

Best Evidence Summaries of Topics in Mental Healthcare

BEST *in* **MH** *clinical question-answering service*

Question

“In adults with depression and/or anxiety in secure settings, how effective is cognitive behavioural therapy, compared to treatment as usual/any other intervention, in reducing symptoms of depression and/or anxiety?”

Clarification of question using PICO structure

Patients: In adults with depression and/or anxiety in secure settings

Intervention: Cognitive Behavioural Therapy (CBT)

Comparator: Treatment as usual/any other intervention

Outcome: Reducing symptoms of depression and/or anxiety

Clinical and research implications

No high quality, relevant evidence was identified.

What does the evidence say?

Number of included studies/reviews (number of participants)

N/A

Main Findings

N/A

Authors Conclusions

N/A

Reliability of conclusions/Strength of evidence

N/A

What do guidelines say?

NICE guidelines for depression (CG90, 2010) make the following recommendations regarding CBT;

“The guideline will also be relevant to the work, but will not cover the practice, of those in:

- occupational health services
- social services
- forensic services
- the independent sector.”

(pp.15)

“For people with persistent subthreshold depressive symptoms or mild to moderate depression who have not benefited from a low-intensity psychosocial intervention, discuss the relative merits of different interventions with the person and provide:

- an antidepressant (normally a selective serotonin reuptake inhibitor [SSRI]) or
- a high-intensity psychological intervention, normally one of the following options:
 - CBT
 - interpersonal therapy (IPT)
 - behavioural activation (but note that the evidence is less robust than for CBT or IPT)
 - behavioural couples therapy for people who have a regular partner and where the relationship may contribute to the development or maintenance of depression, or where involving the partner is considered to be of potential therapeutic benefit.”

“For people with moderate or severe depression, provide a combination of antidepressant medication and a high-intensity psychological intervention (CBT or IPT).”

“The choice of intervention should be influenced by the:

- duration of the episode of depression and the trajectory of symptoms
- previous course of depression and response to treatment
- likelihood of adherence to treatment and any potential adverse effects

- person's treatment preference and priorities.”

“For people with depression who decline an antidepressant, CBT, IPT, behavioural activation and behavioural couples therapy, consider:

- counselling for people with persistent subthreshold depressive symptoms or mild to moderate depression
 - short-term psychodynamic psychotherapy for people with mild to moderate depression.”
- (pp. 572-573).

NICE guidelines for anxiety (CG113, 2011) make the following recommendations regarding CBT;

“The guideline will also be relevant to the work, but will not specifically cover the practice, of those in:

- occupational health services
- social services
- forensic services
- the independent sector.”

(pp. 11)

“For people with GAD and marked functional impairment, or those whose symptoms have not responded adequately to step 2 interventions:

Offer either;

- individual high-intensity psychological intervention, or
- drug treatment.”

(pp. 177)

“If a person with GAD chooses a high-intensity psychological intervention, offer either CBT or applied relaxation.

CBT for people with GAD should:

- be based on the treatment manuals used in the clinical trials of CBT for GAD
- be delivered by trained and competent practitioners
- usually consist of 12–15 weekly sessions (fewer if the person recovers sooner; more if clinically required), each lasting 1 hour.”

(pp. 178)

Date question received: 13/01/2014

Date searches conducted: 12/11/2013

Date answer completed: 28/01/2014

References

Guidelines

National Institute for Health and Care Excellence (2010) Depression. The treatment and management of depression in adults (updated version) CG90. London: National Institute for Health and Care Excellence.

<http://www.nice.org.uk/nicemedia/live/12329/45896/45896.pdf>

National Institute for Health and Care Excellence (2011) Generalised Anxiety Disorder in Adults: management in primary, secondary and community care. CG113. London: National Institute for Health and Care Excellence.

<http://www.nice.org.uk/nicemedia/live/13314/52667/52667.pdf>

Search Details

Source	Search Strategy	Number of hits	Relevant evidence identified
<i>SRs and Guidelines</i>			
NICE	CBT AND (depress* OR anxi*)	138	2
DARE	(forensic* OR secure* OR prison*) IN DARE 111 Delete 2 (offence* OR offense* OR offend*) IN DARE 69 Delete 3 (deviant* OR delinquen*) IN DARE 30 Delete 4 (crime* or criminal*) IN DARE 97 Delete 5 MeSH DESCRIPTOR Forensic Psychiatry EXPLODE ALL TREES 22 Delete 6 MeSH DESCRIPTOR Forensic Nursing EXPLODE ALL TREES 0 Delete 7 MeSH DESCRIPTOR Criminals EXPLODE ALL TREES 6 Delete 8 MeSH DESCRIPTOR Criminal Psychology EXPLODE ALL TREES 3 Delete 9 #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8	249	0
<i>Primary studies</i>			
CENTRAL	ID Search #1 "secure services":ti,ab,kw (Word variations have been searched) #2 "low secure" or "medium secure" or "high secure" #3 "low security" or "medium security" or "high security" #4 "forensic psychiatry" #5 "forensic mental health" #6 "forensic services" #7 "secure hospitals" #8 "mentally disordered offenders" #9 "mentally ill offenders" #10 "forensic psychiatric patients" #11 "secure care" #12 "secure psychiatric"	0	0

