

The slide features a yellow border. On the left, the MindSpot logo is displayed with the tagline "Online and telephone treatment for Australians with anxiety and depression". On the right, a yellow header bar is positioned above a grey box containing the title "MindSpot Clinic: An Introduction".

MindSpot
Online and telephone treatment for Australians
with anxiety and depression

**MindSpot Clinic:
An Introduction**



The slide features a yellow border and a white background. The title "Core Project Team" is centered at the top. Below it is a bulleted list of team members. The MindSpot logo is located in the bottom right corner.

Core Project Team

- **Nick Titov**, Macquarie University
- **Blake Dear**, Macquarie University
- **James Bennett-Levy**, University of Sydney
- **Britt Klein**, University of Ballarat
- **Ron Rapee**, Macquarie University
- **Clare Shann**, *beyondblue*

MindSpot

The MindSpot Clinic

- **Part 1:** Context
- **Part 2:** Aims of the MindSpot Clinic
- **Part 3:** Preliminary outcomes
- **Part 4:** Your advice



Part 1: Context



12-Month Cases of Anxiety and Depression in Australia

Mood Disorders (affect 6% of the population)		Numbers of People
Depression	4%	920 000
Bipolar	2%	460 000
Anxiety Disorders (affect 14% of the population)		
Panic	3%	690 000
Social Phobia	5%	1 150 000
Generalised Anxiety Disorder	3%	690 000
Post-Traumatic Stress Disorder	6%	1 380 000
Obsessive Compulsive Disorder	2%	460 000



20% of the adult population suffer depression or anxiety disorders each year.

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

Less than half of those receive evidence-based treatment.



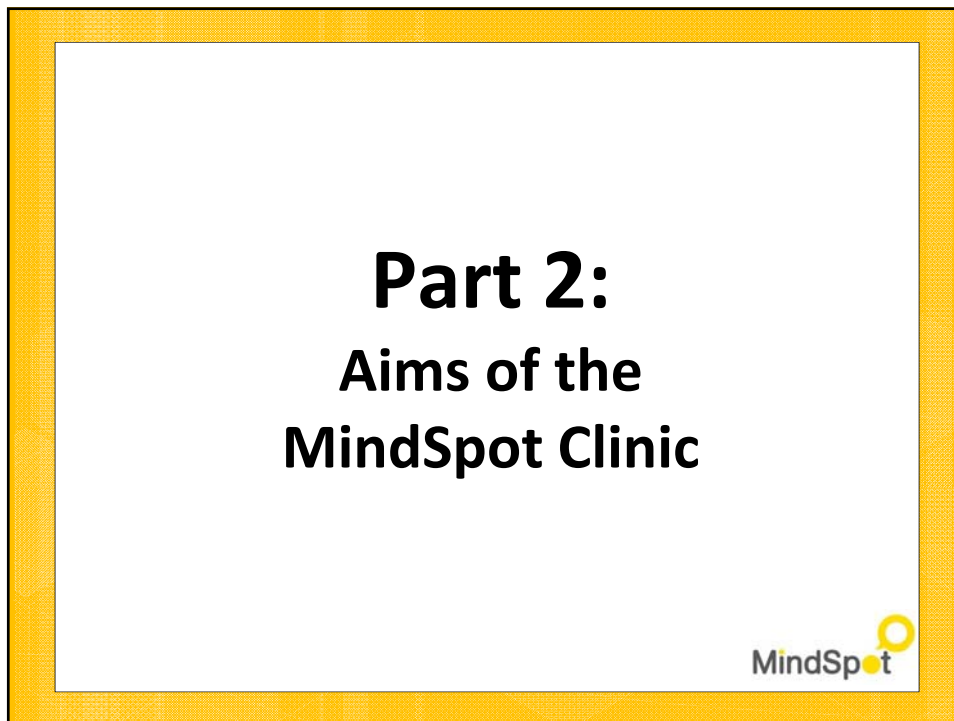
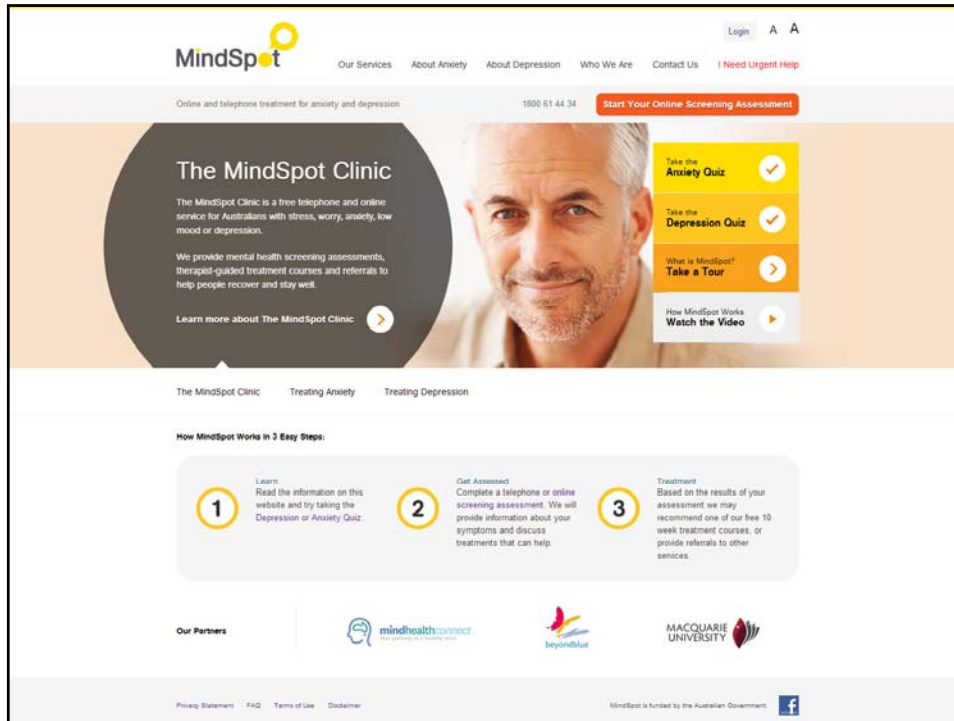
Policy Context

