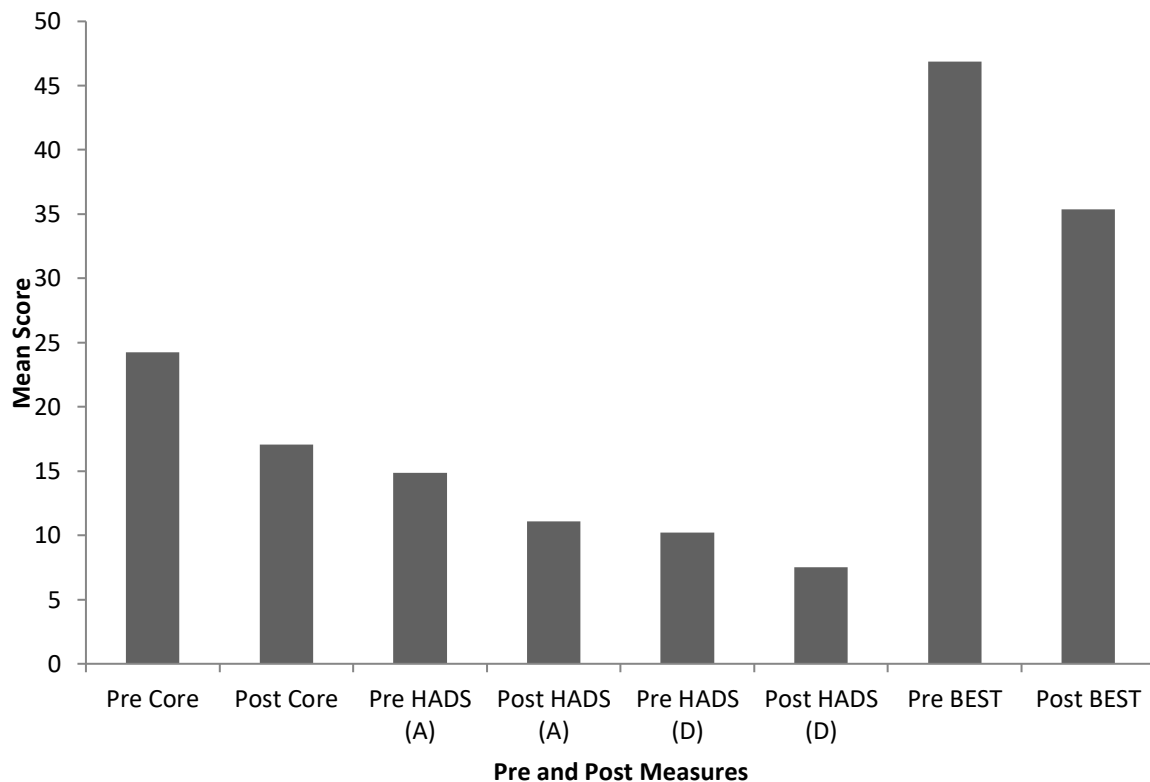


## THE DECIDER

### RESULTS – Adult Mental Health



Pre-intervention measures were taken at the start of the group (week 1) and post measures were taken at the end of the group (week 12). 23 people were initially included in the study, however, 3 were excluded due to incomplete measures resulting in  $n = 20$ . A summary of the mean scores for each pre- and post- measure can be found in Table 1. The scores clearly decrease from pre to post measures indicating a reduction in global distress, anxiety and depression. This is clearly outlined in Figure 1.



**Figure 1: Bar graph to show changes in pre- and post-intervention measures.**

Pairwise t-tests were undertaken on the pre and post scores for each measure (see Table 1 for a summary). A Bonferroni correction was made for both alpha scores (4 pairwise comparisons were made  $[0.05/4=0.0125]$  to avoid Type I error.

**Table 1.** Means (standard deviations) for each pre and post measure. Paired t-tests for differences between pre and post scores.

Measure	Pre Scores <i>n</i> =20		Post Scores <i>n</i> =20		t-test		
	<i>M</i>	( <i>SD</i> )	<i>M</i>	( <i>SD</i> )	<i>df</i>	<i>t</i>	<i>p</i>
CORE-10	24.2	(8.3)	17.4	(10.5)	19	3.4	0.003*
HADS -A	15.4	(4.3)	11.1	(5.1)	19	3.8	0.001**
HADS -D	10.2	(3.5)	7.5	(4.9)	19	3.1	0.006*
BEST	46.9	(10.7)	35.4	(11.8)	19	4.2	0.000**

\*  $p < .05$  after Bonferonni correction; \*\*  $p < .01$  after Bonferonni correction.

As can be seen in Table 1, the differences found between pre and post measures were all found to be significant. This is therefore robust evidence for the Decider Skills effectiveness in clinically reducing symptoms such as global distress, anxiety and depression.

9 month follow-up measures were also taken from six participants. A summary of means can be found in Table 2. Whilst there is not enough data for statistical analysis, the results indicate a continued downward trend of anxiety, depression and global distress, even after 9 months following the termination of the Decider Skills group. These results indicate a promising long-term effectiveness of the Decider Skills group.

**Michelle Ayres & Carol Vivyan**  
**Cognitive Behavioural Psychotherapists**

September 2013