

**CORRIGENDUM**

# **Development and application of criteria to evaluate written CBT self-help interventions adopted by Improving Access to Psychological Therapies services – CORRIGENDUM**

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In this article the author regrets parts of Table 2 were missing, and the Table 2 caption was incorrect.

The old Table 2 and caption are reproduced below:-

**Table 2.** Recommendations for written CBT self-help interventions for common mental health difficulties treated by the IAPT programme and adopted by four or more services

Services adopted	Title	Authors/organisation	Adopt	Main reason(s) for non-recommendation
Generalised anxiety disorder				
41	From Worries to Solutions: Getting on Top of Your Generalised Anxiety	CEDAR: Paul Farrand, Joanne Woodford and Faye Small	Yes	
9	Worry and Rumination	Centre for Clinical Interventions	No	Not single strand
6	Worry Management	Talk Plus	Yes	
Depression				
33	Get Active, Feel Good: Helping Yourself Get on Top of Your Low Mood	CEDAR: Paul Farrand, Adrian Taylor, Colin Greaves and Claire Pentecost	Yes	
15	Recovery Programme for Depression	Karina Lovell and David Richards	No	Not single strand
10	Depression	Centre for Clinical Interventions	No	Not single strand and adopts HICBT techniques to challenge core-beliefs
8	Behavioural Activation for Depression	Talk Plus	Yes	
6	Depression: Moodjuice Self-Help Guide	Moodjuice	No	Not single strand
Simple phobia				
13	Facing Your Fears	CEDAR: Paul Farrand and Mike Sheppard	Yes	
Panic disorder				
12	Panic Stations	Centre for Clinical Interventions	No	Not single strand
5	Coping with Panic	Cambridgeshire and Peterborough NHS Foundation Trust	Yes	
Sleep problems				
6	Sleep Problems: Moodjuice Self-help Guide	Moodjuice	No	Not interactive, more representative of psychoeducation
4	Trouble Sleeping?	Wellbeing Services South Glasgow	Yes	
4	CBT for Insomnia	Talk Plus	No	Not interactive, more representative of psychoeducation
Obsessive compulsive disorder				
5	Overcoming Obsessive Compulsive Disorder: A Self-Help Book	Karina Lovell and Lina Gega	Yes	
4	Obsessions and Compulsions	Moodjuice	No	Not single strand

The new Table 2 and caption are reproduced below:-

**Table 2:** Recommendations for Written CBT Self-Help Interventions Adopted by 4 or More IAPT Services

Services Adopted	Title	Authors/Organisation	Adopt	Main Reason(s) for Non-Recommendation
<b>Disorder Specific</b>				
<b>Generalised Anxiety Disorder</b>				
41	From Worries to Solutions: Getting on Top of Your Generalised Anxiety	CEDAR: Paul Farrand, Joanne Woodford and Faye Small	Yes	
9	Worry and Rumination	Centre for Clinical Interventions	No	Not single strand.
6	Worry Management	Talk Plus	Yes	
<b>Depression</b>				
33	Get Active, Feel Good: Helping Yourself Get on Top of Your Low Mood	CEDAR: Paul Farrand, Adrian Taylor, Colin Greaves and Claire Pentecost	Yes	
15	Recovery Programme for Depression	Karina Lovell and David Richards	No	Not single strand.
10	Depression	Centre for Clinical Interventions	No	Not single strand and adopts HICBT techniques to challenge core-beliefs.
8	Behavioural Activation for Depression	Talk Plus	Yes	
6	Depression: Moodjuice Self-Help Guide	Moodjuice	No	Not single strand.
<b>Simple Phobia</b>				
13	Facing Your Fears	CEDAR: Paul Farrand and Mike Sheppard	Yes	
<b>Panic Disorder</b>				
12	Panic Stations	Centre for Clinical Interventions	No	Not single strand.
5	Coping with Panic	Cambridgeshire and Peterborough NHS Foundation Trust	Yes	
<b>Sleep Problems</b>				
6	Sleep Problems: Moodjuice Self-help Guide	Moodjuice	No	Not interactive, more representative of psychoeducation.
4	Trouble Sleeping?	Wellbeing Services South Glasgow	Yes	
4	CBT for Insomnia	Talk Plus	No	Not interactive, more representative of psychoeducation.
<b>Obsessive Compulsive Disorder</b>				
5	Overcoming Obsessive Compulsive Disorder: A Self-Help Book	Karina Lovell and Lina Gega	Yes	
4	Obsessions and Compulsions	Moodjuice	No	Not single strand.
<b>Technique Specific</b>				
<b>Problem Solving</b>				
21	From Problems to Solutions: Finding Your Way Forward	CEDAR: Paul Farrand, Joanne Woodford and Faye Small	Yes	
5	Problem Solving	Talk Plus	Yes	
<b>Cognitive Restructuring</b>				
18	Unhelpful Thoughts: Challenging and Testing Them Out	CEDAR: Paul Farrand, Joanne Woodford and Katie Jackson	Yes	
5	Cognitive Restructuring	Talk Plus	Yes	

(Continued)

**Table 2:** (Continued)

Services Adopted	Title	Authors/Organisation	Adopt	Main Reason(s) for Non-Recommendation
Goal Setting 11	Goal Setting	CEDAR: Paul Farrand and Joanne Woodford	No	Not LICBT intervention.
Graded Exposure 6	Graded Exposure	Talk Plus	Yes	
Worry Management 6	Worry Management	Talk Plus	Yes	

## Reference

**Farrand, P., Dawes, A., Doughty, M., Phull, S., Saines, S., Winter, S., Roth, A. et al.** (2022). Development and application of criteria to evaluate written CBT self-help interventions adopted by Improving Access to Psychological Therapies services. *The Cognitive Behaviour Therapist*, 15. <https://doi.org/10.1017/S1754470X22000241>

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