- 2006: The Australian Government invested in e-mental health support through the development of projects funded by the Telephone Counselling, Self Help and Web-based Support Programme.
- Australian academics and non-government sector leaders advocated for a structured approach to the development of this new sector (e-Mental Health: A 2020 Vision and Strategy for Australia).



- 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
 3. Virtual Clinic (*the MindSpot Clinic*)





The MindSpot Aims and Vision

- Provide internet and telephone-delivered treatments to Australian adults with anxiety or depression
- Create a scalable and sustainable solution to reduce barriers accessing treatment across Australia
- Teach individuals evidence-based skills that will increase resilience and reduce vulnerability
- Provide high quality treatments that fuse best evidence-based practice trialled and developed with thousands of patients
- Provide a world class service



The MindSpot Team

- Nick Titov, Blake Dear, Britt Klein, James Bennett-Levy, Ron Rapee, Clare Shann
- Expert advisors: David Richards (Exeter, UK), Gerhard Andersson (Karolinska Institutet, Sweden), Lee Ritterband (University of Virginia Health System, USA)
- Leading NGOs
- 25 psychologists, psychiatrists, and mental health workers
- Operating at Access Macquarie, Macquarie University



Project Deliverables

Stepped care service (treatment intensity based on need) with multiple entry points and sources (telephone, internet, post, self-referral, other-referral)

Service Targets

Assessments, treatment, and/or referrals for:

- Year 1: 10,000 consumers
- Year 2: 12,500 consumers
- Year 3: 15,000 consumers

Project Funding: \$16.4M over 3 years



Project Deliverables

Stepped care service (treatment intensity based on need) with multiple entry points and sources (telephone, internet, post, self-referral, other-referral)

Service Targets

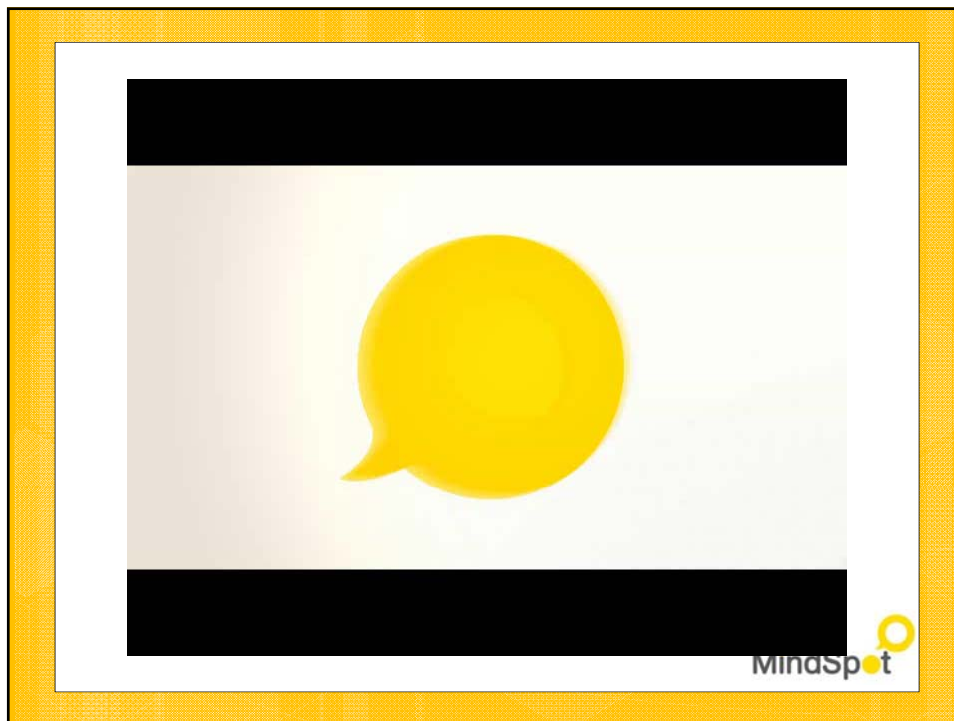
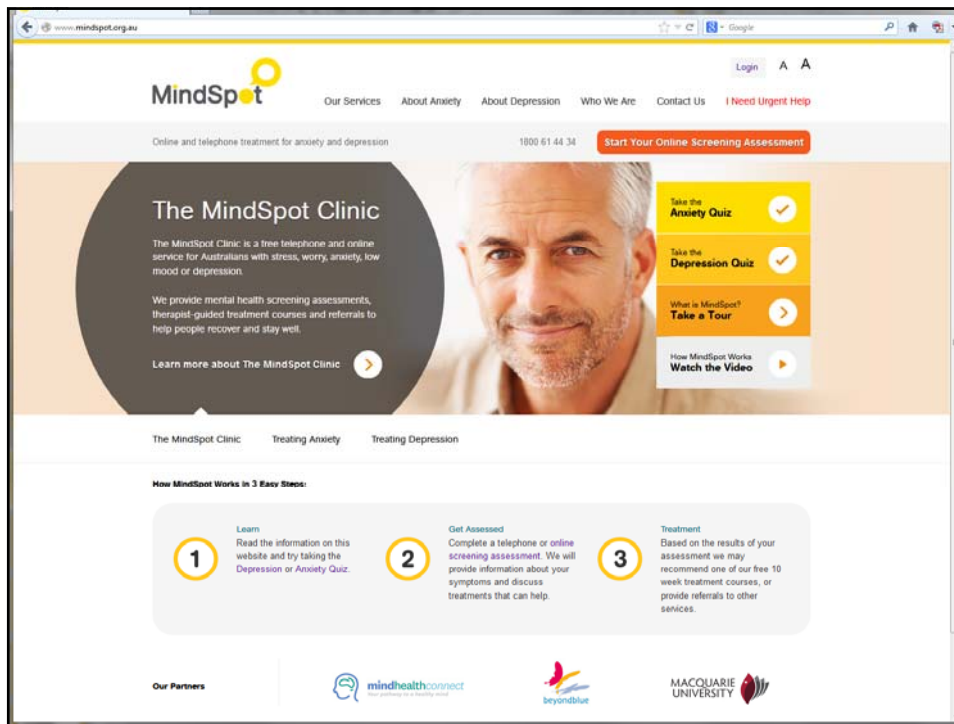
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3 Phases of Launch

