip

People with health anxiety may or may not have significant somatic symptoms. If they do have somatic symptoms, then their worry is disproportionate to the actual threat posed by these symptoms.

What does this program involve?

Across **6 lessons**, patients will follow the illustrated story of 'James' as he learns practical strategies for overcoming the cognitive and behavioural factors that maintain his health anxiety.

This program contains:

Psychoeducation about:

- What health anxiety is
- The fight-or-flight response
- Cognitive behaviour therapy
- The role of checking in health anxiety
- The ABC Model of emotions
- Unhelpful thinking styles
- The role of uncertainty in anxiety
- Avoidance and safety behaviours
- Sleep hygiene
- Working with doctors
- Lapses and relapses

Evidence-Based Skills & Strategies including:

- Attention shifting
- Mindfulness
- Activity scheduling
- Thought challenging
- Managing checking behaviours
- Structured problem solving
- Behavioural experiments
- Relaxation and breathing skills
- Tolerating uncertainty
- Assertive communication skills
- Relapse prevention planning

Questionnaires

Patients complete the **K-10**, **PHQ-9**, and **SHAI** throughout this program.

Program Outline

Lesson 1 - About the Diagnosis and Treatment

In this lesson, patients learn about what health anxiety is and how it can be treated using cognitive behaviour therapy.

Skills: Psychoeducation

Resources: Handouts on boosting motivation, controlled breathing, and sleep hygiene

Lesson 2 - Getting Started

Patients learn to shift their attention away from somatic symptoms, practice mindfulness, manage their mood, and reduce checking behaviours.

Skills: Attention shifting, mindfulness, activity scheduling, and reducing checking

Resources: Activity scheduling, attention shifting, and structured problem solving worksheets

Lesson 3 - Tackling Unhelpful Thoughts

This lesson focuses on the connection between thoughts and emotions, unhelpful thinking styles, and thought monitoring.

Skills: Thought monitoring

Resources: Worksheets on managing upsetting mental images and thought monitoring

Lesson 4 - Tackling Unhelpful Thoughts

Patients learn to address their unhelpful thoughts through thought challenging and behavioural experiments.

Skills: Thought challenging and behavioural experiments

Resources: Worksheets on thought challenging and behavioural experiments

Lesson 5 - Overcoming Avoidance

In this lesson, patients learn how to tolerate uncertainty and manage safety behaviours using graded exposure.

Skills: Tolerating uncertainty and graded exposure

Resources: Handouts on assertiveness, reassurance seeking and exposure therapy

Lesson 6 - Preventing Relapse and Getting Even Better

Patients review the skills covered in this program and develop their own relapse prevention plan.

Skills: Relapse prevention planning

Research

A randomised controlled trial and multiple effectiveness studies have demonstrated that completion of this program is effective for reducing symptoms of health anxiety, with large effect-sizes comparable to face-to-face cognitive behaviour therapy.

References: Newby et al., 2018. Internet-based cognitive behavioural therapy versus psychoeducation control for illness anxiety disorder and somatic symptom disorder: a randomised controlled trial. *Journal of Consulting and Clinical Psychology*, 86(1), 89-98. Newby et al., 2020. The effectiveness of internet-delivered cognitive behavioural therapy for health anxiety in routine care. *Journal of Affective Disorders*, 264, 535-542.



Panic Program

Who is this program for?

This **disorder-specific** program is for individuals who fear and are experiencing recurrent symptoms of panic attacks, including:

- Sweating
- Pounding heart or chest pain
- Nausea or abdominal pain
- Dizziness
- Fear of losing control or going crazy
- Shaking or trembling
- Numbness or tingling
- Shortness of breath
- Feeling detached or 'unreal'
- Fear of dying

Clinical Tip

This program is designed for people who primarily fear panic attacks themselves. If an individual is having a panic attack because of another fear (e.g. their health, social situations) then they may benefit more from another program.

What does this program involve?

Across **6 lessons**, patients will follow the illustrated story of 'Penny' as she learns how to manage a range of maladaptive thoughts, physical symptoms, and behaviours that maintain her panic disorder.