	<p>#13 "forensic hospital" #14 "secure treatment" #15 "secure settings" #16 "forensic setting" #17 offender #18 #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9 or #10 or #11 or #12 or #13 or #14 or #15 or #16 or #17 #19 MeSH descriptor: [Forensic Psychiatry] explode all trees #20 #18 or #19 #21 MeSH descriptor: [Anxiety Disorders] explode all trees #22 anxiety #23 MeSH descriptor: [Depressive Disorder] explode all trees #24 depression #25 #21 or #22 or #23 or #24 #26 #20 and #25 27 CBT #28 MeSH descriptor: [Cognitive Therapy] explode all trees #29 "cognitive behavioral therapy" #30 #27 or #28 or #29 #31 #26 and #30 23 Central only 0</p>		
PsycINFO	<ol style="list-style-type: none"> 1. PsycINFO; "secure service*".ti,ab; 123 results. 2. PsycINFO; (secure adj3 service*).ti,ab; 272 results. 3. PsycINFO; ("low secure" OR "medium secure" OR "high secure").ti,ab; 532 results. 4. PsycINFO; (forensic adj3 psychiat*).ti,ab; 3366 results. 5. PsycINFO; (forensic adj3 mental*).ti,ab; 932 results. 6. PsycINFO; (forensic adj3 service*).ti,ab; 657 results. 7. PsycINFO; (secure adj3 hospital*).ti,ab; 267 results. 8. PsycINFO; FORENSIC PSYCHIATRY/; 3431 results. 9. PsycINFO; FORENSIC PSYCHOLOGY/; 3310 results. 10. PsycINFO; MENTALLY ILL OFFENDERS/; 3068 results. 11. PsycINFO; "forensic mental health".ti,ab; 729 results. 	9	0

