

New IAPT pilot aims to help service users ‘Move more, feel better’

Numerous mental health studies have shown: **if you move more, you tend to feel better.**

We know physical activity levels are often low in people with common mental health problems.

So, we want to explore and find out whether including physical activity as part of IAPT interventions will improve clinical outcomes for people using our service.

We’ve partnered with the Healthy Minds IAPT service in Buckinghamshire, local authority colleagues in Camden, Islington, and Bucks, and also a number of Experts by Experience, Sport England and UCL, who will be evaluating the project.

There are 3 strands to this pilot:

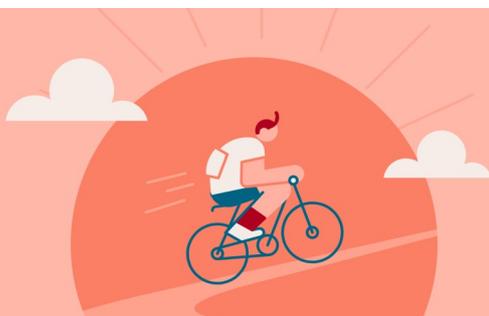
- A CBT group for people experiencing depression, which incorporates physical activity directly into regular group sessions. Group members are encouraged to spend 30 minutes of their 2 hour session doing some physical activity, either as a group, or on their own. This might involve getting out and going for a walk or an online workout.
- A series of psychoeducational workshops - ‘Getting Active with a health condition’. These workshops are open to people receiving treatment in iCope who also have a long term physical health condition.
- A self-help app that is made available to people starting treatment in iCope. Foundations is an easy to use app, using a practical and evidence-based approach. It includes 3 programmes, ‘move more feel better’, which focus on supporting people to get more active

We want to see if incorporating physical activity into our iCope interventions:

- Improves our clinical outcomes for our service users
- Leads to people getting more active

We plan to share the learning from this project to help other IAPT services across the country develop their own approaches to integrating physical activity into their work.

If you would like to learn more about how you can refer people to this service, please visit candi.nhs.uk/news/iapt



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