This program contains:

Psychoeducation about:

- Normal vs. abnormal anxiety
- The symptoms of panic disorder
- How panic disorder works
- Cognitive behaviour therapy
- The fight-or-flight response
- Unhelpful thinking styles
- Avoidance and safety behaviours
- Managing lapses and relapses

Evidence-Based Skills & Strategies including:

- Controlled breathing
- Thought monitoring and challenging
- Situational exposure
- Interoceptive exposure
- Behavioural experiments
- Attention shifting
- SMART goals
- Relapse prevention planning

Questionnaires

Patients complete the **K-10**, **PHQ-9**, and **PDSS** throughout this program.

Program Outline

Lesson 1 - About the Diagnosis and Treatment

In this lesson, patients learn about what panic attacks are, how panic disorder works, and how cognitive behaviour therapy can help.

Skills: Psychoeducation and SMART goals

Lesson 2 - Managing Unpleasant Physical Symptoms

Patients learn that the fight-or-flight response triggers the physical symptoms of panic disorder and how to use controlled breathing.

Skills: Controlled breathing

Resources: Controlled breathing worksheet and video demonstration

Lesson 3 - Tackling Unhelpful Thoughts

This lesson focuses on the role of cognitions in panic disorder and introduces thought challenging.

Skills: Thought monitoring and challenging

Resources: Thought challenging worksheet and video demonstration

Lesson 4 - Overcoming Avoidance

In this lesson, patients learn how to overcome avoidance and safety behaviours using graded exposure.

Skills: Situational exposure and behavioural experiments

Resources: Exposure worksheet and video demonstration

Lesson 5 - Communication Effectively

Patients learn how to use interoceptive exposure and attention shifting to overcome their fear of panic sensations.

Skills: Interoceptive exposure and attention shifting

Resources: Exposure video demonstration

Lesson 6 - Preventing Relapse and Getting Even Better

Patients review the skills covered in this program and develop their own relapse prevention plan.

Skills: Relapse prevention planning

Research

Two randomised controlled trials and one effectiveness study have concluded that completion of this program leads to a significant reduction in symptoms of panic disorder.

References: Wims E et al, Clinician-assisted internet-based treatment is effective for panic: a randomized controlled trial, Australian and New Zealand Journal of Psychiatry, 2010; Allen AR et al, Internet cognitive behavioural treatment for panic disorder: a randomised controlled trial and evidence of effectiveness in primary care. British Journal of Psychiatry Open, 2016.



OCD Program

Who is this program for?

This **disorder-specific** program is for individuals who are displaying symptoms of obsessive-compulsive disorder (OCD), including:

- **Obsessions:** Recurrent and persistent worries, images, or urges that the individual finds intrusive, distressing, and inappropriate.
- **Compulsions:** Repetitive, rigid, and/or excessive behaviours that the person performs in response to obsessions. These behaviours can be mental, e.g. repeatedly going over a mental check-list.

Clinical Tip

Examples of obsessions include: fear of germs or contamination, an excessive need for symmetry or order, excessive doubting, and unwanted, frightening, sexual or violent thoughts or mental images.

What does this program involve?

Across **6 lessons**, patients will follow the illustrated story of ‘Bella’ as she learns how to overcome OCD using cognitive behavioural strategies.

This program contains:

Psychoeducation about:

- What obsessions and compulsions are
- What OCD is and how it works
- Cognitive behaviour therapy
- The ABC Model of emotions
- The role of cognitions in OCD
- Unhelpful thinking styles
- Managing urges and compulsions
- Avoidance and safety behaviours
- The value of social support
- Lapses and relapses

Evidence-Based Skills & Strategies including:

- Controlled breathing
- Thought monitoring and challenging
- Behavioural experiments
- Response prevention
- Graded exposure
- Imaginal exposure
- Attention shifting
- Worry stories
- Eliciting appropriate social support
- Relapse prevention planning

Questionnaires

Patients complete the **K-10**, **PHQ-9**, **DOCS**, and **WHODAS-II** throughout this program.

Program Outline

Lesson 1 - About the Diagnosis and Treatment

Patients learn about what OCD is and how it can be treated with cognitive behavioural therapy.

Skills: Controlled breathing

Resources: Handouts on boosting mood, emergency contacts, motivation, intrusive thoughts, sleep and information for others

Lesson 2 - Learning to Manage Thoughts

In this lesson, patients learn to identify and challenge the unhelpful thinking styles that maintain OCD.

