

Are day-long psycho-educational workshops cost-effective?

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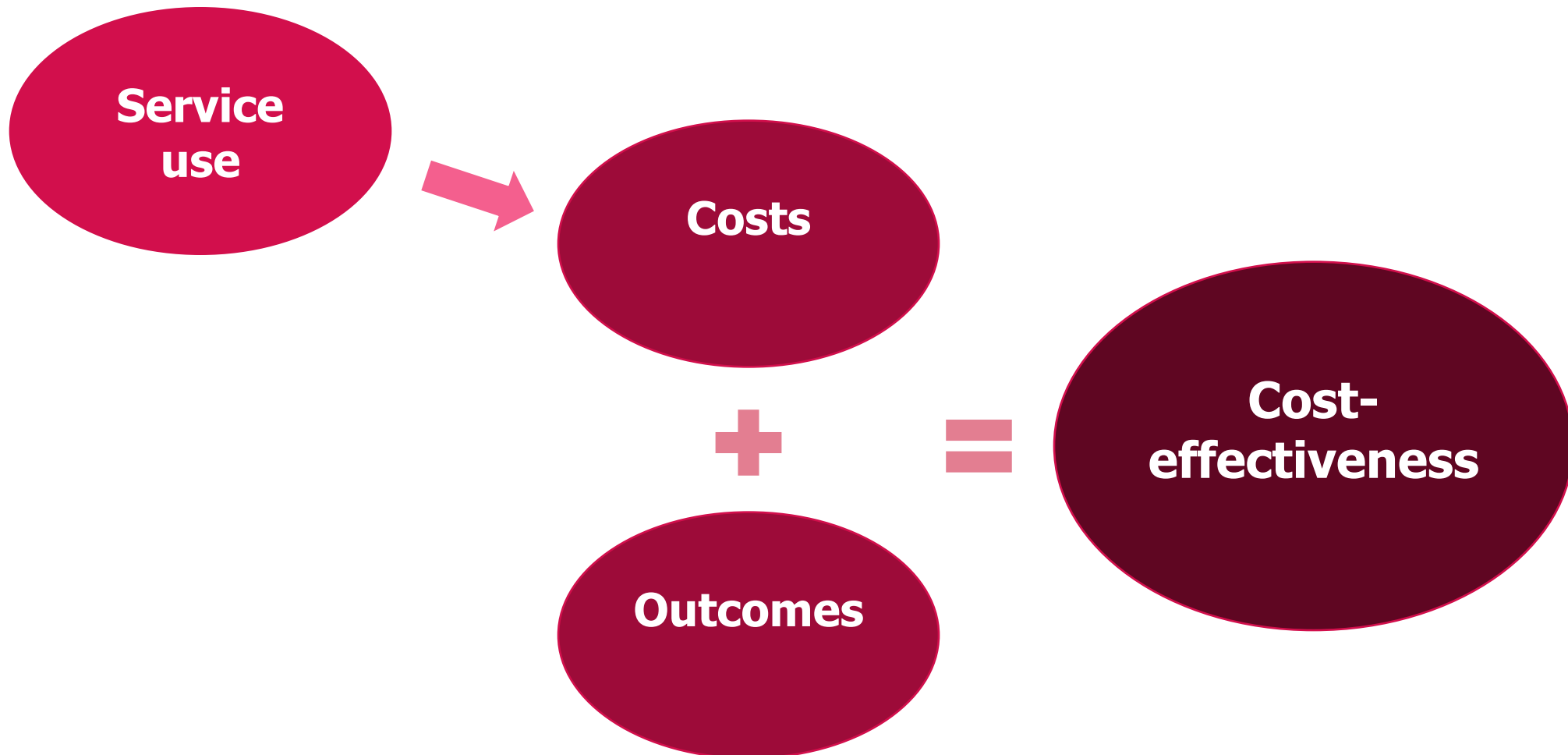
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at the University of Kent,
the London School of Economics
and the University of Manchester