- *Contract executed 21 September 2012*
- Phase 1 Launch 3 December 2012: Mon-Fri, 2pm-5pm
- Phase 2 Launch 21 January 2013: Mon-Fri, 9am-5pm
- Phase 3 Launch 27 March 2013: Mon-Sun, 8am-11pm





MindSpot Clinic Services

We provide the following free internet or telephone services to Australian adults:

1. Screening Assessments

2. Treatment or Referral

- 10 week treatment courses
- Therapist-guided

3. Smart IT



1. Screening Assessment

Online or telephone screening assessment:

- ✓ Use standardised measures of anxiety disorders and depression
- ✓ An online assessment takes 10-20 minutes
- ✓ A telephone assessment takes 15-30 minutes



1. Screening Assessment

Online or telephone screening assessment:

- ✓ Use standardised measures of anxiety disorders and depression
- ✓ An online assessment takes 10-20 minutes
- ✓ A telephone assessment takes 15-30 minutes

We discuss results with patients, discuss treatment options, and send a report to patients and health professionals



2. Treatment Courses

Choice of four treatment courses developed at Macquarie University:

1. Wellbeing Course (18-65 years) (Titov et al., 2013)
2. Wellbeing Plus Course (60+ years) (Dear et al; Titov et al)
3. OCD Course (Wootton et al., 2013)
4. PTSD Course (Spence et al., 2013)

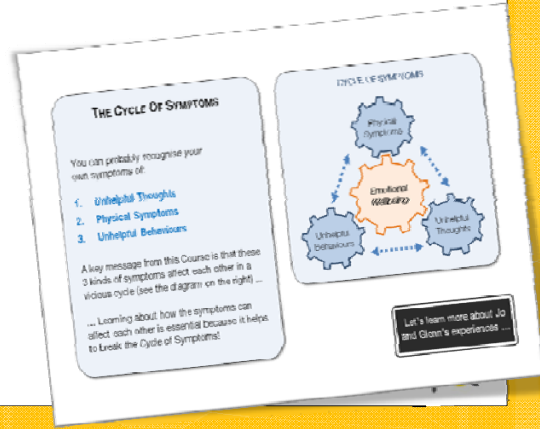
New course groups begin fortnightly (3-5 therapists per group of 100-150 patients)



2. Treatment Courses

During a Course, patients:

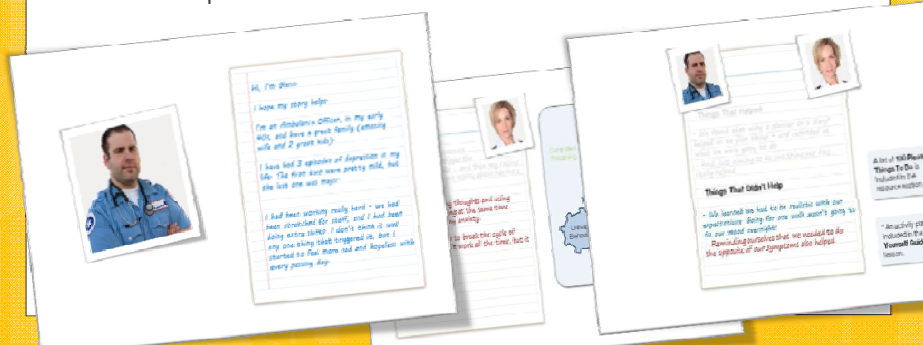
- ✓ Read 4-6 lessons over 8 - 10 weeks



2. Treatment Courses

During a Course, patients:

- ✓ Read 4-6 lessons over 8 – 10 weeks
- ✓ Learn how others have recovered from anxiety and depression



2. Treatment Courses

During a Course, patients:

- ✓ Read 4-6 lessons over 8 – 10 weeks
- ✓ Learn how others have recovered from anxiety and depression
- ✓ Have regular contact with a MindSpot Clinic therapist



2. Treatment Courses

During a Course, patients:

- ✓ Read 4-6 lessons over 8 – 10 weeks
- ✓ Learn how others have recovered from anxiety and depression
- ✓ Have regular contact with a MindSpot Clinic therapist
 - At least weekly contact – synchronous and asynchronous
 - Low and high intensity – along a continuum
 - Type, duration and frequency of contact recorded
 - Automated emails reinforce progress and reinforce structure
 - Additional written materials available



3. Smart IT

IT features that aim to facilitate efficiency, patient safety and engagement:

- ✓ Alerts for elevated symptoms
- ✓ Automated emails
- ✓ Integrated patient management system
- ✓ Intuitive therapist interface



https://app.mindspot.org.au/course/show

You are logged in as Nikolai Titov (N100) | 2 new messages | Sign Out

Course Program

- Lesson 1 Materials
- Lesson 2 Materials
- Lesson 3 Materials
- Lesson 4 Materials
- Lesson 5 Materials

Resources

- Assertive Communication
- Manual Skills
- Communicative Skills
- Worry Time
- Structured Problem Solving
- Managing Beliefs
- Good Sleep Guide
- In Case of Emergency
- Step-By-Step Guide

Private Messages

- 7 new messages(1)
- 49 all messages(1)
- 0 new messages(1)
- Compose Message

Welcome to the Wellbeing Course

Thank you for joining this Course! We hope you find this Course helpful and interesting.

We built this Course to provide good information and teach practical skills to help manage symptoms of depression and anxiety. You won't be able to access everything at once (see the dates below for when the Lessons will become available). But, most weeks there will be something new, and all the materials build on the previous materials. As you probably know, recovery isn't easy. However we believe that this Course can really help.

About the Wellbeing Course

The Wellbeing Course contains the following:

- 5 online lessons. These are located to the left of this page.
- 5 Do It Yourself Guides, which you can download after you read the lesson. These give more information and examples of how to use the core skills. These are located to the left of this page.
- Extra Resources, which we make available during the course.
- Stories about people who have learned to improve managing their symptoms and improve their emotional wellbeing.
- Private Messaging system to allow you to securely email your clinician.
- Questionnaires to help us to monitor your progress. Each week we will ask you to complete a brief questionnaire. We will also ask you to complete a larger set of questionnaires at weeks 1 and 10. These should take about 10 to 15 minutes.

Our Recommendations

To get the most out of the Course we recommend you read each lesson, read the Do It Yourself Guides, and choose and read Resources and Stories that are relevant to you. More importantly, we want you to practice the core skills a little bit each day. The Course is only 10 weeks long (finishing Sunday 30th of June, 2013). Please put that date in your diary.

Here is a timeline that we believe will help you achieve the best results:

Lesson	Start Date	Duration
Read Lesson 1 Do It Yourself Resources & Skills	Monday 22 April	(1 week)
Read Lesson 2 Do It Yourself Resources & Skills Practice Cop Skills	Monday 29 April	(2 weeks)
Read Lesson 3 Do It Yourself Resources & Skills Practice Cop Skills	Monday 13 May	(1 week)
Read Lesson 4 Do It Yourself Resources & Skills Practice Cop Skills	Monday 20 May	(2 weeks)
Read Lesson 5 Do It Yourself Resources & Skills Practice Cop Skills	Monday 3 June	(4 weeks)

Sunday 30 June: Final day of the Wellbeing Course. Please make sure you have read all 5 Lessons by today.

For Technical Help

Please contact us if you require any technical help (email: itsupport@mindspot.org.au, phone: 1800 61 44 34). We will get back to you as soon as possible.

Your Therapists

One of the MindSpot Clinic therapists will contact you each week to support you and answer your questions. All the MindSpot Clinic therapists are experienced in providing both face-to-face and online treatments for anxiety, depression, PTSD and OCD.

Final Words

We have every confidence you can benefit from this Course. We wish you all the best of luck and look forward to taking your advice about how to improve this Course so that others can benefit.