Skills: Thought monitoring and behavioural experiments

Resources: Handouts on behavioural experiments, progressive muscle relaxation, problem solving, and thought challenging

Lesson 3 - Overcoming Avoidance

This lesson explains how avoidance maintains OCD and how graded exposure can be used to overcome obsessions and compulsions.

Skills: Graded exposure, response prevention, and attention shifting

Resources: Handouts on exposure stepladders and attention shifting

Lesson 4 - Challenging Catastrophes

Patients learn to tackle their fear of catastrophic or disturbing events using imaginal exposure and worry stories.

Skills: Imaginal exposure and worry stories

Resources: Handouts on assertiveness and healthy boundaries

Lesson 5 - Getting Extra Help

This lesson describes how to troubleshoot exposure and thought challenging, and how to get support from family and friends.

Skills: Graded exposure, thought challenging, and eliciting social support

Handouts: Handout on 'Supporting Someone with OCD' and a Success Log

Lesson 6 - Preventing Relapse and Getting Even Better

Patients review the skills covered in this program and develop their own relapse prevention plan.

Skills: Relapse prevention planning

Handouts: Handouts on assertive communication and structured problem solving

Research

A randomised controlled trial and multiple effectiveness studies demonstrated that this program is effective in reducing symptoms of OCD, depression, and distress.

References: Mahoney AEJ et al, Internet cognitive behavioural treatment for obsessive compulsive disorder: A randomised controlled trial, Behaviour Research and Therapy, 2014; Mahoney, AEJ & Andrews, G. Internet-based cognitive behaviour therapy for obsessive compulsive disorder. In Obsessive-Compulsive Disorder: Symptoms, Prevalence and Psychological Treatments, 2014.



Post Traumatic Stress Program

Who is this program for?

This **disorder-specific** program is for individuals experiencing the following symptoms at least one month after experiencing or witnessing a traumatic event, like a car accident or assault:

- Intrusive memories of the trauma
- Flashbacks
- Unusually risky or aggressive behaviour
- Difficulty concentrating
- Avoiding thinking about the trauma
- Poor sleep
- Nightmares about the trauma
- Irritability
- Feeling numb or hopeless

This program must be prescribed and supervised by a clinician and cannot be completed via the self-help pathway.

Please be aware that this program is **NOT suitable** for people who are:

- Responding to **acute trauma** (occurred less than 3 months ago)
- Experiencing **Complex PTSD**. (Complex PTSD is a longstanding condition that can occur after prolonged and repeated trauma (especially childhood trauma). This can lead to significant and persistent difficulties with relationships, emotional regulation and personal identity. The main form of treatment is long-term, individual, face to face psychological therapy.)
- Experiencing difficulties with **self-harm and suicidal ideation**, as the treatment strategies in this program (e.g., exposure therapy) can cause increased distress.

What does this program involve?

Across **8 lessons**, patients will follow the illustrated story of 'Paula' as she learns practical strategies for overcoming the unhelpful thoughts and behaviours that maintain her PTSD. This program contains:

Psychoeducation about:

- What trauma is
- The symptoms of post-traumatic stress
- How PTSD works
- Cognitive behaviour therapy
- Avoidance and safety behaviours
- The fight-or-flight response
- The ABC Model of emotions
- The role of cognitions in PTSD
- Unhelpful thinking styles
- How to elicit helpful social support
- Lapses and relapses

Evidence-Based Skills & Strategies including:

- Controlled breathing
- Grounding
- Progressive muscle relaxation
- Behavioural activation
- Activity scheduling
- Thought monitoring and challenging
- Graded exposure
- Behavioural experiments
- Assertive communication skills
- Attention shifting
- Relapse prevention planning

Questionnaires

Patients complete the **K-10**, **PHQ-9**, and **PCL-5** throughout this program.

