



*Online and telephone treatment for Australians
with anxiety and depression*

The MindSpot Clinic

The MindSpot Clinic

(www.mindspot.org.au)

- A new and innovative national mental health service that provides free virtual assessment and treatment for adults with anxiety and depression.
- Since launching in Dec 2012, the MindSpot Clinic has provided services to more than 15,000 Australian adults.
- Funded by the Australian Department of Health, and free to Australian adults.

The MindSpot Clinic

The MindSpot Clinic is a free telephone and online service for Australians with stress, worry, anxiety, low mood or depression.

We provide mental health screening assessments, therapist-guided treatment courses and referrals to help people recover and stay well.

[Learn more about The MindSpot Clinic](#)



Take the
Anxiety Quiz



Take the
Depression Quiz



What is MindSpot?
Take a Tour



How MindSpot Works
Watch the Video



[The MindSpot Clinic](#)

[Treating Anxiety](#)

[Treating Depression](#)

How MindSpot Works in 3 Easy Steps:

1

Learn

Read the information on this website and try taking the Depression or Anxiety Quiz.

2

Get Assessed

Complete a telephone or online screening assessment. We will provide information about your symptoms and discuss treatments that can help.

3

Treatment

Based on the results of your assessment we may recommend one of our free 10 week treatment courses, or provide referrals to other services.

Our Partners



Part 1:

Context

How Many Have Anxiety or Depression?

National Survey of Mental Health and Wellbeing (2007)

12-Month Cases of Anxiety and Depression in Australia

Mood Disorders (affect 6% of the population)

Depression	4%
Bipolar	2%

How Many Have Anxiety or Depression?

National Survey of Mental Health and Wellbeing (2007)

12-Month Cases of Anxiety and Depression in Australia

Mood Disorders (affect 6% of the population)

Depression	4%
------------	----

Bipolar	2%
---------	----

Anxiety Disorders (affect 14% of the population)

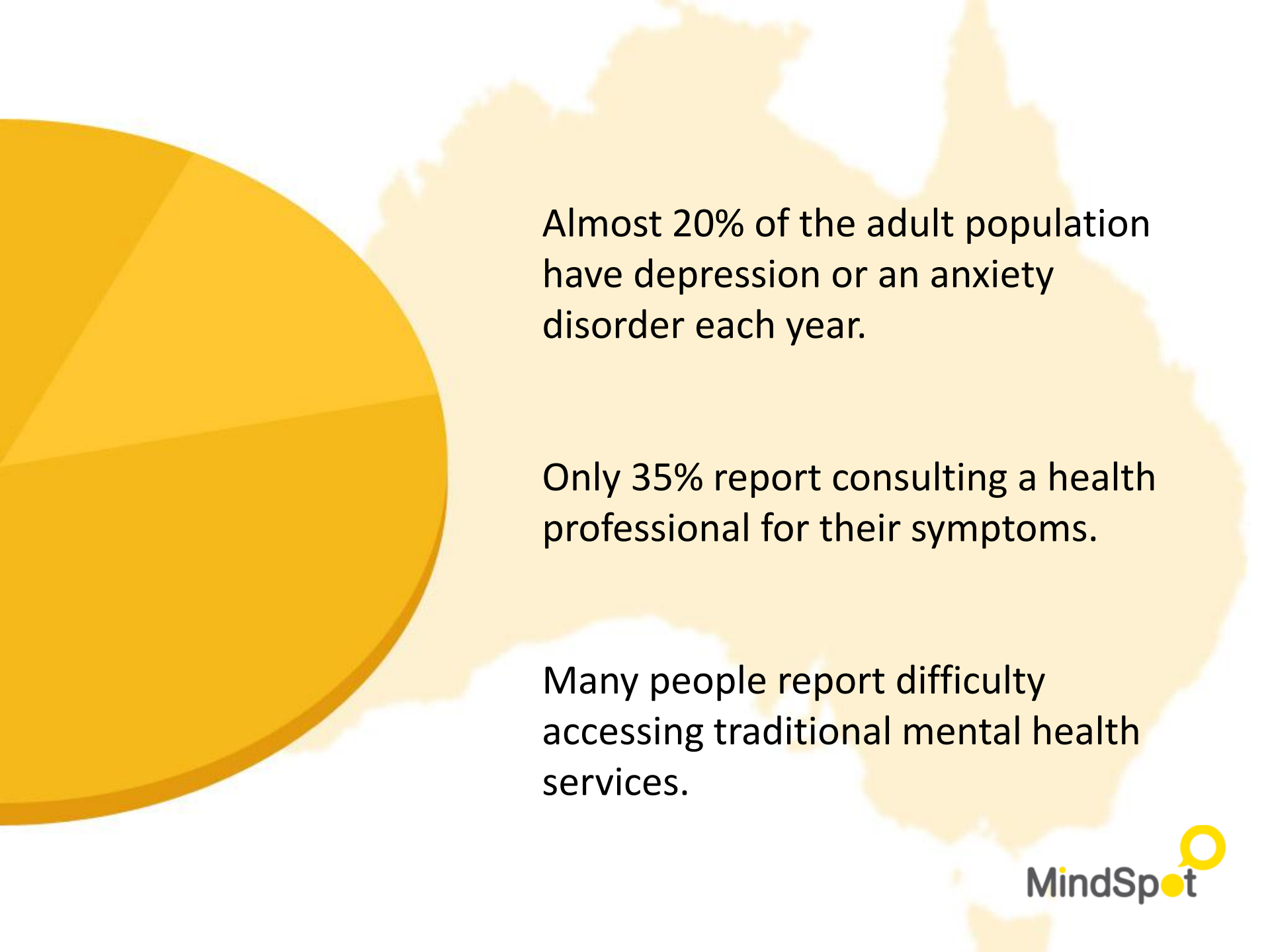
Panic	3%
-------	----

Social Phobia	5%
---------------	----

Generalised Anxiety Disorder	3%
------------------------------	----

Post-Traumatic Stress Disorder	6%
--------------------------------	----

Obsessive Compulsive Disorder	2%
-------------------------------	----



Almost 20% of the adult population have depression or an anxiety disorder each year.