The intervention(s)

- One-day CBT workshops to improve self-confidence in a community setting
- Participants included in economic evaluation:
 - 179 intervention (79%)
 - 202 control (87%)

Economic evaluation – methods



Supports received by people with low self-confidence

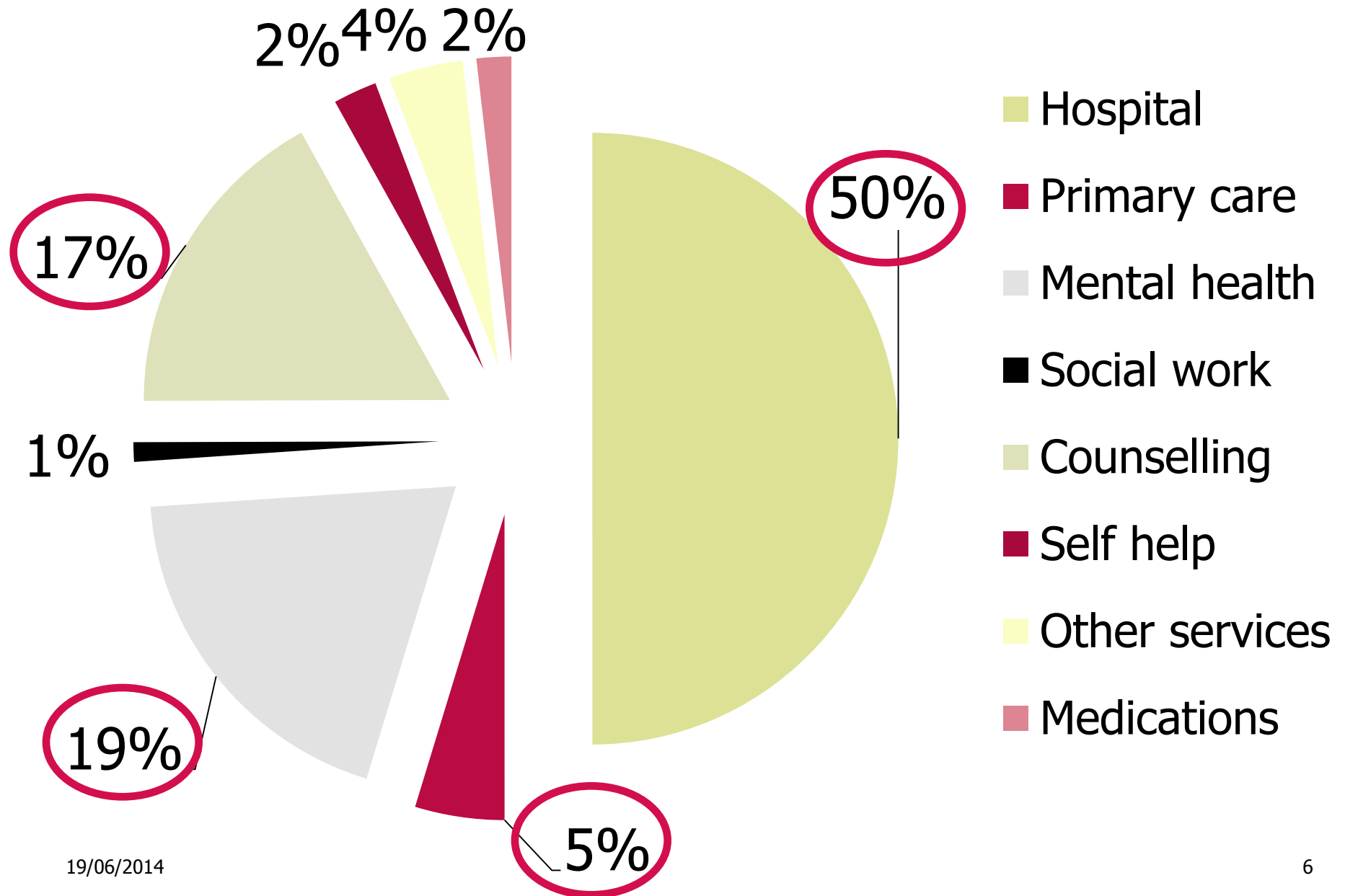
- **CSRI** (Beecham & Knapp, 2001)
 - 3 months retrospective, self-reported measure
- **Comprehensive picture of service use**
 - Hospital services
 - Primary care
 - Specialist mental health services
 - Social work
 - Counselling
 - Alternative therapy
 - Self-help
 - Third sector

