

Anxiety Programme

This programme from SilverCloud[®] by Amwell[®] is designed for individuals living with symptoms of anxiety. The programme aims to help users manage their feelings and the causes of them, offering a welcome space from anxiety.

This programme aligns with NICE guideline QS53.¹

Therapeutic concepts

Psychoeducation

The Cognitive Behavioural Therapy (CBT) cycle is introduced in relation to anxiety.^{2,3} Goal setting, recognising a setback and developing a relapse plan are illustrated throughout the programme.

Behavioural techniques

Adjunctive behaviour strategies are used to tackle avoidance and encourage gradual exposure to feared situations, thoughts or feelings. In line with emotional processing theory, old anxiety-provoking associations are 'overruled' and replaced with new, more neutral experiences.⁴



Cognitive techniques

Users are encouraged to challenge and restructure negative beliefs, by gathering evidence to evaluate and support these thoughts. Unrealistic beliefs are then disputed and recommendations for alternative more efficient thoughts are made.⁵

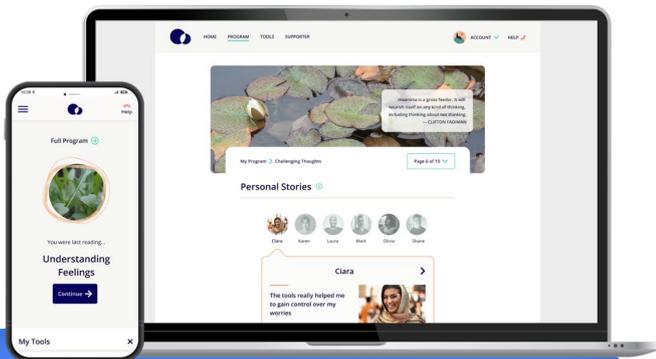
Relaxation & mindfulness

These simple and effective exercises can be helpful to ground or relax the user and increase the effectiveness of their treatment.⁶

How it works

The structure and content of the **Anxiety** programme follows the evidence-based principles of CBT, teaching users how to reframe thinking patterns and build coping skills.⁴

In keeping with the guiding principles of CBT, which endorse a structured outline and a goal-oriented focus, each module contains anxiety-specific information, interactive activities, homework suggestions and personal stories.⁷



The programme is available 24/7, allowing users to access the content at a time and place that suits them. It can be accessed using a phone, tablet or computer and can be tailored to suit the needs of the individual.

Summary of programme modules:

- **Getting Started** The user is introduced to CBT and explores how it can help understand anxiety. Two key tools of the programme – the Mood Monitor and the CBT Cycle – are also introduced.
- **Understanding Anxiety** Helps the user to better understand their anxiety, exploring how to use CBT to manage their symptoms.
- **Noticing Feelings** Focusing on the emotions and physical sensations of anxiety and the CBT cycle, the user can begin to build their own CBT cycles and track the impact of their lifestyle choices on their mood.
- **Facing Your Fears** Uses the CBT technique 'graded exposure' to help the user break down fears into small steps in order to face them.
- **Spotting Thoughts** The user is introduced to thinking traps and is encouraged to identify their unhelpful thoughts, allowing them to further build their CBT cycle.
- **Challenging Thoughts** Helps the user learn techniques to tackle thinking traps that are common in anxiety and to identify alternative ways of thinking.
- **Bringing It All Together** Prepares the user for coming to the end of the programme and focuses on helping them stay well in the future.

Additional module:

- **Managing Worry** Focusing on the difference between practical and hypothetical worry, the user can learn new ways to understand and manage their own worries.

References:

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4. Foa, E. B., & Kozak, M. J. (1986). Emotional processing of fear: exposure to corrective information. *Psychological bulletin*, 99(1), 20.
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