Only 35% report consulting a health professional for their symptoms.

Many people report difficulty accessing traditional mental health services.

Research Context

- Considerable evidence from clinical trials for the clinical efficacy of remote-delivered interventions for:
 - Anxiety disorders
 - Depression
- Significant number of clinical trials conducted by Australian research/clinical teams, providing preliminary support for local implementation

Policy Context

- In 2012, the Australian Government described an E-Mental Health Strategy for Australia.
- This strategy has three components for improving access to mental health services:
 1. E-Mental Health Portal (*mindhealthconnect*)
 2. E-Mental Health Support Service (*eMH Prac*)
 3. The MindSpot Clinic

Part 1:

Context

Part 2:

MindSpot

Clinic Services

The MindSpot Clinic

The MindSpot Clinic is a free telephone and online service for Australians with stress, worry, anxiety, low mood or depression.

We provide mental health screening assessments, therapist-guided treatment courses and referrals to help people recover and stay well.

[Learn more about The MindSpot Clinic](#)



Take the
Anxiety Quiz



Take the
Depression Quiz



What is MindSpot?
Take a Tour



How MindSpot Works
Watch the Video



[The MindSpot Clinic](#)

[Treating Anxiety](#)

[Treating Depression](#)

How MindSpot Works in 3 Easy Steps:

1

Learn

Read the information on this website and try taking the Depression or Anxiety Quiz.

2

Get Assessed

Complete a telephone or online screening assessment. We will provide information about your symptoms and discuss treatments that can help.

3

Treatment

Based on the results of your assessment we may recommend one of our free 10 week treatment courses, or provide referrals to other services.

Our Partners



Mission Statement

To create and operate a world-class service providing accessible internet and telephone-delivered assessment and treatment to Australian adults with anxiety or depression.

The MindSpot Team

Clinical Team

- Mental health professionals include:
 - Psychiatrists
 - Psychologists
 - Indigenous mental health workers
 - Counsellors
- Located at Macquarie University, Sydney, Australia
- Support and guidance from national and international experts in anxiety and depression



MindSpot Clinic Services

- Hours: 8am – 8pm Mon-Fri, 8am – 6pm Sat
- Provide the following:
 1. Screening assessments
 2. Therapist-guided treatment



1. Screening Assessment

Online or telephone screening assessment:

- ✓ Standardised measures of anxiety disorders and depression
- ✓ An online assessment takes 10-20 minutes
- ✓ A telephone assessment takes 15-30 minutes
- ✓ Feedback via telephone or email + send Assessment Report





14 May 2014

A Patient
Somewhere Street
Suburb, Postcode

Date of Assessment: 14/05/14 DOB: December, 1983 Gender: Female

Assessment Report

Dear A,

Thank you for completing a screening assessment at the MindSpot Clinic. This Report summarises the results from your assessment and provides information about your symptoms and treatment options.

Please note that this Assessment Report is designed to provide basic information about your symptoms. While based on reliable measures and clinical procedures, the screening assessment is not a comprehensive clinical or diagnostic assessment.

TYPE OF ASSESSMENT:

A screening assessment involves:

	You Completed
Step 1: Completing several validated online questionnaires' via the MindSpot Clinic website.	<input checked="" type="checkbox"/>
Step 2: Discussing your symptoms with a MindSpot Clinic therapist via telephone	<input type="checkbox"/>

ASSESSMENT RESULTS:

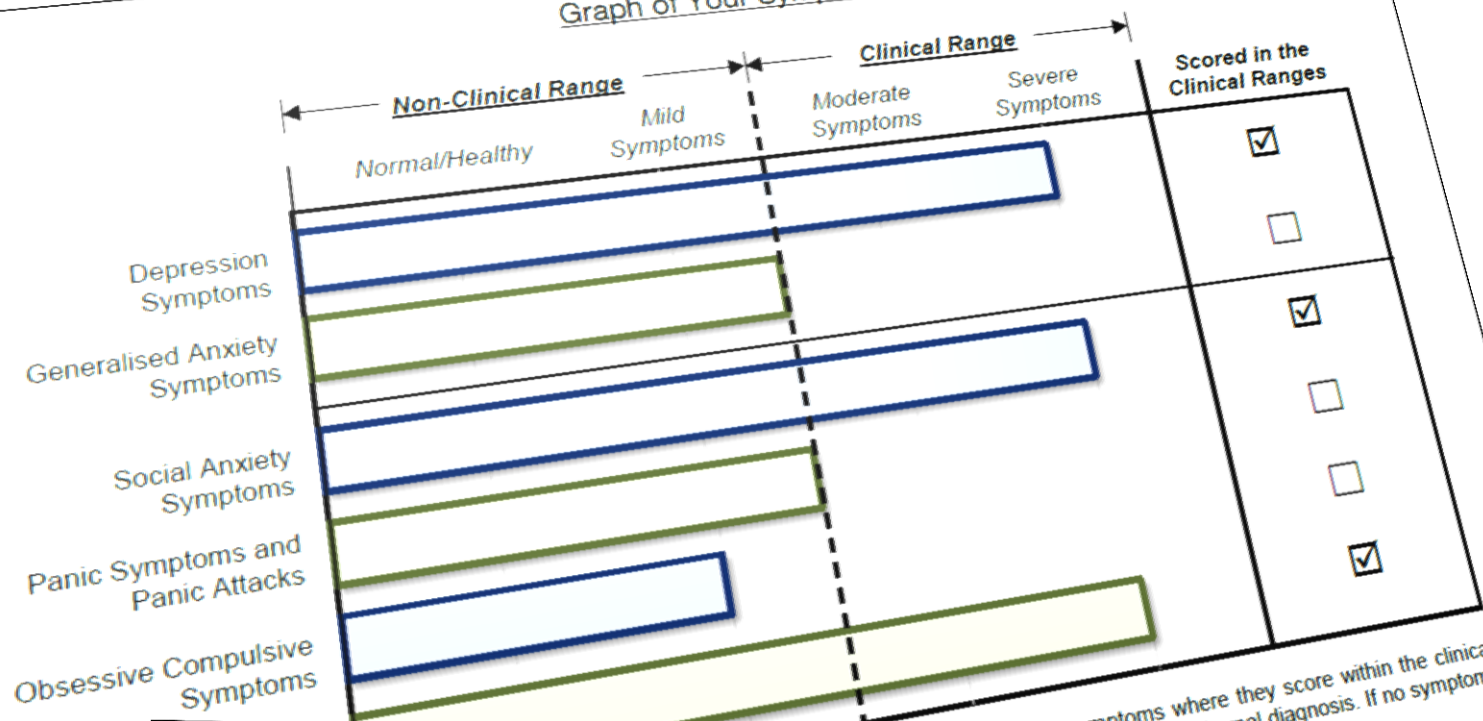
Main Reported Difficulties

difficulties in the following key areas:

mental health



Graph of Your Symptom Levels



Comments:

As we discussed, based on the results of your screening assessment you are experiencing difficulties with clinical levels of social anxiety and depression. These symptoms are compounded by symptoms of post-traumatic stress disorder. These symptoms are very distressing, but you reported you are managing these symptoms very effectively, but now want to seek treatment.

We discussed the importance of talking to your GP about your symptoms. You have also arranged to start treatment at the MindSpot Clinic on 2 June, 2014. You have enrolled in the Wellbeing Course, which will help you learn important psychological skills to tackle the social anxiety and depression. Once you have completed that Course, you will decide whether or not to tackle post-traumatic stress disorder, which you may decide to do using the MindSpot PTSD Course.

STAYING SAFE:

If you find yourself in a situation where your symptoms worsen and you are concerned about your safety, please act immediately by doing one of the following:

- Contacting your GP.
- Call Lifeline on 13 11 14.
- Call the Suicide Call Back Service on 1300 659 467.
- Or, in an emergency, call 000.

When experiencing anxiety and low mood it is essential to have a plan for staying safe and what you will do if your symptoms worsen.

FINAL COMMENTS:

We hope you find this report helpful.

If you have any questions or concerns about your assessment, treatment and referral options, please do not hesitate to contact us or via telephone on 1800 614 434. The MindSpot Clinic operates from 8am to 6pm on Saturdays.

Based on your instructions we have sent a copy of this report to you. Please do not hesitate to contact us if there is any way we can assist you.



2. Treatment Courses

Offer four online treatment courses developed and evaluated at Macquarie University:

1. **Wellbeing Course (18-60 years)** (Titov et al., 2013, 2014)
Helps people learn to manage worry, stress, panic, social anxiety, depression, and low mood.



2. Treatment Courses

Offer four online treatment courses developed and evaluated at Macquarie University:

1. Wellbeing Course (18-60 years)
2. **Wellbeing Plus Course (60+ years)** (Dear et al; Titov et al)
Helps people learn to manage worry, stress, panic, social anxiety, depression, and low mood.



2. Treatment Courses

Offer four online treatment courses developed and evaluated at Macquarie University:

1. Wellbeing Course (18-60 years)
2. Wellbeing Plus Course (60+ years)
3. **OCD Course** (Wootton et al., 2013)

Designed to help people with distressing obsessions and/or compulsions, learn to overcome those symptoms.

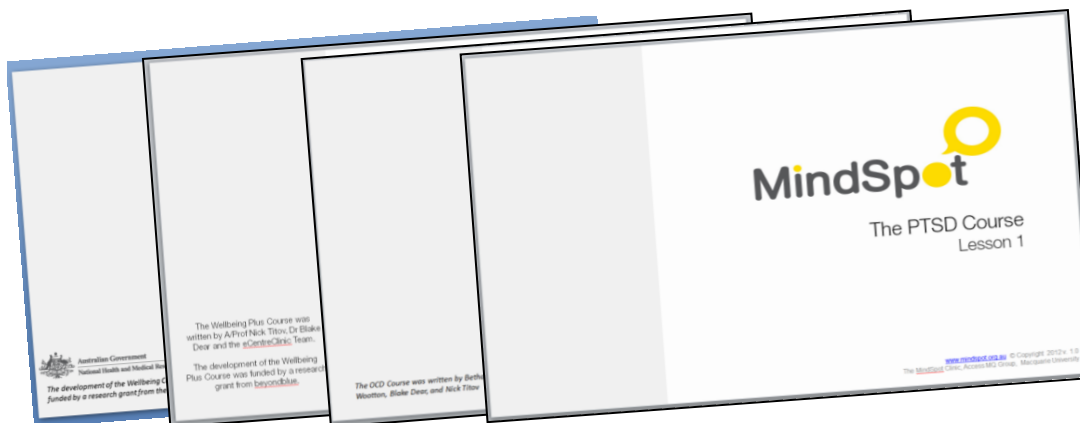


2. Treatment Courses

Offer four online treatment courses developed and evaluated at Macquarie University:

1. Wellbeing Course (18-60 years)
2. Wellbeing Plus Course (60+ years)
3. OCD Course
4. **PTSD Course** (Spence et al., 2013)

Designed to help people who have experienced trauma(s), learn to overcome their symptoms.



2. Treatment Courses

Offer four online treatment courses developed and evaluated at Macquarie University:

1. **Wellbeing Course (18-60 years)**
 2. **Wellbeing Plus Course (60+ years)**
 3. **OCD Course**
 4. **PTSD Course**
- Designed to teach skills that reduce symptoms and increase resilience.
 - Content available online, or can be posted or emailed.
 - Follow-up at 3-months + 6 months access to course.