A look at selected services (bsln.)

| Service | Number | % |
|------------------------------|--------|-----|
| Inpatient | 28 | 7% |
| Outpatient | 103 | 27% |
| A & E | 34 | 9% |
| GP | 188 | 49% |
| Psychologist | 84 | 22% |
| Psychiatrist | 25 | 7% |
| Psychotherapist | 33 | 9% |
| Counselling | 80 | 21% |
| Alternative therapy | 60 | 16% |
| Self-help | 51 | 13% |
| Charities and advice centres | 30 | 8% |
| Helplines | 48 | 13% |

Support cost before the intervention - average £1,046

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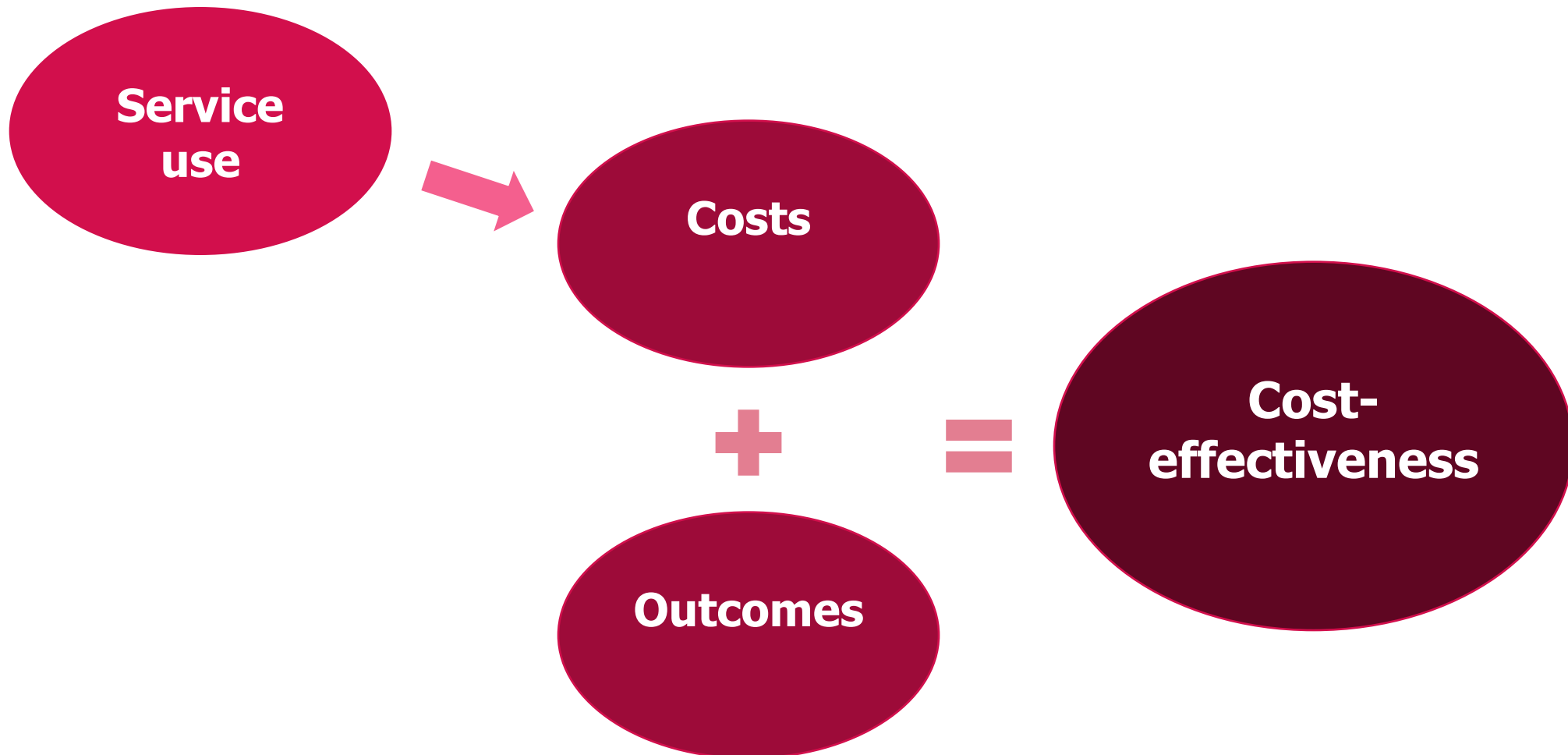
Support costs at follow-up

