

# BLUES BEGONE

## COMPUTER BASED COGNITIVE BEHAVIOUR THERAPY BENCHMARKING AGAINST PUBLISHED DATA: BLUES BEGONE® AND AN NHS CBT SERVICE

### Does Blues Begone deliver a treatment for depression that is comparable with an NHS CBT service?

Data from Blues Begone trials have been benchmarked against data from published studies. The study chosen for comparison was that of Westbrook and Kirk (2005) since this allows for the comparison of depression severity both at the beginning and end of routine CBT treatment in an NHS service.

*(Westbrook and Kirk 2005. The clinical effectiveness of cognitive behaviour therapy: outcome for a large sample of adults treated in routine practice. Behaviour Research and Therapy 43, 1243-1261)*

Data from: An open trial in the NHS of Blues Begone®: A new stand alone computer-based CBT psychotherapy program (submitted)

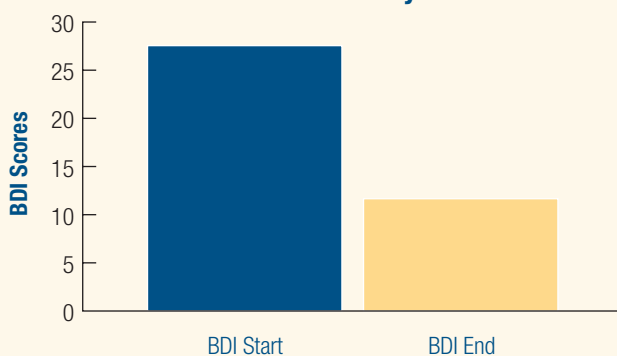
#### Blues Begone®

BDI Blues Begone® start: 27.5  
BDI Blues Begone® finish: 11.5

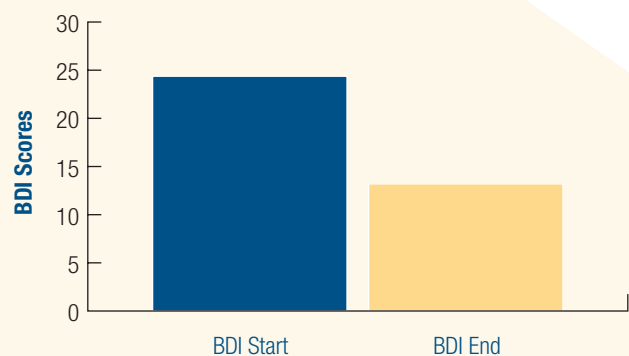
#### Westbrook and Kirk (2005)

BDI CBT therapy start: 24.6  
BDI CBT therapy finish: 13.3

#### Blues Begone® effectively treats depression and anxiety



#### Therapist delivered CBT treatment



**Blues Begone® is clinically effective and easy to use. It can be an alternative to therapist delivered treatment.**

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