Treatment

Treatment

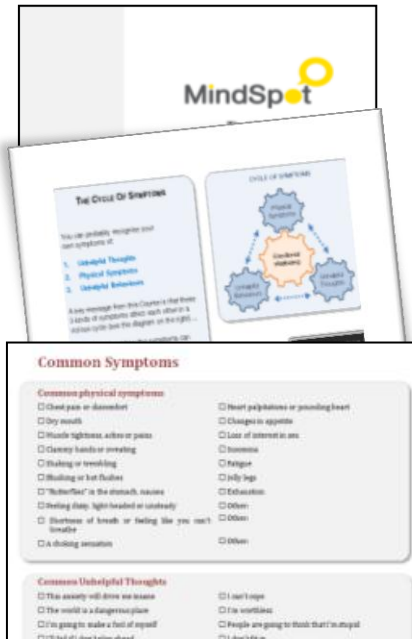


1. Learn

Treatment



1. Learn



- ✓ Read 4 - 6 lessons over 8 weeks
- ✓ Learn practical information
- ✓ Learning is carefully paced

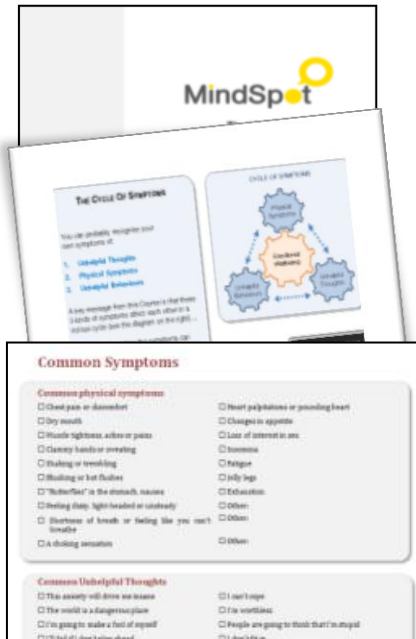
Treatment



1. Learn



2. Practice



During a Course, patients:

- ✓ Learn practical skills
- ✓ Practice and gain mastery



Treatment



1. Learn



2. Practice



3. Stories

MAEVE, 57 YEARS OLD, WA

LESSON 1

Hello.

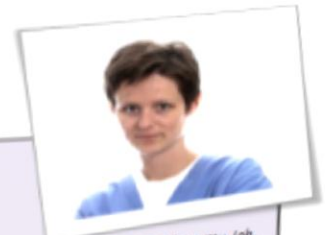
My name is Maeve. I have been living with severe rheumatoid arthritis for the last 10 years. It's a chronic condition that happens to the joints, and it's a really hard thing to live with.

Although I've been nagged with calcium supplements, I've really lost my bone density.

My husband will be 70 next year, and I want to be able to manage cancer.



JENNIE, 35 YEARS OLD, NSW



I work in a kid's ward at a large hospital. I love my job, but I'm coping with the stress of working there. It's a very busy ward, and I've had some really bad accidents, and some have been really serious. I should have protected them.

My Mum, my Dad, and an older brother. I am very close to my Mum, and I moved back home a few months ago to look after her. I think she has a few months more. Dad isn't doing too well. But Mum's illness has aged him.

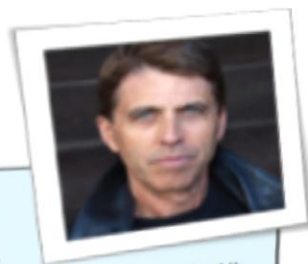
I'm feeling overwhelmed and not sure how to cope with all this. I was in a long-term relationship that ended a while ago, and I have a lot of debt on my credit card and can only afford the minimum payments. It's a tough time, and I know I need to sort some of this out, but I'm not sure where to start.

IAN, 54 YEARS OLD, VIC

LESSON 1

Hello, I'm Ian. I'm 54 years old, widowed, and getting back on my feet after a motor vehicle accident. It has been a tough 18 months. My wife and I were driving to a party when we were hit by a stolen vehicle. My wife, who was driving, was killed, I was knocked unconscious and sustained fractures to my lower spine. I spent several months in a rehab ward, and then after getting home I was retrenched from my job.

It's still hard for me to think about everything that's happened. My life isn't where I want it to be. I would be or should be. We (my wife and I) were hoping to retire in 2010, and travel around Australia. But, now she isn't here, and I have severe pain. My orthopaedic surgeon says I won't go away from the pain.



Treatment



1. Learn



2. Practice



3. Stories

MindSpot

The Cycle Of Symptoms

You can probably recognise and learn symptoms of:

1. Unhelpful Thoughts
2. Physical Symptoms
3. Unhelpful Emotions

A key message from this Cycle is that these kinds of symptoms affect each other in a vicious cycle over the longer or the short...

Common Symptoms

Common physical symptoms	
<input type="checkbox"/> Chest pain or discomfort	<input type="checkbox"/> Heart palpitations or pounding heart
<input type="checkbox"/> Dry mouth	<input type="checkbox"/> Changes in appetite
<input type="checkbox"/> Muscle tightness, aches or pains	<input type="checkbox"/> Loss of interest in sex
<input type="checkbox"/> Clammy hands or sweating	<input type="checkbox"/> Irritability
<input type="checkbox"/> Shaking or trembling	<input type="checkbox"/> Fatigue
<input type="checkbox"/> Blushing or hot flashes	<input type="checkbox"/> Jelly legs
<input type="checkbox"/> "Butterflies" in the stomach, nausea	<input type="checkbox"/> Exhaustion
<input type="checkbox"/> Shaking chills, light-headed or dizzy	<input type="checkbox"/> Overtired
<input type="checkbox"/> Shortness of breath or feeling like you can't breathe	<input type="checkbox"/> Obsessive
<input type="checkbox"/> A choking sensation	<input type="checkbox"/> Overtired

Common Unhelpful Thoughts

<input type="checkbox"/> This anxiety will drive me insane	<input type="checkbox"/> I can't cope
<input type="checkbox"/> The world is a dangerous place	<input type="checkbox"/> I'm worthless
<input type="checkbox"/> I'm going to make a fool of myself	<input type="checkbox"/> People are going to think that I'm stupid
<input type="checkbox"/> I'll feel all alone forever	<input type="checkbox"/> I'll never be able to



MAURIE, 57 YEARS OLD, WA

SESSION 1

Maury: I'm Maury. I am 57 years old, and I have been living with anxiety for about 10 years. I have been told that I have a panic disorder, but I don't know what that means. I just feel like I'm always on edge, and I have a lot of trouble sleeping. I have been told that I have a panic disorder, but I don't know what that means. I just feel like I'm always on edge, and I have a lot of trouble sleeping.

