

Improving Access to Psychological Therapies (IAPT)



IAPT Appropriate Problems	Secondary Care Problems
<p>Mild to Moderate Common health problems in patients 18 and over, such as anxiety and depression or:</p> <ul style="list-style-type: none">• Adjustment Disorders• Agoraphobia• Anger Management• Coping with illness/chronic conditions• Depression• General Anxiety Disorder• Health anxiety• Mil/moderate depression• Obsessive Compulsive Disorder (OCD)• Panic disorder• Relationships/Family• Self-image/Self esteem• Single event trauma resulting in Post-Traumatic Stress Disorder (PTSD)• Social Phobia• Specific phobias• Stress/work issues• Trichotillomania	<p>Conditions listed below are <u>excluded</u> from the IAPT service:</p> <ul style="list-style-type: none">• Case/care management of people with a stable psychosis/severe mental illness• Patients who pose a high risk to themselves or others or are at significant risk of self-neglect• “Hard-to-engage” people who have consistently rejected various treatment options offered• Patients suffering from acute psychosis or who are actively suicidal• Pre-existing diagnosis of severe and enduring unstable mental illness. However, when an individual with psychosis is being stably managed, they may benefit from access to the IAPT service• Patients who have a moderate and severe impairment of cognitive function (e.g. dementia) or moderate/severe impairment due to autistic spectrum problems• Patients who need to be primarily referred for forensic or neuropsychological assessment• Individuals for whom drug and alcohol misuse present as primary problems are best focused towards substance misuse services. However when their substance misuse problems have stabilised they may benefit from the IAPT service• Early intervention (severe mental illness)• Secondary-to-primary care liaison• Personality disorder (severe/complex)• Primary care of stable psychosis• Medication management• Acute psychotic symptoms• Bipolar disorder• Complex disorders• Eating disorders• Mania• Sexual dysfunction