

CRUFADclinic.org

A non profit initiative of St Vincents Hospital, Sydney
and a World Health Organisation Collaborating
Centre in e-health

CRUFADclinic

Communications

August 2011



St Vincent's Hospital

Email

Effective Free Online Therapy for Anxiety and Depression

CRUfADclinic (www.crufadclinic.org) from the Clinical Research Unit for Anxiety and Depression at St Vincent's Hospital, Sydney and the School of Psychiatry at the University of New South Wales offers online cognitive behavioural therapy (CBT) for Depression, Generalised Anxiety Disorder, Panic Disorder and Social Phobia.

Courses are free and suitable for patients who suffer low to moderate anxiety and depression. As part of the ATAPS initiative, the Department of Health and Ageing is fully subsidising the cost of CRUfADclinic to patients and clinicians associated with a Rural Divisions.

Cost:

Free, simply register on <https://www.crufadclinic.org/index.php/clinician-registration> or download the instructional letter and follow the simple steps.

Benefits:

- Efficacy has been established in randomised control trials. The courses produce improvements comparable or better than good face to face treatment with NNT = 2
- Clinicians time can be reduced considerably without compromising clinical outcomes or acceptability
- Program is delivered via the internet, thereby guaranteeing fidelity and consistent delivery
- Patients find our courses very convenient, particularly because they can be done from home and outside of working hours.
- It is much more cost-effective for patients, as the entire course costs less than one visit to a psychologist or psychiatrist.
- The program is interactive, appealing and engaging with adults

For more information go to www.crufadclinic.org

Newsletter

Free eTherapy can cut anxiety and depression

The use of internet has provided new options for evidence based mental health care. Online cognitive-behavioural therapy could cure half of patients with internalising mental disorders.

In Australia, CRUFADclinic (www.crufadclinic.org) from the Clinical Research Unit for Anxiety and Depression, a World Health Organisation Collaborating Centre in e-health at St Vincent’s Hospital, Sydney and the School of Psychiatry at the University of New South Wales offers online cognitive behavioural therapy (CBT) for Depression, Generalised Anxiety Disorder, Panic Disorder and Social Phobia. As of August 2011, over 1400 Australian clinicians and more than 3700 patients are using CRUFADclinic.

Your patients could benefit from CRUFADclinic because the courses are free to all rural divisions of general practices. The access cost for CRUFADclinic has been fully subsidised, courtesy of the Department of Health and Ageing as part of the ATAPS initiative. This means, patients from your division can get access to free treatment for anxiety and depression.

CRUFADclinic works by giving patients access to effective illustrated CBT modules over three months. The program is suitable for adult who have low to moderate anxiety and depressive disorders as it teaches patients cognitive behavioural techniques to enable them to manage their health. Each course comprises of 5-6 lessons with learning objectives to master psycho-education, management of psychological symptoms, cognitive symptoms, management of behaviour and additional skills to help patients cope with relapse. Each lesson comes with lesson summaries, resources and recovery stories of other patients. The courses take 1-3 months complete with a service to send reminder and progress emails to the referring clinician and their patients.

Free Information Sessions

Under the ATAPS program, the Department of Health and Ageing is also offering fully subsidised information sessions. Sessions are available every Tuesday with the aim to assist Rural Divisions of General Practice in understanding what and how CRUFADclinic can be used. Professor Gavin Andrews, Director of the Clinical Research Unit of Anxiety and Depression at St Vincent’s Hospital, Sydney will host each session. To book a free information session for your division, please refer to the schedule below and email nwong@stvincents.com.au to confirm your booking.

Date	Time
20 September 2011	9am, 6pm
27 September 2011	9am, 6pm
4 October 2011	9am, 6pm
11 October 2011	9am, 6pm
18 October 2011	9am, 6pm
25 October 2011	9am, 6pm
1 November 2011	9am, 6pm
8 November 2011	9am, 6pm
15 November 2011	9am, 6pm
22 November 2011	9am, 6pm
29 November 2011	9am, 6pm
6 December 2011	9am, 6pm



13 December 2011	9am, 6pm
17 January 2012	9am, 6pm
31 January 2012	9am, 6pm
7 February 2012	9am, 6pm
14 February 2012	9am, 6pm
21 February 2012	9am, 6pm
28 February 2012	9am, 6pm
6 March 2012	9am, 6pm
13 March 2012	9am, 6pm
20 March 2012	9am, 6pm
27 March 2012	9am, 6pm
3 March 2012	9am, 6pm
10 March 2012	9am, 6pm
17 March 2012	9am, 6pm
24 March 2012	9am, 6pm
1 May 2012	9am, 6pm
8 May 2012	9am, 6pm
15 May 2012	9am, 6pm
22 May 2012	9am, 6pm
29 May 2012	9am, 6pm