JENNIE, 35 YEARS OLD, NSW

SESSION 2

Jen: My name is Jennie. I am 35 years old, and I have been living with anxiety for about 10 years. I have been told that I have a panic disorder, but I don't know what that means. I just feel like I'm always on edge, and I have a lot of trouble sleeping. I have been told that I have a panic disorder, but I don't know what that means. I just feel like I'm always on edge, and I have a lot of trouble sleeping.

IAN, 54 YEARS OLD, VIC

SESSION 3

Ian: I am Ian. I am 54 years old, and I have been living with anxiety for about 10 years. I have been told that I have a panic disorder, but I don't know what that means. I just feel like I'm always on edge, and I have a lot of trouble sleeping. I have been told that I have a panic disorder, but I don't know what that means. I just feel like I'm always on edge, and I have a lot of trouble sleeping.



Safety

Patient safety is the key priority at the MindSpot Clinic:

1. **Safety Plan:** All patients develop a safety plan at assessment
2. **Weekly Symptom Scores:** Help monitor elevated symptoms and changes
3. **Therapist Contact:** Therapist regularly checks safety
4. **Emergency Services:** Links to emergency services available at multiple locations

For Health Professionals

Online and telephone treatment for anxiety and depression

1800 61 44 34

[Start Your MindSpot Online Screening Assessment](#)

Our Services

The Wellbeing Course provides useful information and practical skills to help manage symptoms of depression and anxiety.

Many people have actually told us they almost have an 'ah ha' moment after a couple of weeks of practicing the skills and strategies.

[Learn more about Our Services](#)



Take the brief
Anxiety Quiz



Take the brief
Depression Quiz



Download Information about
MindSpot Clinic



What is MindSpot?
Take a Tour



How MindSpot Works
Watch the Video



[Our Services](#)

[Treating Anxiety](#)

[Treating Depression](#)

[Who We Are](#)

How MindSpot Works in 3 Easy Steps:

1

[Learn](#)

Read the information on this website and try taking the [Depression](#) or [Anxiety Quiz](#).

2

[Get Assessed](#)

Complete a telephone or [Online Screening Assessment](#). We will provide information about your symptoms and discuss treatments that can help.

3

[Treatment](#)

Based on the results of your assessment we may recommend one of our free 10 week [Treatment Courses](#), or provide referrals to other services.

Online and telephone treatment for anxiety and depression

1800 61 44 34

[Start Your MindSpot Online Screening Assessment](#)

Our Services

The Wellbeing Course provides useful information and practical skills to help manage symptoms of depression and anxiety.

Many people have actually told us they almost have an 'ah ha' moment after a couple of weeks of practicing the skills and strategies.

[Learn more about Our Services](#)



Take the brief
Anxiety Quiz



Take the brief
Depression Quiz



Download Information about
MindSpot Clinic



What is MindSpot?
Take a Tour



How MindSpot Works
Watch the Video



[Our Services](#)

[Treating Anxiety](#)

[Treating Depression](#)

[Who We Are](#)

How MindSpot Works in 3 Easy Steps:

1

Learn

Read the information on this website and try taking the [Depression](#) or [Anxiety Quiz](#).

2

Get Assessed

Complete a telephone or [Online Screening Assessment](#). We will provide information about your symptoms and discuss treatments that can help.

3

Treatment

Based on the results of your assessment we may recommend one of our free 10 week [Treatment Courses](#), or provide referrals to other services.

How to Use Our Service

Patients can self-refer to our service, or you can refer patients directly to us. With their permission, we will send you reports about their assessment and treatment at the MindSpot Clinic. You can refer patients to the MindSpot Clinic in several ways:

1. Online Referral

Click here to complete an online referral form



2. Email Us

Email a referral to us at contact@mindsport.org.au or fax (02) 9475 4999.



3. Pass on our details

You can give patients our website and contact details.



4. Print out an information sheet

You can print out our [information sheet](#) and provide it to your patients.

What We Do

We provide the following services:

How to Use Our Service

Patients can self-refer to our service, or you can refer patients directly to us. With their permission, we will send you reports about their assessment and treatment at the MindSpot Clinic. You can refer patients to the MindSpot Clinic in several ways:

1. Online Referral

Click here to complete an online referral form



2. Email Us

Email a referral to us at contact@mindsport.org.au or fax (02) 9475 4999.



3. Pass on our details

You can give patients our website and contact details.



4. Print out an information sheet

You can print out our [information sheet](#) and provide it to your patients.

What We Do

We provide the following services:



I confirm that I have discussed the MindSpot Clinic Service with the individual, and that I have obtained their consent for this referral.

☒ Yes ☐ No

Referrer's details:

Title:

☐ Dr ☐ Mr ☐ Mrs ☐ Ms ☐ Miss

First name:

Last name:

Practice address:

Phone number:

Verify Phone number:

Practice email:

Verify email:

Note: please only provide a practice email where we can send private and confidential correspondence regarding the individual you are referring

Please indicate your relationship to the individual:

☐ GP

☐ Other Health Professional (please specify)

Specify:



I confirm that I have discussed the MindSpot Clinic Service with the individual, and that I have obtained their consent for this referral.