MindSpot You are logged in as Nikolai Titov (N104) | [Logout](#)

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Select a course group: **Wellbeing Group 11** [Go >>](#)

	Name	Username	Login Date	Logins	Sessions	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lessons	Hours	Outbox	Actions
1	[Redacted]	[Redacted]	07/05/13 10:29	18	37min(s) / 3min(s)	22/04/13 08:18	29/04/13 08:21	[Green]	[Green]	[Green]	Total: 1 min(s) / 2 Review: 0 min(s) / 0 Avg: 1 min(s)	1	0	View Edit Send
2	[Redacted]	[Redacted]	30/04/13 22:20	4	29min(s) / 8min(s)	22/04/13 19:59	30/04/13 22:24	[Green]	[Green]	[Green]	Total: 12 min(s) / 1 Review: 0 min(s) / 0 Avg: 12 min(s)	1	0	View Edit Send
3	[Redacted]	[Redacted]	02/05/13 17:36	4	2773min(s) / 694min(s)	25/04/13 14:09	03/05/13 10:56	[Green]	[Green]	[Green]	Total: 102 min(s) / 2 Review: 0 min(s) / 0 Avg: 51 min(s)	0	0	View Edit Send
4	[Redacted]	[Redacted]	26/04/13 13:03	6	140min(s) / 24min(s)	[Green]	[Green]	[Green]	[Green]	[Green]	-	2	0	View Edit Send
5	[Redacted]	[Redacted]	03/05/13 10:35	4	19min(s) / 5min(s)	23/04/13 08:57	29/04/13 08:21	[Green]	[Green]	[Green]	Total: 7 min(s) / 1 Review: 0 min(s) / 0 Avg: 7 min(s)	1	0	View Edit Send
6	[Redacted]	[Redacted]	01/05/13 12:10	3	85min(s) / 29min(s)	23/04/13 19:27	01/05/13 12:28	[Green]	[Green]	[Green]	Total: 16 min(s) / 2 Review: 0 min(s) / 0 Avg: 8 min(s)	1	0	View Edit Send
7	[Redacted]	[Redacted]	30/04/13 21:24	4	99min(s) / 25min(s)	22/04/13 21:56	29/04/13 19:02	[Green]	[Green]	[Green]	Total: 48 min(s) / 2 Review: 0 min(s) / 0 Avg: 24 min(s)	0	0	View Edit Send
8	[Redacted]	[Redacted]	10/05/13 19:44	7	62min(s) / 9min(s)	24/04/13 01:19	10/05/13 19:44	[Green]	[Green]	[Green]	Total: 21 min(s) / 1 Review: 0 min(s) / 0 Avg: 21 min(s)	0	0	View Edit Send
9	[Redacted]	[Redacted]	05/05/13 22:40	2	120min(s) / 24min(s)	24/04/13 05:05/13	[Green]	[Green]	[Green]	[Green]	Total: 21 min(s) / 2 Review: 0 min(s) / 0 Avg: 11 min(s)	0	0	View Edit Send
10	[Redacted]	[Redacted]	26/04/13 13:07	2	[Green]	[Green]	[Green]	[Green]	[Green]	[Green]	-	1	0	View Edit Send
11	[Redacted]	[Redacted]	03/05/13 17:49	10	108min(s) / 17min(s)	23/04/13 20:47	29/04/13 20:30	[Green]	[Green]	[Green]	Total: 53 min(s) / 2 Review: 0 min(s) / 0 Avg: 26 min(s)	0	0	View Edit Send
12	[Redacted]	[Redacted]	03/05/13 20:00	2	179min(s) / 35min(s)	25/04/13 10:11	03/05/13 21:17	[Green]	[Green]	[Green]	Total: 42 min(s) / 2 Review: 0 min(s) / 0 Avg: 21 min(s)	4	0	View Edit Send
13	[Redacted]	[Redacted]	04/05/13 11:25	5	65min(s) / 15min(s)	27/04/13 08:13	04/05/13 11:48	[Green]	[Green]	[Green]	Total: 37 min(s) / 2 Review: 0 min(s) / 0 Avg: 18 min(s)	1	0	View Edit Send
14	[Redacted]	[Redacted]	30/04/13 23:19	5	495min(s) / 95min(s)	22/04/13 18:35	29/04/13 13:57	[Green]	[Green]	[Green]	Total: 138 min(s) / 2 Review: 2 min(s) / 0 Avg: 69 min(s)	1	0	View Edit Send
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16	[Redacted]	[Redacted]	03/05/13 22:01	4	79min(s) / 22min(s)	22/04/13 05:05/13	[Green]	[Green]	[Green]	[Green]	Total: 44 min(s) / 2 Review: 0 min(s) / 0 Avg: 22 min(s)	0	1	View Edit Send

NB: Red- Lesson not completed; Orange- Lesson Completed; Green- homework downloaded.

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Select a course group: **Wellbeing Group 11** [Go >>](#)

	Name	Username	Login Date	Logins	Sessions	Lesson 1	Lesson 2	Lesson 3	Lesson 4
1	[Redacted]	[Redacted]	07/05/13 10:29	18	37min(s) / 3min(s)	22/04/13 08:18	29/04/13 08:21	[Green]	[Green]
2	[Redacted]	[Redacted]	30/04/13 22:20	4	29min(s) / 8min(s)	22/04/13 19:59	30/04/13 22:24	[Green]	[Green]
3	[Redacted]	[Redacted]	02/05/13 17:36	4	2773min(s) / 694min(s)	25/04/13 14:09	03/05/13 10:56	[Green]	[Green]
4	[Redacted]	[Redacted]	26/04/13 13:03	6	140min(s) / 24min(s)	[Green]	[Green]	[Green]	[Green]
5	[Redacted]	[Redacted]	03/05/13 10:35	4	19min(s) / 5min(s)	23/04/13 08:57	29/04/13 08:21	[Green]	[Green]
6	[Redacted]	[Redacted]	01/05/13 12:10	3	85min(s) / 29min(s)	23/04/13 19:27	01/05/13 12:28	[Green]	[Green]
7	[Redacted]	[Redacted]	30/04/13 21:24	4	99min(s) / 25min(s)	22/04/13 21:56	29/04/13 19:02	[Green]	[Green]
8	[Redacted]	[Redacted]	10/05/13 19:44	7	62min(s) / 9min(s)	24/04/13 01:19	10/05/13 19:44	[Green]	[Green]
9	[Redacted]	[Redacted]	05/05/13 22:40	2	120min(s) / 24min(s)	24/04/13 05:05/13	[Green]	[Green]	[Green]