- No difference between intervention and control group
 - Intervention: £834 (incl. £161 intervention)
 - Control: £841

Outcomes

- Significant improvement in BDI
- Significant improvement in RSES

Economic evaluation - methods



How the sausage is made

- For each participant:
 - What is the change in outcome?
 - What are the costs of achieving this outcome?
 - Question: How much is an improved outcome “worth”?
 - Putting the two together: Willingness to pay (WTP) and Net Benefit (NB)
 - The crucial question: Does the intervention lead to a higher Net Benefit?
- $$NB = (WTP \times \text{outcome}) - \text{cost}$$**

A simple example

| Participant | Change in BDI | Costs | WTP | Net benefit |
|-------------|---------------|-------|-----|------------------|
| Peter | +5 | £150 | £0 | $(0*5)-150=-150$ |
| Paul | -3 | £0 | £0 | $(0*-3)-0=0$ |
| Mary | +8 | £250 | £0 | $(0*8)-250=-250$ |

Simple example cont.

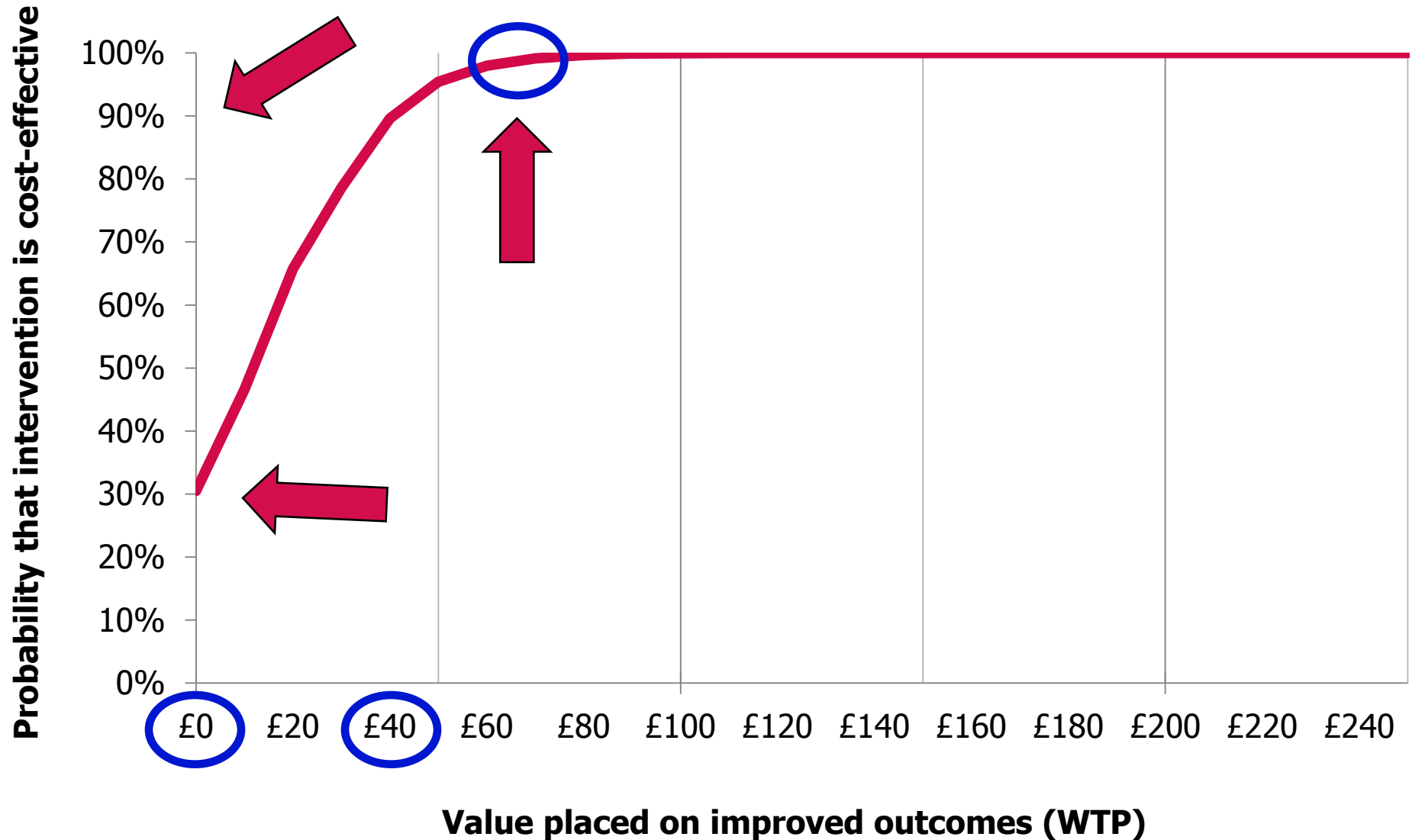
| Participant | Change in BDI | Costs | WTP | Net benefit |
|-------------|---------------|-------|-----|--------------------------------------|
| Peter | +5 | £150 | £50 | $(50 \times 5) - 150 = \mathbf{100}$ |
| Paul | -3 | £0 | £50 | $(50 \times -3) - 0 = \mathbf{-150}$ |
| Mary | +8 | £250 | £50 | $(50 \times 8) - 250 = \mathbf{150}$ |

Simple example cont.