☒ Yes ☐ No

Referrer's details:

Title:

☐ Dr ☐ Mr ☐ Mrs ☐ Ms ☐ Miss

First name:

Last name:

Practice address:

Phone number:

Verify Phone number:

Practice email:

Verify email:

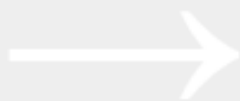
Note: please only provide a practice email where we can send private and confidential correspondence regarding the individual you are referring

Please indicate your relationship to the individual:

☐ GP

☐ Other Health Professional (please specify)

Specify:



I confirm that I have discussed the MindSpot Clinic Service with the individual, and that I have obtained their consent for this referral.

☒ Yes ☐ No

Referrer's details:

Title:

☐ Dr ☐ Mr ☐ Mrs ☐ Ms ☐ Miss

First name:

Last name:

Practice address:

Phone number:

Verify Phone number:

Practice email:

Verify email:

Note: please only provide a practice email where we can send private and confidential correspondence regarding the individual you are referring

Please indicate your relationship to the individual:

☐ GP

☐ Other Health Professional (please specify)

Specify:

Individual's details:

Title: ☐ Dr ☐ Mr ☐ Mrs ☐ Ms ☐ Miss

First name:

Last name:

Month / Year of birth:

Primary phone number: *(mobile preferred)*

Verify primary phone number:

Email:

Verify email:

State:

Note: please only provide a telephone number and an email address, which the individual or your patient is willing for us to use to contact him or her

Presenting problems:

- ☐ Worry
- ☐ Stress
- ☐ Anxiety
- ☐ Panic
- ☐ Social Anxiety

- ☐ Low mood
- ☐ Depression
- ☐ Trauma symptoms
- ☐ Obsessions or compulsion

Other relevant information:

Specify:

Individual's details:

Title: ☐ Dr ☐ Mr ☐ Mrs ☐ Ms ☐ Miss

First name:

Last name:

Month / Year of birth:

Primary phone number: *(mobile preferred)*

Verify primary phone number:

Email:

Verify email:

State: Australian Capital Territory ▾

Note: please only provide a telephone number and an email address, which the individual or your patient is willing for us to use to contact him or her

Presenting problems:

- ☐ Worry
- ☐ Stress
- ☐ Anxiety
- ☐ Panic
- ☐ Social Anxiety

- ☐ Low mood
- ☐ Depression
- ☐ Trauma symptoms
- ☐ Obsessions or compulsion

Other relevant information:

Preferred contact time:

Weekday ▾ 9 - 12 ▾

Continue

How to Use Our Service

Patients can self-refer to our service, or you can refer patients directly to us. With their permission, we will send you reports about their assessment and treatment at the MindSpot Clinic. You can refer patients to the MindSpot Clinic in several ways:

1. Online Referral

Click here to complete an online referral form



2. Email Us

Email a referral to us at contact@mindsport.org.au or fax (02) 9475 4999.



3. Pass on our details

You can give patients our website and contact details.



4. Print out an information sheet

You can print out our [information sheet](#) and provide it to your patients.

What We Do

We provide the following services:

How to Use Our Service

Patients can self-refer to our service, or you can refer patients directly to us. With their permission, we will send you reports about their assessment and treatment at the MindSpot Clinic. You can refer patients to the MindSpot Clinic in several ways:

1. Online Referral

Click here to complete an online referral form



2. Email Us

Email a referral to us at contact@mindsport.org.au or fax (02) 9475 4999.

www

You can give patients our website and contact details.



4. Print out an information sheet

You can print out our [information sheet](#) and provide it to your patients.

What We Do

We provide the following services:

How to Use Our Service

Patients can self-refer to our service, or you can refer patients directly to us. With their permission, we will send you reports about their assessment and treatment at the MindSpot Clinic. You can refer patients to the MindSpot Clinic in several ways:

1. Online Referral

Click here to complete an online referral form



2. Email Us

Email a referral to us at contact@mindspot.org.au or fax (02) 9475 4000.



3. Pass on our details

You can give patients our website and contact details.



4. Print out an information sheet

You can print out our [information sheet](#) and provide it to your patients.

What We Do

We provide the following services:

How to Use Our Service

Patients can self-refer to our service, or you can refer patients directly to us. With their permission, we will send you reports about their assessment and treatment at the MindSpot Clinic. You can refer patients to the MindSpot Clinic in several ways:

1. Online Referral

Click here to complete an online referral form



2. Email Us

Email a referral to us at contact@mindsport.org.au or fax (02) 9475 4999.



3. Pass on our details

You can give patients our website and contact details.



4. Print out an information sheet

You can print out our [information sheet](#) and provide it to your patients.

What We Do

We provide the following services:

Who To Refer?

- Eligibility
 - Australian resident, 18 years plus, eligible for Medicare
 - Principle complaint of anxiety or depression
 - Wants to learn about symptoms, about treatment options (including local services), or treatment at the MindSpot Clinic
 - Access to reliable internet or post

Case Examples: Last 2 weeks

1. GP Referral (Rural Tasmania)
 - ✓ No local MH professionals
2. GP Referral (Metro Sydney)
 - ✓ Sharing website details with patients who may benefit
3. Psychologist Referral (Central Perth)
 - ✓ Patients who have completed available Medicare funded sessions
4. Counsellor Referral (Central Sydney)
 - ✓ Patient receiving counselling for relationship breakdown, but socially phobic + panic attacks

Part 3:

Results

Who Are Our Patients?

As at 15 May 2014

- 15550 people started assessments (approx. 35/day)
 - Age: Mean = 35 (SD = 14)
 - Age: Range = 13 - 94 years
 - Gender: 73% Female
 - Location: 36% live outside major cities



Who Are Our Patients?

Previous Treatment?

- 35% never spoken to health professional about symptoms

Severity of Symptoms?

K-10 Scores (note: total score of 22+ = “very distressed”)

- National Survey mean (SD) = 21.1(7.5)
- MindSpot Clinic mean (SD) = 32.7 (8.1)
- Assessment: 5% in mental health crisis
- Treatment: 21% severely elevated symptoms

Where Are Our Patients?