Program Outline

Lesson 1 - About PTS	
Learn about the symptoms of PTS and how cognitive behavioural therapy (CBT) can help to manage them.	Skills: Psychoeducation Resources: Handouts on boosting mood and motivation, Information for Family and Friends
Lesson 2 - Breaking the Cycle	
Understand what maintains the PTS cycle and how CBT skills can help break this cycle.	Skills: Controlled breathing, grounding Resources: Problem solving, Progressive Muscle Relaxation, Controlled breathing
Lesson 3 - Finding The Link Between Thoughts And Feelings	
Learn how thoughts and feelings are connected, techniques to manage strong emotions linked to traumatic memories.	Skills: Monitoring thoughts, distress tolerance Resources: Labelling emotions, Thought Monitoring, Thinking Errors
Lesson 4 - Changing Unhelpful Thoughts	
Explore new techniques to tackle unhelpful thoughts to help you change the way you feel.	Skills: Thought Challenging Resources: Identifying and Challenging Thoughts, Thought Challenging Form
Lesson 5 - Tackling Upsetting Memories I	
Learn techniques to make the thoughts and memories about your trauma less distressing.	Skills: Exposure, Trauma Stories Resources: Info for Family and Friends Part 2, Shifting Attention, Effective Communication
Lesson 6 - Tackling Upsetting Memories II	
Learn how to reduce avoidance of distressing thoughts and trauma memories.	Skills: Reading and Updating Trauma Stories Resources: Trauma Story, SUDS, Thought Challenging Form
Lesson 7 - Dealing With Trigger Situations	
Learn practical steps to reduce avoidance of situations and test out your unhelpful thoughts.	Skills: Behavioural Experiments, Exposure Resources: Exposure Stepladder, Behavioural Experiment Form
Lesson 8 - Staying Well	
Develop ways to have better control over your symptoms in the long term and prevent relapse.	Skills: Relapse Prevention Resources: Relapse Prevention Plan

Research

A randomised controlled trial and one effectiveness study have concluded that this program is effective in reducing symptoms of PTSD.

References: Allen et al, Internet-delivered cognitive behaviour therapy for post-traumatic stress disorder: a randomised controlled trial and outcomes in routine care. Behavioural and Cognitive Psychotherapy, 2022.



Chronic Pain Program

Who is this program for?

This **disorder-specific** program is for individuals experiencing chronic pain, which is pain that has persisted for at least 3 months. **This program must be prescribed and supervised by a clinician and cannot be completed via the self-help pathway.**

Clinical Tip

Chronic pain isn't just physical, it's a biopsychosocial experience. Therefore, chronic pain patients will generally benefit from multidisciplinary treatment that includes medication, psychology, and physiotherapy.

What does this program involve?

Across **8 lessons**, individuals will follow the illustrated story of 'Martha' as she learns cognitive and behavioural strategies for managing her chronic pain.

This program contains:

Psychoeducation about:

- Chronic vs. acute pain
- How chronic pain works
- Movement and chronic pain
- Pain vs. harm
- Accepting vs. 'giving up'
- The boom-bust cycle
- Cognitions and chronic pain
- Cognitive behaviour therapy
- The ABC Model of emotions
- Unhelpful thinking styles
- Stress and pain
- Communication styles
- Lapses vs. relapses

Evidence-Based Skills & Strategies including:

- Increasing movement
- Relaxation strategies
- SMART goals
- Accepting chronic pain
- Activity pacing
- Identifying unhelpful thoughts
- Thought challenging
- Activity scheduling
- Managing anger
- Controlled breathing
- Structured problem solving
- Sleep management strategies
- Assertiveness
- Flare-up planning

Questionnaires

Patients complete the **K-10**, **PHQ-9**, **WHODAS-II**, **PDI**, **PSEQ**, and **TSK** throughout this program.

Clinical Tip

Patients can access videos on improving movement and relaxation at the 'Movement Station' and 'Relaxation Station' at the patient dashboard.

Program Outline

Lesson 1 - About the Diagnosis and Treatment	
Patients learn about how chronic pain develops, what keeps it going, and how it can be managed using practical strategies.	Resources: Handout on 'Site Specific Pain' and instructions for the movement and relaxation stations
Lesson 2 - Making a New Normal	
This lesson helps patients gradually return to their everyday activities through goal-setting and acceptance.	Skills: SMART goals and acceptance Resources: Handout on making life changes
Lesson 3 - Activity Pacing	
Patients learn how to manage the boom-bust cycle using activity pacing.	Skills: Activity pacing Resources: Daily activity scheduling worksheet
Lesson 4 - Unhelpful Thinking Styles	
Patients learn about how unhelpful thinking styles can impact mood and maintain chronic pain.	Skills: Thought monitoring
Lesson 5 - Managing Mood	
Patients learn how to manage their mood using thought challenging, activity scheduling, and controlled breathing.	Skills: Thought challenging, activity scheduling, and controlled breathing Resources: Thought challenging handout
Lesson 6 - The Role of Stress	
This lesson explains how stress can impact pain and describes some practical stress management strategies.	Skills: Structured problem solving and sleep management strategies
Lesson 7 - Communicating Effectively	
This lesson explores how chronic pain can impact relationships and explains some effective communication strategies.	Skills: Assertive communication Resources: Conversation skills handout and 'Information for Family and Friends'
Lesson 8 - Preventing Relapse and Getting Even Better	
Patients review the skills covered in this program and develop their own relapse prevention plan.	Skills: Relapse prevention planning