Lesson 5	Lessons	Inbox	Outbox	Actions
	Total: 1 min(s) / 2 Review: 0 min(s) / 0 Avg: 1 min(s)	1	0	View Edit Send Email Login
	Total: 12 min(s) / 1 Review: 0 min(s) / 0 Avg: 12 min(s)	1	0	View Edit Send Email Login
	Total: 1052 min(s) / 2 Review: 0 min(s) / 0 Avg: 526 min(s)	0	0	View Edit Send Email Login
	-	2	0	View Edit Send Email Login
	Total: 7 min(s) / 1 Review: 0 min(s) / 0 Avg: 7 min(s)	1	0	View Edit Send Email Login
	Total: 50 min(s) / 2 Review: 0 min(s) / 0 Avg: 25 min(s)	1	0	View Edit Send Email Login
	Total: 66 min(s) / 2 Review: 0 min(s) / 0 Avg: 33 min(s)	0	0	View Edit Send Email Login
	Total: 21 min(s) / 1 Review: 0 min(s) / 0	0	0	View Edit Send Email Login

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Select a course group: **Wellbeing Group 11** Go >>

	Name	Username	Login Date	Logins	Sessions	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lessons	Inbox
1			07/05/13 10:29	18	37min(s) / 3min(s)	22/04/13 08:18 1min ✓	29/04/13 08:21 1min ✓				Total: 1 min(s) / 2 Review: 0 min(s) / 0 Avg: 1 min(s)	1
2			30/04/13 22:20	4	29min(s) / 8min(s)	22/04/13 19:59 12min ✓	30/04/13 22:24 22min ✓				Total: 12 min(s) / 1 Review: 0 min(s) / 0 Avg: 12 min(s)	1
3			02/05/13 17:36	4	2773min(s) / 694min(s)	25/04/13 14:09 15min ✓	03/05/13 10:56 18min ✓				Total: 1052 min(s) / 2 Review: 0 min(s) / 0 Avg: 526 min(s)	0
4			26/04/13 12:02	6	140min(s) / 24min(s)						-	2
5			03/05/13 10:35	4	19min(s) / 5min(s)	23/04/13 08:57 7min ✓	29/04/13 08:21 08:21 ✓				Total: 7 min(s) / 1 Review: 0 min(s) / 0 Avg: 7 min(s)	1
6			01/05/13 12:10	3	85min(s) / 29min(s)	23/04/13 19:27 35min ✓	01/05/13 12:28 15min ✓				Total: 50 min(s) / 2 Review: 0 min(s) / 0 Avg: 25 min(s)	1
7			30/04/13 21:24	4	99min(s) / 25min(s)	22/04/13 21:56 8min ✓	29/04/13 19:02 58min ✓				Total: 66 min(s) / 2 Review: 0 min(s) / 0 Avg: 33 min(s)	0
8			10/05/13 19:44	7	62min(s) / 9min(s)	24/04/13 01:19 19:44 ✓	10/05/13 19:44 ✓				Total: 21 min(s) / 1 Review: 0 min(s) / 0	0
9			05/05/13 22:40	2	120min(s) / 60min(s)	24/04/13 11:50 11:50 ✓	05/05/13 22:48 22:48 ✓				Total: 21 min(s) / 2 Review: 0 min(s) / 0 Avg: 11 min(s)	0
10			28/04/13 13:27	2	-5min(s) / -1min(s)	25/04/13 13:30 13:30 ✓					-	2
11			09/05/13 17:49	10	108min(s) / 11min(s)	23/04/13 20:41 22min ✓	29/04/13 20:50 34min ✓				Total: 55 min(s) / 2 Review: 0 min(s) / 0 Avg: 28 min(s)	0
12			03/05/13 20:50	2	176min(s) /	25/04/13 03:05/13					Total: 40 min(s) / 2	4

MindSpot Clinic - Mozilla Firefox

https://app.mindspot.org.au/patient-summary?questionnaires=1&id=751


Course group: Wellbeing Group 11 [Change](#)

[Patient Details](#) | [Forum](#) | [Messages](#) | [Email](#) | [SMS History](#) | [Patient Results](#) | [Resources Stats](#) | [Progress Notes](#)

Questionnaire	Assessment	22/04/2013	29/04/2013	06/05/2013	13/05/2013	20/05/2013	27/05/2013	03/06/2013	10/06/2013
PHQ9	n/a	18(2)	21(1)	-	-	-	-	-	-
GAD7	n/a	11	8	-	-	-	-	-	-
WSAS	n/a	31	n/a	n/a	n/a	n/a	n/a	n/a	n/a
K-10	29	31	n/a	n/a	n/a	-	n/a	n/a	n/a
MSC Safety	n/a	n/a	0	-	-	-	-	-	-