<p>12. PsycINFO; "mentally disordered offender*".ti,ab; 546 results.</p> <p>13. PsycINFO; "forensic psychiatric patient*".ti,ab; 202 results.</p> <p>14. PsycINFO; ("high security" OR "medium security" OR "low security").ti,ab; 666 results.</p> <p>15. PsycINFO; "secure care".ti,ab; 119 results.</p> <p>16. PsycINFO; "secure psychiatric*".ti,ab; 185 results.</p> <p>17. PsycINFO; "mentally ill prisoner*".ti,ab; 61 results.</p> <p>18. PsycINFO; "forensic hospital*".ti,ab; 259 results.</p> <p>19. PsycINFO; "secure treatment".ti,ab; 27 results.</p> <p>20. PsycINFO; "secure settings".ti,ab; 139 results.</p> <p>21. PsycINFO; "forensic setting*".ti,ab; 757 results.</p> <p>22. PsycINFO; "forensic mental health service*".ti,ab; 134 results.</p> <p>23. PsycINFO; offender*.ti,ab; 23362 results.</p> <p>24. PsycINFO; 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21 OR 22 OR 23; 32625 results.</p> <p>25. PsycINFO; anxiety.ti,ab; 129435 results.</p> <p>26. PsycINFO; exp ANXIETY DISORDERS/; 59525 results.</p> <p>27. PsycINFO; depression.ti,ab; 164200 results.</p> <p>28. PsycINFO; "DEPRESSION (EMOTION)"/ OR exp MAJOR DEPRESSION/; 110021 results.</p> <p>29. PsycINFO; 25 OR 26 OR 27 OR 28; 297420 results.</p> <p>30. PsycINFO; 24 AND 29; 1321 results.</p> <p>31. PsycINFO; CBT.ti,ab; 7233 results.</p> <p>32. PsycINFO; "cognitive behavi*".ti,ab; 26761 results.</p> <p>33. PsycINFO; COGNITIVE THERAPY/ OR exp COGNITIVE BEHAVIOR THERAPY/; 22149 results.</p> <p>34. PsycINFO; 31 OR 32 OR 33; 33931 results.</p> <p>35. PsycINFO; 30 AND 34; 40 results.</p> <p>36. PsycINFO; CLINICAL TRIALS/; 7237 results.</p> <p>37. PsycINFO; random*.ti,ab; 125360 results.</p> <p>38. PsycINFO; groups.ti,ab; 357982 results.</p> <p>39. PsycINFO; (double adj3 blind).ti,ab; 17518 results.</p>		
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	<p>40. PsycINFO; (single adj3 blind).ti,ab; 1359 results.</p> <p>41. PsycINFO; EXPERIMENTAL DESIGN/; 8907 results.</p> <p>42. PsycINFO; controlled.ti,ab; 78124 results.</p> <p>43. PsycINFO; (clinical adj3 study).ti,ab; 7696 results.</p> <p>44. PsycINFO; trial.ti,ab; 66064 results.</p> <p>45. PsycINFO; "treatment outcome clinical trial".md; 25674 results.</p> <p>46. PsycINFO; 36 OR 37 OR 38 OR 39 OR 40 OR 41 OR 42 OR 43 OR 44 OR 45; 553169 results.</p> <p>47. PsycINFO; 35 AND 46; 9 results.</p>		
Embase	<p>1. EMBASE; "secure service*".ti,ab; 80 results.</p> <p>2. EMBASE; (secure adj3 service*).ti,ab; 272 results.</p> <p>3. EMBASE; ("low secure" OR "medium secure" OR "high secure").ti,ab; 416 results.</p> <p>4. EMBASE; (forensic adj3 psychiat*).ti,ab; 3586 results.</p> <p>5. EMBASE; (forensic adj3 mental*).ti,ab; 506 results.</p> <p>6. EMBASE; (forensic adj3 service*).ti,ab; 818 results.</p> <p>7. EMBASE; (secure adj3 hospital*).ti,ab; 283 results.</p> <p>8. EMBASE; FORENSIC PSYCHIATRY/; 12157 results.</p> <p>9. EMBASE; FORENSIC PSYCHOLOGY/; 13 results.</p> <p>10. EMBASE; "forensic mental health".ti,ab; 366 results.</p> <p>11. EMBASE; "mentally disordered offender*".ti,ab; 426 results.</p> <p>12. EMBASE; "forensic psychiatric patient*".ti,ab; 187 results.</p> <p>13. EMBASE; ("high security" OR "medium security" OR "low security").ti,ab; 674 results.</p> <p>14. EMBASE; "secure care".ti,ab; 82 results.</p> <p>15. EMBASE; "secure psychiatric*".ti,ab; 155 results.</p> <p>16. EMBASE; "mentally ill prisoner*".ti,ab; 48 results.</p> <p>17. EMBASE; "forensic hospital*".ti,ab; 215 results.</p> <p>18. EMBASE; "secure treatment".ti,ab; 43 results.</p> <p>19. EMBASE; "secure settings".ti,ab; 84 results.</p> <p>20. EMBASE; "forensic setting*".ti,ab; 466 results.</p> <p>21. EMBASE; "forensic mental health service*".ti,ab; 109 results.</p>	10	0