Research

Two randomised controlled trials and multiple effectiveness studies have demonstrated that this program is effective at reducing the impact of chronic pain.

Reference: Smith et al., 2019. Reboot Online: A Randomized Controlled Trial Comparing an Online Multidisciplinary Pain Management Program with Usual Care for Chronic Pain. *Pain Medicine*, 20(12), 2385-2396. Lim et al., 2021. Evaluating Real-World Adherence and Effectiveness of the "Reboot Online" Program for the Management of Chronic Pain in Routine Care. *Pain Medicine*, 2021



Insomnia Program

Who is this program for?

This **disorder-specific** program is for individuals who have been experiencing symptoms of insomnia for at least 3 months, despite adequate opportunity to sleep, including:

- Difficulty falling asleep
- Difficulty staying asleep
- Waking very early in the morning
- Persistent tiredness and fatigue

What does this program involve?

Across **4 lessons**, patients will follow the illustrated story of 'Leo' as he learns cognitive and behavioural strategies for overcoming his insomnia.

This program contains:

Psychoeducation about:

- What insomnia is
- How insomnia works
- Factors that regulate sleep
- Sleep hygiene
- Sleep efficiency
- Sleep medications
- Unhelpful thinking styles
- Cognitive behaviour therapy
- Sleep effort
- How anxiety works
- How worry interacts with sleep
- Rumination and negative thoughts
- Lapses and relapses

Evidence-Based Skills & Strategies including:

- Using diet and exercise to improve sleep
- Changing the sleep environment
- Sleep diaries
- Sleep routines
- Stimulus control
- Worry time
- Time-in-bed restriction
- Thought challenging
- Accepting worries
- Activity scheduling
- Slow breathing
- Structured problem solving
- Relapse prevention planning

Questionnaires

Patients complete the **K-10**, **WHO-5** and **ISI** throughout this program.

Program Outline

Lesson 1 - About the Diagnosis and Treatment

Patients learn about the factors that regulate sleep, how CBT works, and practical strategies for improving sleep efficiency.

Skills: Modifying diet, exercise, and sleep routines, and using sleep diaries

Lesson 2 - Improving Sleep Efficiency

This lesson outlines numerous behavioural strategies for boosting sleep efficiency.

Skills: Stimulus control, reducing sleep effort, worry time, and establishing wind-down routines

Lesson 3 - Reducing Worry About Sleep

This lesson describes cognitive strategies for reducing sleep worry and explains how restricting time in bed can improve sleep.

Skills: Time-in-bed restrictions, thought challenging, and letting worries go

Lesson 4 - Putting It All Together

Patients learn to manage their mood and worries using activity scheduling, relaxation strategies, and structured problem solving. They also review the skills learnt in this program and develop a relapse prevention plan.

Skills: Structured problem solving, activity scheduling, slow breathing, and relapse prevention planning

Clinical Tip

Insomnia is often comorbid with anxiety and depression. If a patient is exhibiting significant signs of anxiety and/or depression, they may benefit from our Depression or Anxiety and Depression programs.

Research

A randomised controlled trial and a large-scale naturalistic study have demonstrated that this program is effective at reducing symptoms of insomnia and psychological distress.

References:

Mason, E. C., Grierson, A. B., Sie, A., Sharrock, M. J., Li, I., Chen, A. Z., & Newby, J. M. (2022). Co-occurring insomnia and anxiety: a randomized controlled trial of internet cognitive behavioral therapy for insomnia versus internet cognitive behavioral therapy for anxiety. *Sleep*, 46(2), zscac205.

