

National Clinical Audit of Anxiety and Depression (NCAAD)

What are the experiences and perspectives of adults who are accessing secondary care psychological therapy for anxiety or depression?

Eligibility criteria

The second spotlight was a qualitative analysis of responses to a free-text query in the service user survey as part of the first spotlight audit on Psychological Therapies. Questionnaires were only included in the analysis if a response was provided to the query 'Do you have any other comments to make about therapy?'.

Each service that took part in the spotlight audit on Psychological Therapies was asked to send out a questionnaire to 30 randomly chosen eligible service users who met the following criteria:

- They were 18 years of age or over
- They ended contact for psychological therapy between 1 September 2017 and 31 August 2018
- Also included were those who started therapy but did not complete it/dropped out.

The questionnaire was sent from the services themselves and not from the NCAAD team. To ensure anonymity, all questionnaires were sent back to the NCAAD team and not the services who identified eligible service users. The NCAAD team had no access to personal details (e.g. name and address) and no one could identify who the service users were from the questionnaires. Completing the questionnaire was optional.