



Space in Health Anxiety from Depression & Anxiety

This programme has been designed and tailored for individuals living with Health Anxiety who are experiencing co-morbid symptoms of depression or anxiety. It aims to relieve these symptoms of depression and anxiety by:

- Focusing on developing more flexible ways of thinking, not only in relation to the individual’s condition but in other aspects of their life
- Increasing awareness and understanding of emotions in the context of living with Health Anxiety
- Increasing activity and motivation in daily life, in the context of physical limitations that can occur when living with Health Anxiety.

The programme is accessible 24/7, allowing users to access the programme at a time and place that suits them.

In order to promote engagement, the content and activities have been tailored to be sensitive to those living with social/health anxiety.

All vignettes, personal stories and examples used throughout the programme are from the perspective of an individual living with Health Anxiety. The user is also provided with a number of activities to enable them to become more aware of their mood and to understand their situation.

The psycho-educational content has been tailored to the specific thoughts and behaviours which can keep Healthy Anxiety going.

Space from Health Anxiety –please see patient information about the SilverCloud modules [here](#).

Space in Health Anxiety - Summary of the goals and activities in each module

Module	Topics	Goals	Activities
Getting Started	<ul style="list-style-type: none"> • Psychoeducation about anxiety • Psychoeducation about health anxiety • Applying CBT to anxiety • The TFB Cycle • Personal stories 	<ul style="list-style-type: none"> • Improve knowledge of anxiety in general • Improve understanding of health anxiety • Introduce the TFB Cycle • Learn about the role of thoughts, feelings and behaviours in anxiety • Learn about CBT 	<ul style="list-style-type: none"> • Anxiety Myths & Facts Quiz • Understanding My Situation • Mood Monitor • Staying in the Present (Breathe)



Module	Topics	Goals	Activities
		<ul style="list-style-type: none"> Connect with the present moment 	
Understanding Feelings	<ul style="list-style-type: none"> Understanding emotions and their function Emotions that are difficult to cope with Physical body reactions and mood Lifestyle choices Personal stories 	<ul style="list-style-type: none"> Learn about emotions and their role in the TFB Cycle Recognise emotions that are difficult to cope with Recognise physical body reactions Explore the impact of lifestyle choices on anxiety and well-being 	<ul style="list-style-type: none"> Emotions & Your Body Quiz The TFB Cycle Mapping Lifestyle Choices Staying in the Present (Body Scan)
Catching Unhelpful Behaviours	<ul style="list-style-type: none"> Common unhelpful behaviours in health anxiety Identifying unhelpful behaviours Changing unhelpful behaviours Personal stories 	<ul style="list-style-type: none"> Learn about unhelpful behaviours in health anxiety Understand the role of unhelpful behaviours in maintaining anxiety Learn how to recognise and change unhelpful behaviours 	<ul style="list-style-type: none"> Catching Unhelpful Behaviours Quiz Understanding My Unhelpful Behaviours
Facing Your Fears	<ul style="list-style-type: none"> Avoidance and why it should be avoided Safety behaviours Graded exposure Personal stories 	<ul style="list-style-type: none"> Learn about the role of avoidance in maintaining fears and anxiety Recognise safety behaviours Face fears using graded exposure 	<ul style="list-style-type: none"> Facing Your Fears Quiz My Safety Behaviours Facing Your Fears
Spotting Thoughts	<ul style="list-style-type: none"> Automatic thoughts and mood Thinking traps Catching unhelpful thoughts Personal stories 	<ul style="list-style-type: none"> Learn about the role of thoughts in anxiety within the TFB Cycle Recognise negative automatic thoughts Understand and recognise thinking traps 	<ul style="list-style-type: none"> The TFB Cycle Staying in the Present (Watching Thoughts)



Module	Topics	Goals	Activities
Challenging Thoughts	<ul style="list-style-type: none"> Hot thoughts Challenging negative thoughts Tackling thinking traps Coping with difficult situations Personal stories 	<ul style="list-style-type: none"> Learn about hot thoughts and how to recognise them Learn to challenge negative thoughts Learn how to overcome specific thinking traps Recognise situations where it is necessary to use thoughts to cope 	<ul style="list-style-type: none"> Your Thinking Style Quiz My Helpful Thoughts The TFB Cycle (identifying hot thoughts and generating more balanced alternative thoughts) Staying in the Present (Watching Thoughts)
Bringing It All Together	<ul style="list-style-type: none"> Finishing up Warning signs and planning for wellness Social support Preparing for the future Preparing for relapse Personal stories 	<ul style="list-style-type: none"> Preparation for coming to the end of the programme Recognise the importance of social support in staying well Identify warning signs Planning for staying well Set goals for the future 	<ul style="list-style-type: none"> Your Backup and Support Network Staying Well Plan Goals Taking stock Staying in the Present (Sounds)
Managing Worry (Unlockable)	<ul style="list-style-type: none"> The role of worry in maintaining anxiety Practical vs. hypothetical worries The Worry Tree Managing worries Personal stories 	<ul style="list-style-type: none"> Improve knowledge of worry and its role in anxiety Recognise practical or hypothetical worries Use the Worry Tree to manage worries Identify/use strategies to manage worry 	<ul style="list-style-type: none"> My Worries Worry Tree Staying in the Present (Breathe)