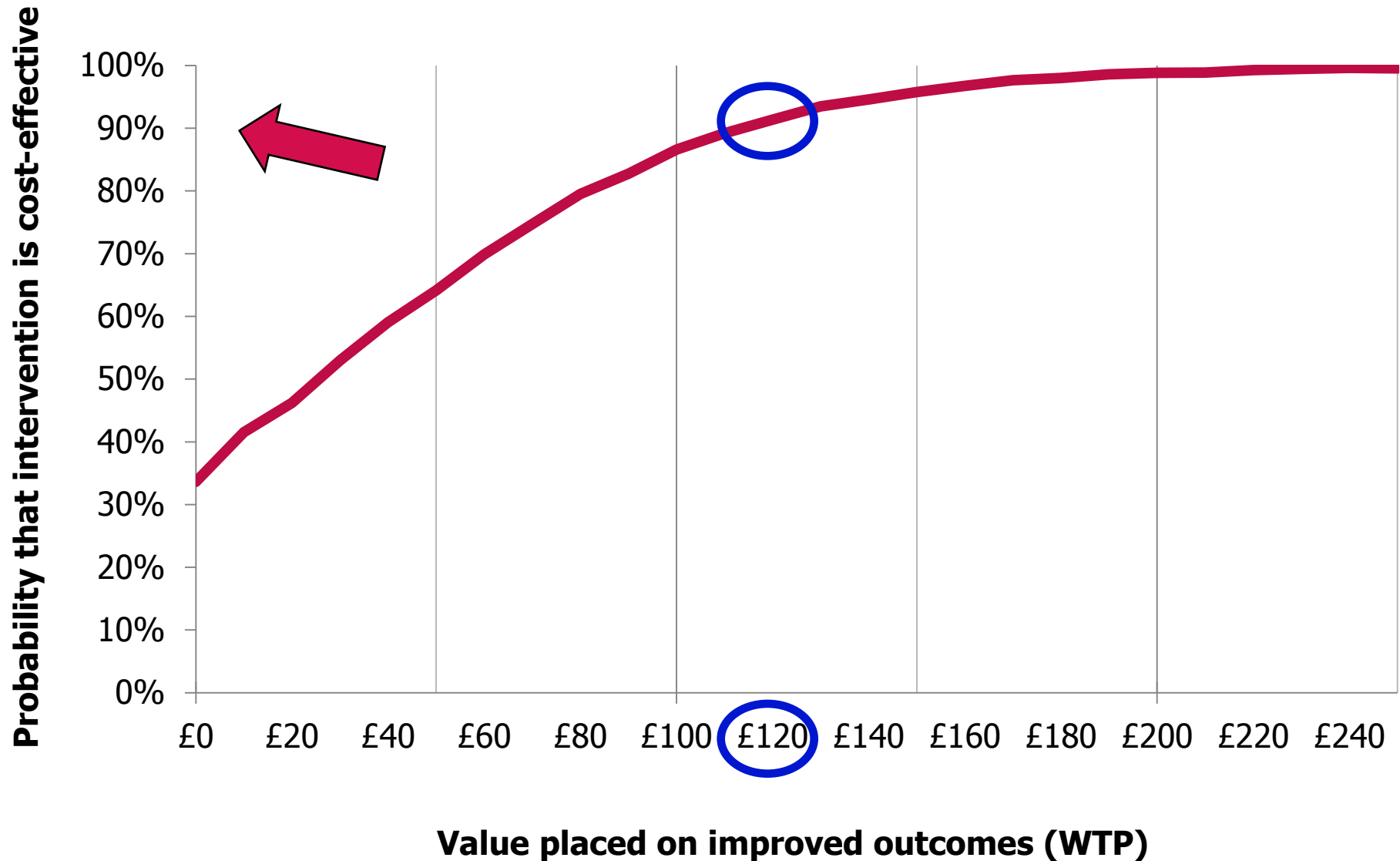
| WTP | Peter | Paul | Mary |
|------|-------|-------|------|
| 0 | -150 | -0 | -250 |
| 25 | -25 | -75 | -50 |
| 50 | 100 | -150 | 150 |
| 75 | 225 | -225 | 350 |
| 100 | 350 | -300 | 550 |
| 250 | 1100 | -750 | 1750 |
| 500 | 2350 | -1500 | 3750 |
| 1000 | 4850 | -3000 | 7750 |

Quick recap:

- For each participant:
 - What is the change in outcome?
 - What are the costs of achieving this outcome?
- Willingness to pay and Net Benefit
- Does the intervention lead to a higher Net Benefit?
 - Calculate probability that Net Benefit is higher in the intervention group (confidence!)
 - Plot probability against WTP

Beck Depression Inventory (BDI)

Rosenberg Self-Esteem Scale (RSES)



Conclusions

- Intervention relatively cheap at £161
- No associated increase in support costs
- Likely to be cost-effective in terms of reducing self-confidence problems and BDI, but willingness-to-pay not firmly established
- Good option to engage people who receive little in terms of other support, despite high level of distress
- An accessible, acceptable, (cost-)effective option to include within IAPT