Intensity: Triage

	Low Intensity	High Intensity
Complexity: - Comorbidity - Psychosocial problems	No comorbidity No psychosocial problems	
OCD Diagnosis	No diagnosis	
PTSD Diagnosis	No diagnosis	
PHQ-9 Total	≤ 14 (<moderate)	
Risk	Low	
Clinician Preference	Clinical judgement	
Patient Preference	Choose	

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Intensity: Triage

	Low Intensity	High Intensity
Complexity: - Comorbidity - Psychosocial problems	No comorbidity No psychosocial problems	Comorbidity Psychosocial problems
OCD Diagnosis	No diagnosis	Diagnosis
PTSD Diagnosis	No diagnosis	Diagnosis
PHQ-9 Total	≤ 14 (<moderate)	≥15
Risk	Low	High
Clinician Preference	Clinical judgement	Clinical judgement
Patient Preference	Choose	Choose



Intensity: Low vs. High

	Low Intensity	High Intensity
Duration	<5 hours	
Sessions	4-12 sessions @ 5-20mins	
Approach	Guided support + course content	
Level of Structure	Highly structured. Structure provided by course content	
Therapist	<ul style="list-style-type: none"> Unconditionally reinforcing, normalising, providing examples from others, signposting trajectory and future topics Summary of materials 	



Intensity: Low vs. High

	Low Intensity	High Intensity
Duration	<5 hours	5 hours+
Sessions	4-12 sessions @ 5-20mins	4-15 sessions @ 30 - 60 mins
Approach	Guided support + course content	Individualised therapy + course content
Level of Structure	Highly structured. Structure provided by course content	Highly structured. Structure provided by course content + session agenda/checklist
Therapist	<ul style="list-style-type: none"> • Unconditionally reinforcing, normalising, providing examples from others, signposting trajectory and future topics • Summary of materials 	As for LI. Additional role of therapist is to: <ul style="list-style-type: none"> • Set agenda • Resolving barriers to therapeutic progress • Provides additional information to that included in course materials; • Assists with developing worked examples of how to apply each core skills • Assists with structured problem solving, particularly in the context of psychosocial stressors • Summary

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Outcome Measures

Include:

- Kessler 10-Item (K-10)
- Patient Health Questionnaire 9-Item (PHQ-9)
- Generalized Anxiety Disorder 7-Item (GAD-7)
- Work and Social Adjustment Scale (WSAS)
- Yale-Brown Obsessive Compulsive Scale (YBOCS-SR)
- PTSD Checklist (PCL)

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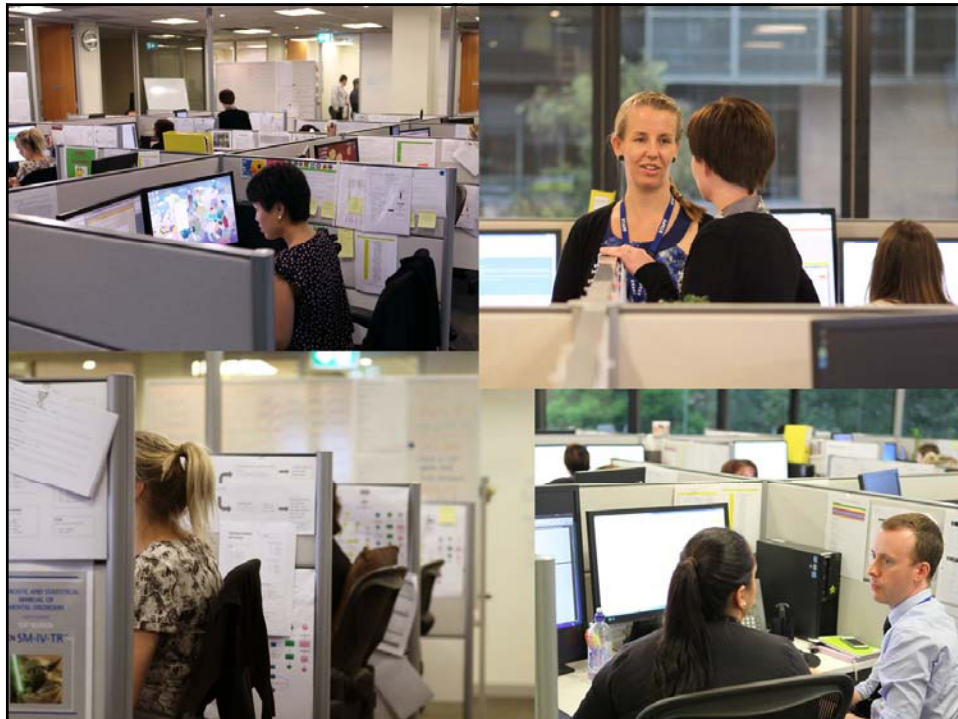
Outcome Measures

Include:

- Kessler 10-Item (K-10)
- Patient Health Questionnaire 9-Item (PHQ-9)
- Generalized Anxiety Disorder 7-Item (GAD-7)
- Work and Social Adjustment Scale (WSAS)
- Yale-Brown Obsessive Compulsive Scale (YBOCS-SR)
- PTSD Checklist (PCL)

Timepoints:

- Assessment
- Pre-treatment
- Weekly and mid-treatment
- Post-treatment
- 3-month follow-up