Grierson et al, 2020. Self-guided online cognitive behavioural therapy for insomnia: a naturalistic evaluation in patients with potential psychiatric comorbidities. *Journal of Affective Disorders*, 266, 305-310. Mason et al, 2022. Co-occurring insomnia and anxiety: A randomized controlled trial of internet CBT for insomnia vs. internet CBT for anxiety. *Sleep*, zscac205.



Stress Management Program

Who is this program for?

This **transdiagnostic** program is suitable for anyone feeling overwhelmed by stressors such as:

- A relationship breakdown
- Academic demands
- Caring for a loved one
- Work stress

Clinical Tip

Everyone experiences stress from time to time; however, intense or chronic stress can significantly impact a person's physical and mental wellbeing.

What does this program involve?

Across **4 lessons**, patients will follow the illustrated story of 'Sue' as she learns practical strategies for reducing her stress levels.

This program contains:

Psychoeducation about:

- The Yerkes-Dodson Stress Model
- Stress vs. anxiety and depression
- The Stress Cycle
- Cognitive behavioural therapy
- Passive vs. active coping
- Communication styles
- The ABC Model of emotions
- Unhelpful thinking styles
- Stress and high standards
- Avoidance
- Lapses vs. relapses

Evidence-Based Skills & Strategies including:

- Reducing stressors and demands
- Boosting resources
- Controlled breathing
- Behavioural activation
- Structured problem solving
- Assertive communication
- Thought monitoring and challenging
- Cheer-leading
- Self-soothing
- Graded exposure
- Relapse prevention planning

Questionnaires

Patients complete the **K-10** and **WHO-5** throughout this program.

Program Outline

Lesson 1 - Understanding Stress and Active Coping

This lesson outlines the Stress Cycle, passive and active coping, and balancing demands and resources.

Skills: Reducing demands, boosting resources, controlled breathing, and behavioural activation

Lesson 2 - Active Coping II – Structured Problem Solving and Assertive Communication

Patients learn how to address fixable stressors and using structured problem solving and assertive communication.

Skills: Structured problem solving and assertive communication

Lesson 3 - Active Coping III: Shifting Perceptions

Patients learn about the connection between thoughts and feelings, and how to manage the unhelpful thoughts that worsen stress.

Skills: Thought monitoring and challenging, cheer-leading, and self-soothing

Lesson 4 - Active Coping IV: Shifting Unhelpful Behaviours

This lesson explains how avoidance can worsen stress and how to overcome avoidance using graded exposure.

Skills: Graded exposure

Clinical Tip

Chronic stress can cause people to develop anxiety or depression. If a patient is reporting persistent, uncontrollable worries, low mood, low self-esteem, or feelings of worthlessness, they may benefit more from our Depression or Anxiety and Depression programs.

Research

This program aligns with best practice evidence-based guidelines for the treating stress management.



Mindfulness Program

Who is this program for?

This **transdiagnostic** program is suitable for anyone interested in:

- Learning the basics of mindfulness and meditation
- Improving their attention
- Becoming more accepting of and compassionate towards their internal experiences

Clinical Tip

Mindfulness is a particular way of paying attention to the present moment. Mindfulness involves living in the moment, acknowledging and accepting things as they are, and self-compassion.

What does this program involve?

Across **4 lessons**, patients will follow the illustrated stories of 'Liz' and 'Rob' as they learn how use mindfulness-based skills to improve their anxiety, mood, and attention.

This program contains:

Psychoeducation about:

- What mindfulness is
- What mindfulness is not
- Living on autopilot
- Mindfulness, anxiety, and mood
- Common difficulties with mindfulness
- Mindfulness and attention
- Primary and secondary experiences
- Cultivating non-judgemental attention
- Mindfulness and physical discomfort
- Maintaining mindfulness practice

Evidence-Based Skills & Strategies including:

- Controlled breathing
- 3-minute breathing space
- Noticing, observing, and describing
- Anchoring (focusing on the present)
- Mindful eating
- Mindfulness of the breath
- Mindful stretching
- Mindful walking
- Body scanning
- Accepting physical discomfort

Questionnaires

Patients complete the **K-10**, **SWEMWBS**, and **WHO-5** throughout this program.

Program Outline

Lesson 1 - Becoming Aware

This lesson explains what mindfulness is and how it can improve psychological wellbeing, and introduces some basic mindfulness skills.