State	Australian Bureau of Statistics 2011	MindSpot Clinic
New South Wales	32%	
Victoria	25%	
Queensland	20%	
Western Australia	11%	
South Australia	7%	
Tasmania	2%	
ACT	2%	
Northern Territory	1%	

Where Are Our Patients?

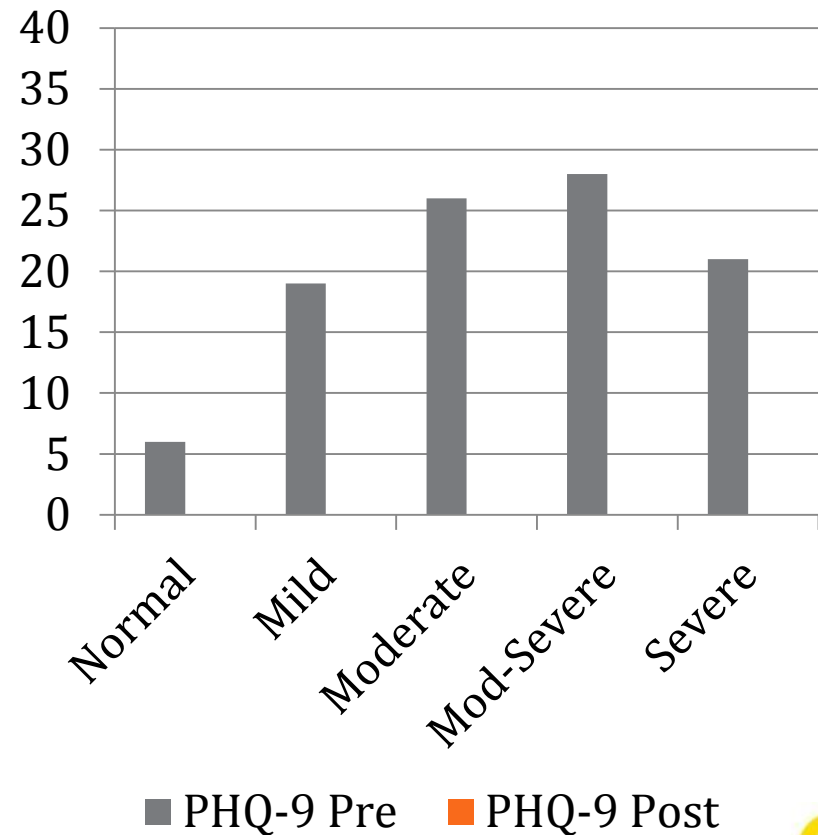
State	Australian Bureau of Statistics 2011	MindSpot Clinic
New South Wales	32%	35.1%
Victoria	25%	23.3%
Queensland	20%	20.4%
Western Australia	11%	9.6%
South Australia	7%	6.9%
Tasmania	2%	2.0%
ACT	2%	1.6%
Northern Territory	1%	1.1%

Improvements in Depression (PHQ-9)

Clinical Range	Depression (PHQ-9)	
	Pre	Post
Non-Clinical	25%	
Clinical	75%	

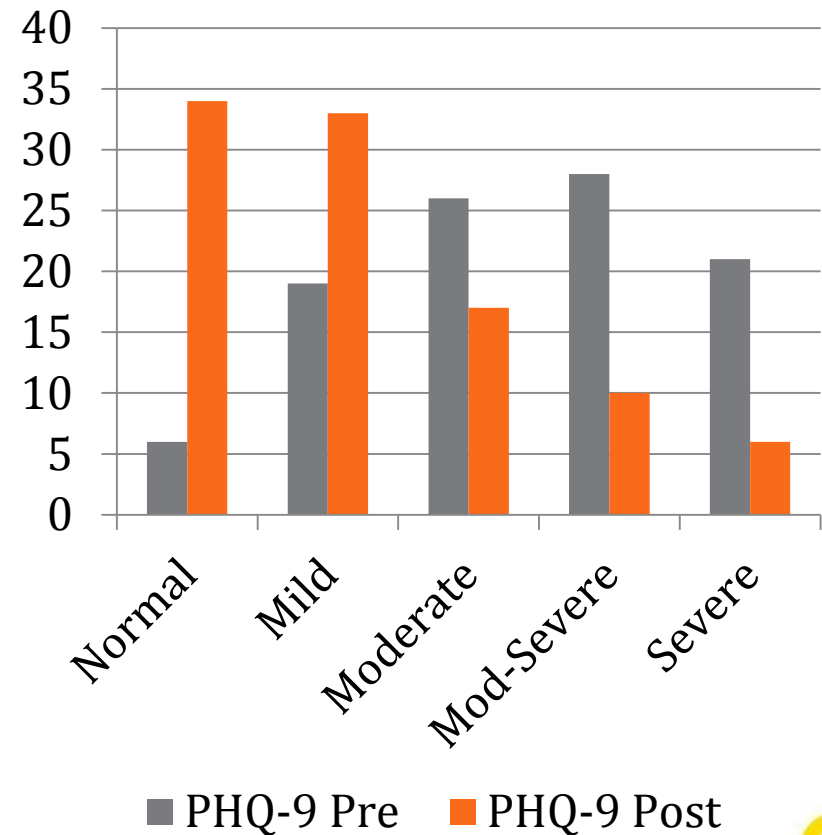
Improvements in Depression (PHQ-9)

Clinical Range	Depression (PHQ-9)	
	Pre	Post
Non-Clinical	25%	67%
Clinical	75%	33%



Improvements in Depression (PHQ-9)

Clinical Range	Depression (PHQ-9)	
	Pre	Post
Non-Clinical	25%	67%
Clinical	75%	33%