	<p>22. EMBASE; offender*.ti,ab; 10070 results.</p> <p>23. EMBASE; "mentally ill offender*".ti,ab; 215 results.</p> <p>24. EMBASE; 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21 OR 22 OR 23; 23531 results.</p> <p>25. EMBASE; anxiety.ti,ab; 145584 results.</p> <p>26. EMBASE; exp ANXIETY DISORDER/; 144509 results.</p> <p>27. EMBASE; depression.ti,ab; 272251 results.</p> <p>28. EMBASE; exp DEPRESSION/; 305062 results.</p> <p>29. EMBASE; 25 OR 26 OR 27 OR 28; 560272 results.</p> <p>30. EMBASE; CBT.ti,ab; 7234 results.</p> <p>31. EMBASE; "cognitive behav*".ti,ab; 21217 results.</p> <p>32. EMBASE; COGNITIVE THERAPY/; 32924 results.</p> <p>33. EMBASE; 30 OR 31 OR 32; 41899 results.</p> <p>34. EMBASE; 24 AND 29; 1611 results.</p> <p>35. EMBASE; 33 AND 34; 71 results.</p> <p>36. EMBASE; random*.ti,ab; 874983 results.</p> <p>37. EMBASE; factorial*.ti,ab; 22600 results.</p> <p>38. EMBASE; (crossover* OR cross-over*).ti,ab; 69406 results.</p> <p>39. EMBASE; placebo*.ti,ab; 200280 results.</p> <p>40. EMBASE; (doubl* ADJ blind*).ti,ab; 143433 results.</p> <p>41. EMBASE; (singl* ADJ blind*).ti,ab; 14330 results.</p> <p>42. EMBASE; assign*.ti,ab; 238208 results.</p> <p>43. EMBASE; allocat*.ti,ab; 82368 results.</p> <p>44. EMBASE; volunteer*.ti,ab; 177072 results.</p> <p>45. EMBASE; CROSSOVER PROCEDURE/; 39502 results.</p> <p>46. EMBASE; DOUBLE BLIND PROCEDURE/; 119737 results.</p> <p>47. EMBASE; RANDOMIZED CONTROLLED TRIAL/; 364698 results.</p> <p>48. EMBASE; SINGLE BLIND PROCEDURE/; 18828 results.</p> <p>49. EMBASE; 36 OR 37 OR 38 OR 39 OR 40 OR 41 OR 42 OR 43 OR 44 OR 45 OR 46 OR 47 OR 48; 1410338</p>		
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	<p>results.</p> <p>50. EMBASE; 35 AND 49; 10 results.</p>		
Medline	<p>Search History:</p> <ol style="list-style-type: none"> 1. MEDLINE; "secure service*".ti,ab; 0 results. 2. MEDLINE; (secure adj3 service*).ti,ab; 174 results. 3. MEDLINE; ("low secure" OR "medium secure" OR "high secure").ti,ab; 203 results. 4. MEDLINE; (forensic adj3 psychiat*).ti,ab; 2430 results. 5. MEDLINE; (forensic adj3 mental*).ti,ab; 314 results. 6. MEDLINE; (forensic adj3 service*).ti,ab; 539 results. 7. MEDLINE; (secure adj3 hospital*).ti,ab; 171 results. 8. MEDLINE; FORENSIC PSYCHIATRY/; 7832 results. 9. MEDLINE; "forensic mental health".ti,ab; 229 results. 10. MEDLINE; "mentally disordered offender*".ti,ab; 229 results. 11. MEDLINE; "forensic psychiatric patient*".ti,ab; 116 results. 12. MEDLINE; ("high security" OR "medium security" OR "low security").ti,ab; 391 results. 13. MEDLINE; "secure care".ti,ab; 46 results. 14. MEDLINE; "secure psychiatric*".ti,ab; 83 results. 15. MEDLINE; "mentally ill prisoner*".ti,ab; 41 results. 16. MEDLINE; "forensic hospital*".ti,ab; 138 results. 17. MEDLINE; "secure treatment".ti,ab; 31 results. 18. MEDLINE; "secure settings".ti,ab; 43 results. 19. MEDLINE; "forensic setting*".ti,ab; 290 results. 20. MEDLINE; "forensic mental health service*".ti,ab; 69 results. 21. MEDLINE; offender*.ti,ab; 7297 results. 22. MEDLINE; "mentally ill offender*".ti,ab; 156 results. 23. MEDLINE; 1 OR 2 OR 3 OR 4 OR 5 OR 6 OR 7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19 OR 20 OR 21 OR 22; 16143 results. 24. MEDLINE; anxiety.ti,ab; 105700 results. 25. MEDLINE; exp ANXIETY DISORDERS/; 64759 results. 26. MEDLINE; depression.ti,ab; 208105 results. 27. MEDLINE; exp DEPRESSION/; 72268 results. 28. MEDLINE; 24 OR 25 OR 26 OR 27; 335052 results. 	6	0

	29. MEDLINE; 23 AND 28; 734 results. 30. MEDLINE; CBT.ti,ab; 4712 results. 31. MEDLINE; "cognitive behav*".ti,ab; 14357 results. 32. MEDLINE; COGNITIVE THERAPY/; 14711 results. 33. MEDLINE; 30 OR 31 OR 32; 22799 results. 34. MEDLINE; 29 AND 33; 20 results. 35. MEDLINE; "randomized controlled trial".pt; 359827 results. 36. MEDLINE; "controlled clinical trial".pt; 86999 results. 37. MEDLINE; randomized.ab; 280223 results. 38. MEDLINE; placebo.ab; 148575 results. 39. MEDLINE; "drug therapy".fs; 1649726 results. 40. MEDLINE; randomly.ab; 203973 results. 41. MEDLINE; trial.ab; 288779 results. 42. MEDLINE; groups.ab; 1305816 results. 43. MEDLINE; 35 OR 36 OR 37 OR 38 OR 39 OR 40 OR 41 OR 42; 3226596 results. 44. MEDLINE; 34 AND 43; 6 results.		
Summary	NA	NA	

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