Skills: Controlled breathing; 3-minute breathing space; Noticing, observing, and describing; and mindful eating.

Lesson 2 - Learning About Your Mind

Patients learn mindfulness skills to help them control and shift their attention.

Skills: Mindfulness of breath and anchoring to the present moment

Lesson 3 - Listening to Your Body

This lesson outlines common hindrances to mindfulness and explains how to overcome them.

Skills: Body scan, mindful stretching, and mindful walking

Lesson 4 - Mindfulness in Daily Life

In this lesson, patients learn more advanced mindfulness skills and learn how to maintain their mindfulness practice.

Skills: Mindfulness of physical discomfort, maintaining mindfulness practice

Clinical Tip

Patients can also access mindfulness audio guides that they can download and keep.

Research

A randomised controlled trial and one effectiveness study have concluded that this program is effective in alleviating symptoms psychological distress.

References: Kladnitski et al, Transdiagnostic internet-delivered CBT and mindfulness-based treatment for depression and anxiety: A randomised controlled trial. Internet interventions, 2020; Li et al, The update and effectiveness of an online self-help mindfulness program during COVID-19. Clinical Psychologist, 2022.



Student Wellbeing Program

Who is this program for?

This **transdiagnostic** program is suitable for students coping with the demands of:

- Studying at uni or similar tertiary institution
- Exams and assignments
- Juggling study and employment
- Feeling homesick

Clinical Tip

It is normal to experience stress as a student, however, intense or chronic stress can significantly impact a person's capacity to study, learn, sleep and their general wellbeing.

What does this program involve?

Across **8 lessons**, patients will follow the illustrated story of 'Jack' as he learns skills and strategies to cope with the demands of being a student.

This program contains:

Psychoeducation about:

- The Stress Cycle
- Active vs Passive Coping
- The ABC Model
- Unhelpful thinking styles
- Structured problem solving
- SMART Goals
- Sleep
- The Procrastination Cycle
- Mindfulness
- Progressive Muscle Relaxation

Evidence-Based Skills & Strategies including:

- Balancing demands and resources
- Thought monitoring and challenging
- Establishing health routines
- Setting SMART goals
- Sleeping and eating healthily
- Challenging procrastination thoughts
- Mindful walking
- Controlled breathing
- Strengthening existing connections
- Making new relationships

Questionnaires

Patients complete the **K-10** and **SWEMWBS** throughout this program.

Program Outline

Lesson 1 - Understanding Yourself	
Patients learn about how stress works and the importance of balancing your demands and resources.	Skills: Stress Cycle, balancing demands and resources Resources: Demands vs Resources, Wellbeing checklist
Lesson 2 - Healthy Thinking	
This lesson helps patients tackle unhelpful thinking styles that can increase stress and lower wellbeing.	Skills: Identify and challenge unhelpful thinking Resources: Thought Challenging Worksheet, Unhelpful Thinking Patterns
Lesson 3 - Healthy Routines	
Patients learn how to establish a healthy, sustainable routine.	Skills: Establishing healthy, sustainable routines Resources: Activity scheduling worksheet, Activities List
Lesson 4 - Healthy Coping	
Patients learn about making changes and tackling problems using Structured Problem Solving and SMART goals.	Skills: Set SMART goals and Structured Problem Solving Resources: Structured Problem Solving
Lesson 5 - Healthy Body	
Patients learn how to take care of their mind by taking care of their body – improving sleep, eating, and exercise.	Skills: Strategies to sleep well, eat healthily and exercise regularly
Lesson 6 - Study Smart	
Patients learn how procrastination works, and how to overcome it using practical CBT strategies.	Skills: Challenging thoughts that underpin procrastination
Lesson 7 - Zen Out, Chill Out	
Patients learn about some effective mindfulness and relaxation exercises that can help them de-stress.	Skills: Mindful walking, progressive muscle relaxation, visualisation, meditation
Lesson 8 - Creating Connections	
Patients learn to strengthen existing relationships and creating new connections..	Skills: Strengthening relationships and making new connections

Research

This program was developed by qualified health professionals at the Clinical Research Unit for Anxiety and Depression at St Vincent's Hospital in Sydney, Australia. It includes evidence-based techniques that have been demonstrated to alleviate symptoms of anxiety and low mood.

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