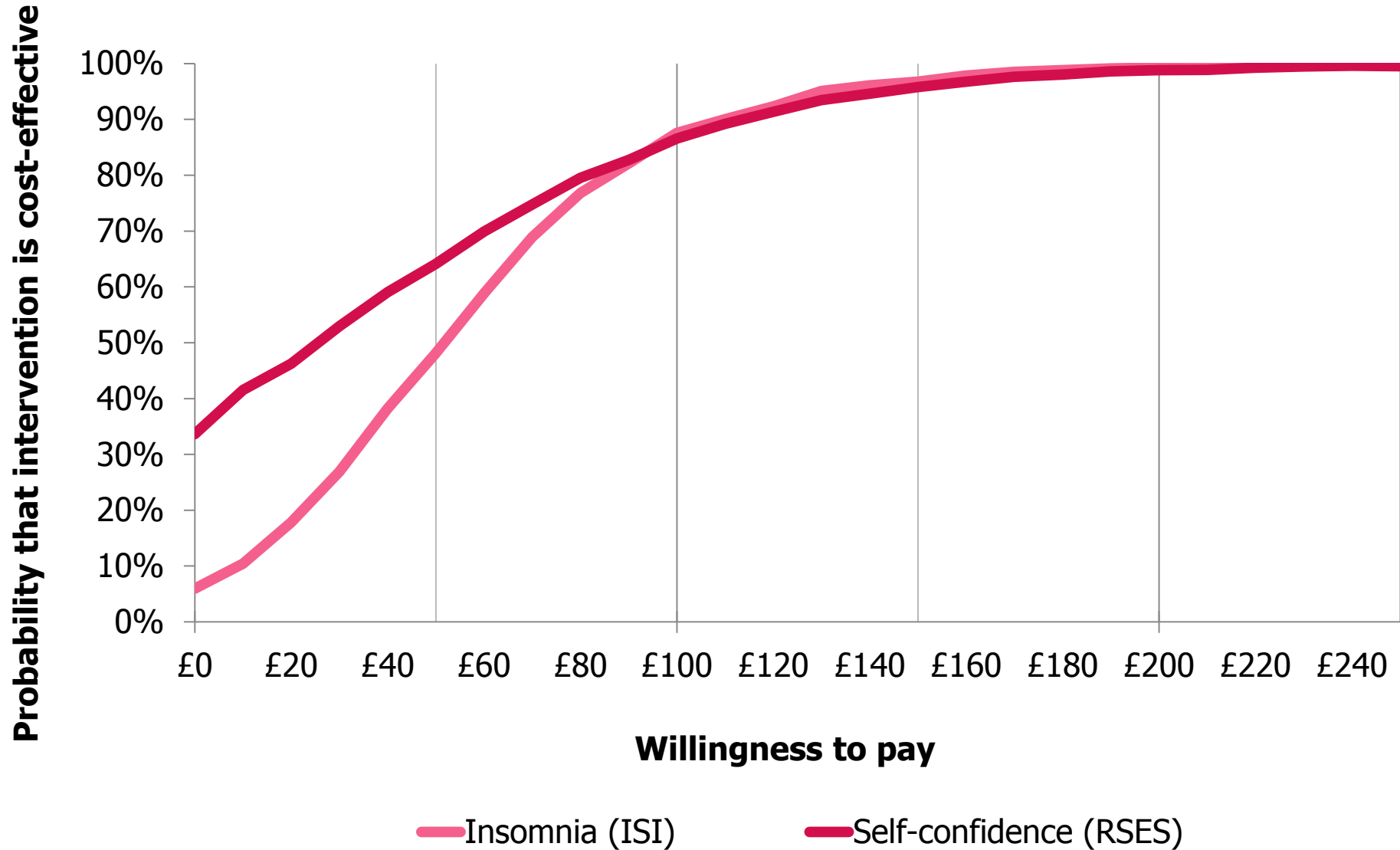
Thank you!

