



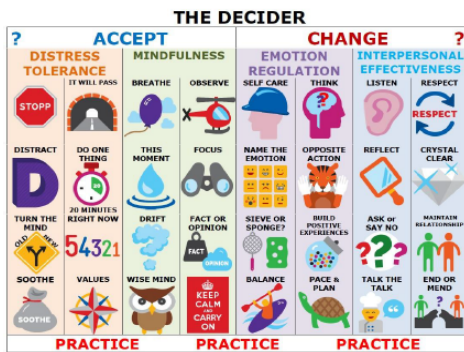
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# the decider?

Demand on Mental Health Services is ever increasing, even more so in recent years than ever before<sup>[1]</sup>. Patients present to Mental Health Services for a variety of reasons, many of them due to an inability to manage life stresses. Unfortunately, professionals cannot always improve someone's life situation but we should be working towards providing patients with skills to tolerate distress and manage their own health independently<sup>[2]</sup>.

The Decider is a set of 32 evidence based, effective and memorable skills designed to help us deal with emotions and situations. The skills increase confidence, build resilience and our ability to rely on ourselves to manage emotions and our health. They are based on Cognitive Behavioral Therapy and Dialectical Behavior Therapy principles.

- ✓ Can be taught in a 1-1 or group setting
- ✓ Can be used with any Mental Illness or Disorder
- ✓ Clinicians can teach all or some skills suit individual patients
- ✓ Any member of staff can teach the skills, no matter their background



- Distress Tolerance** Help us to accept situations and understand things can, and will change.
- Mindfulness** Help us to live in the here and now and to focus outwards, rather than inwards.
- Emotional Regulation** Help us to identify and manage emotions to remain in control of our feelings.
- Interpersonal Effectiveness** Help us to appropriately express beliefs, needs, setting limits and finding solutions when communicating.

## How do we use The Decider?



## Pilot Group Results

Eight participants attended our Pilot Group held in Royal Cornhill Hospital over 9 weekly sessions. They were asked to complete subjective measures of their mental health before and after the group. The Clinical Outcomes of Routine Evaluation (CORE-10) and Hospital Anxiety and Depression Scale (HADS) were used. Given the positive results, we intend to run more groups soon.

### Clinical Results

87.5% of patients reported reductions in symptoms of Anxiety and Depression on their HADS.

100% of participants reported feeling that they were more capable of maintaining their mental health independently, using the skills.

87.5% of patients CORE-10 scores reduced. Some reduced by as much as 66%!

### Feedback

- "It was good. A lot has changed in my life"
- "I use the skills daily, multiple times"
- "If the Decider skills were taught to all staff, patient's mental health would improve drastically"
- "It's made me think about my actions"

### References:

- 1) The Scottish Government. (2017) Mental Health Strategy 2017-2027
- 2) The Scottish Government. (2016) Social Prescribing for Mental Health