Therapists

Include:

- Psychiatrists
- Clinical, registered, and provisional psychologists
- Allied mental health workers
- Indigenous mental health workers

Tasks:

- Assessment (online and telephone)
- Treatment
- Supervision
- Training and professional development
- Monitoring and managing safety

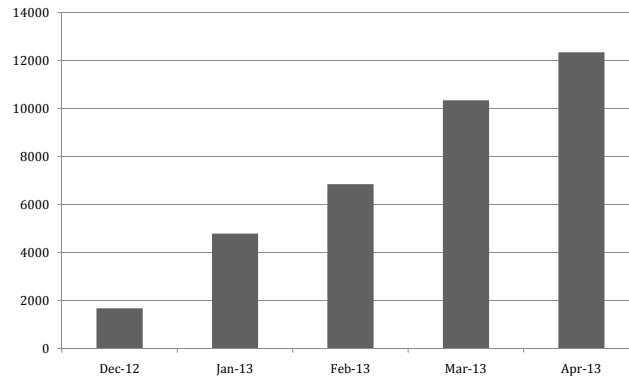


Part 3: Preliminary Outcomes



Website

- **Unique Visitors:**



- **Average Visit: 2min 39 secs**



Who Are Our Patients?

As at 7 May 2013

- 2550 people started assessments (approx. 35/day)
 - Age: Mean = 36 (SD = 14)
 - Age: Range = 13 - 93 years
 - Gender: 74% Female



Who Are Our Patients?

Previous Treatment?

- 42% never spoken to health professional about symptoms
- 30% not spoken to health professional for more than 12 months (average time since last consulted = 48 months)
- 28% spoken to health professional within last 12 months

Severity of Symptoms?

- K-10 Scores (note: total score of 22+ = “very distressed”)
- National Survey Mental Health and Wellbeing (2007) mean (SD) = 21.1(7.5)
 - MindSpot Clinic mean (SD) = 32.7 (8.1)



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%



Where Are Our Patients?

Locale	Australian Bureau of Statistics (2001)	MindSpot Clinic
Major City	66%	
Inner Regional	21%	
Outer Regional	10%	
Remote	2%	
Very Remote	1%	

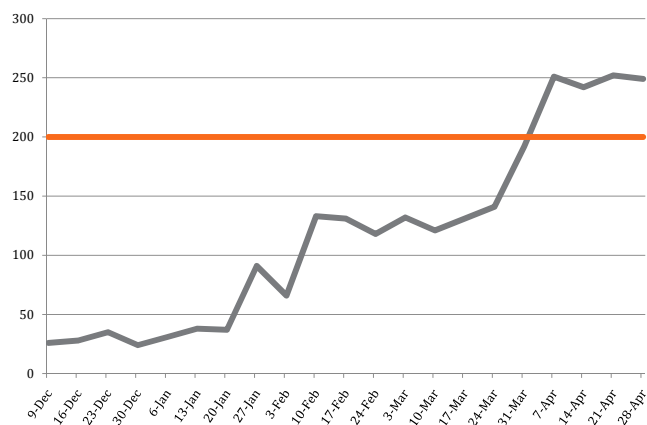


Where Are Our Patients?

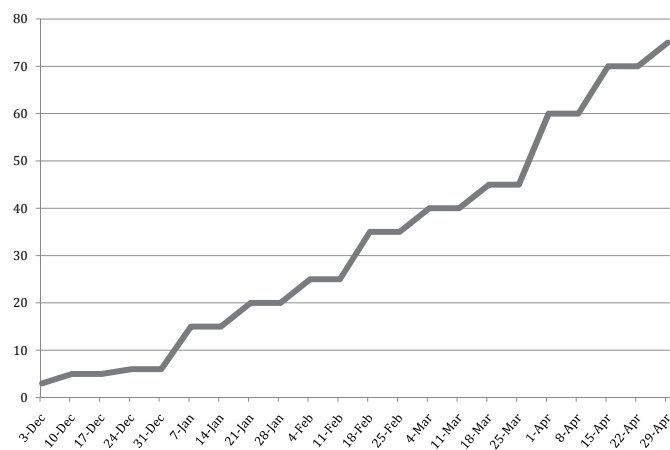
Locale	Australian Bureau of Statistics (2001)	MindSpot Clinic
Major City	66%	52.8%
Inner Regional	21%	34.0%
Outer Regional	10%	8.6%
Remote	2%	1.6%
Very Remote	1%	3.0%



Assessments Per Week



New Patients in Treatment Per Week



MindSpot Results (Preliminary)

Patient Satisfaction?

- Patient satisfaction with assessment: 9/10
- Patient satisfaction with treatment: 9/10
- Patient satisfaction with service: 95% report they would recommend a friend

Clinical Outcomes?

- Mean (SD) K-10 score pre-treatment: 31.2 (6.8)
- Mean (SD) K-10 score post-treatment: 22.0 (8.1)
- PHQ-9 Pre-Post effect size: ~ 1.2
- GAD-7 Pre-Post effect size: ~ 1.2
- ***Magnitude of improvement same as clinical trials***



Future Plans

- Offer video and online chat features
- Provide 'more' anonymous service
- Mobile optimisation
- Support other health professionals to use MindSpot resources
- Provide a world class service



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Part 4: Your Comments/Advice

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