Beck Depression Inventory (BDI)

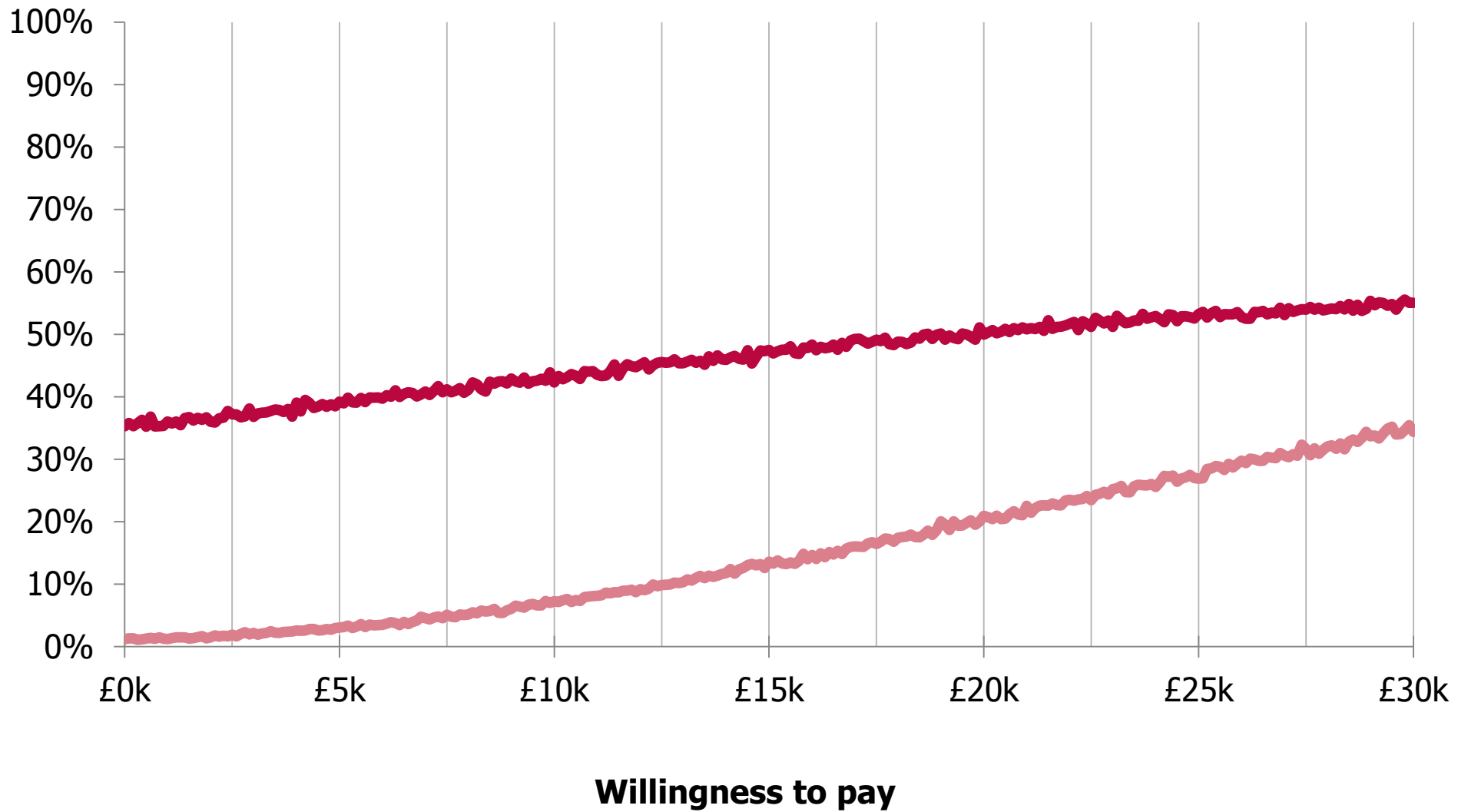
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Specific outcome measures



Probability that intervention is cost-effective



— Insomnia

— Self-confidence