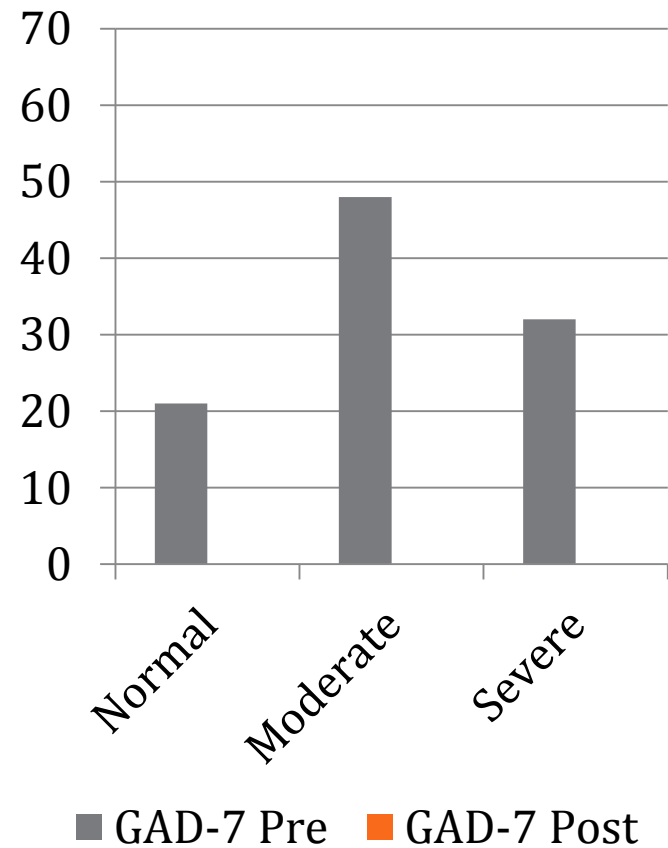


Improvements in Anxiety (GAD-7)

Clinical Range	Anxiety (GAD-7)	
	Pre	Post
Non-Clinical	21%	
Clinical	79%	

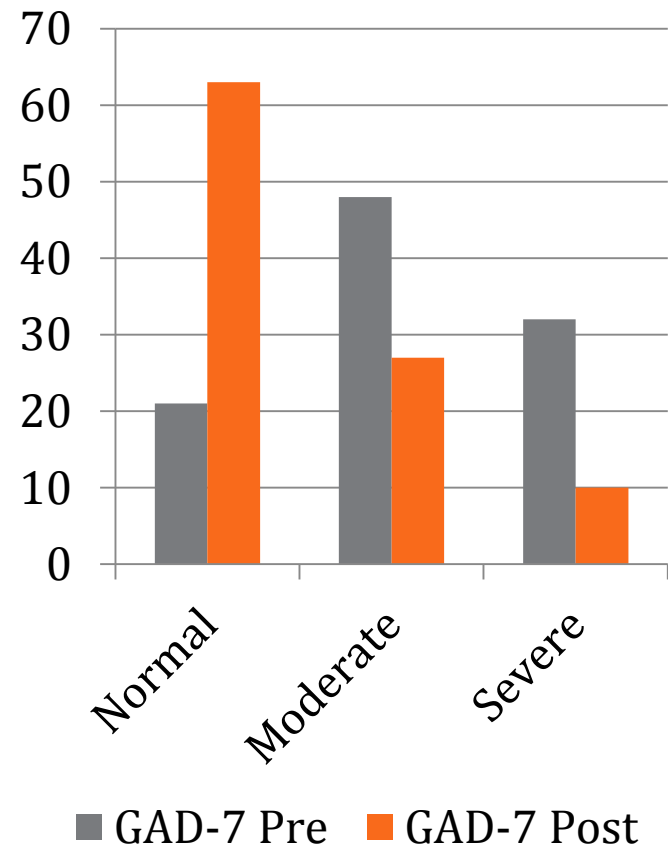
Improvements in Anxiety (GAD-7)

Clinical Range	Anxiety (GAD-7)	
	Pre	Post
Non-Clinical	21%	63%
Clinical	79%	37%



Improvements in Anxiety (GAD-7)

Clinical Range	Anxiety (GAD-7)	
	Pre	Post
Non-Clinical	21%	63%
Clinical	79%	37%



MindSpot Results (Preliminary)

Patient Satisfaction?

- Patient satisfaction with service: 95% report they would recommend a friend

Future Plans

1. Provide 'more' anonymous service
2. Support other health professionals to use MindSpot resources
3. Introduce brief courses for young adults
4. Adapt materials for indigenous populations
5. Develop specialist materials for specific target groups (e.g., post-natal depression)

Online and telephone treatment for anxiety and depression

1800 61 44 34

[Start Your Online Screening Assessment](#)

The MindSpot Clinic

The MindSpot Clinic is a free telephone and online service for Australians with stress, worry, anxiety, low mood or depression.

We provide mental health screening assessments, therapist-guided treatment courses and referrals to help people recover and stay well.

[Learn more about The MindSpot Clinic](#)



Take the
Anxiety Quiz



Take the
Depression Quiz



What is MindSpot?
Take a Tour



How MindSpot Works
Watch the Video

[The MindSpot Clinic](#)[Treating Anxiety](#)[Treating Depression](#)

How MindSpot Works in 3 Easy Steps:

1

Learn

Read the information on this website and try taking the [Depression](#) or [Anxiety Quiz](#).

2

Get Assessed

Complete a telephone or [online screening assessment](#). We will provide information about your symptoms and discuss treatments that can help.

3

Treatment

Based on the results of your assessment we may recommend one of our free 10 week treatment courses, or provide referrals to other services.

Part 5:

Summary

Summary (to date)

- >15,000 patients to date
- Many have severe symptoms and will not otherwise access services
- Clinical outcomes are strong and robust
- MindSpot Clinic is acceptable to consumers
- Increasing number of GPs and Allied Health using the MindSpot Clinic

Funding

- Funding for the MindSpot Clinic is provided by the Australian Government Department of Health
- The development of the Wellbeing Course was enabled by funding from the Australian National Health and Medical Research Council Project Grant No. 630560
- The development of the Wellbeing Plus Course was enabled by a National Priority Research Grant by *beyondblue: the national depression initiative*

Thank you

Nick Titov and the MindSpot Clinic Team

contact@mindspot.org.au

www.mindspot.org.au