

Patient Information Sheet

Space in Rheumatoid Arthritis from Depression

What is SilverCloud?

SilverCloud provides private and secure access anywhere, anytime, to evidence-based, online programs that will help teach you techniques to reduce symptoms of stress, anxiety, low mood, or depression. Based on cognitive behavioural therapy, mindfulness, and positive psychology, SilverCloud is very interactive and flexible. It can be used on your phone or tablet device so that you always have access to it.

How will it help me?

SilverCloud will help you to pinpoint and change unhelpful ways of thinking that can affect how you feel, while teaching you more effective ways of solving problems.

What is CBT?

CBT is a psychological therapy that works on the relationships between thoughts (cognitions), behaviours, and feelings. It teaches people how to recognise and tackle problems here and now - rather than in the past.

It has been widely studied and proven to work, especially for depression and anxiety.

How to use Silver Cloud?

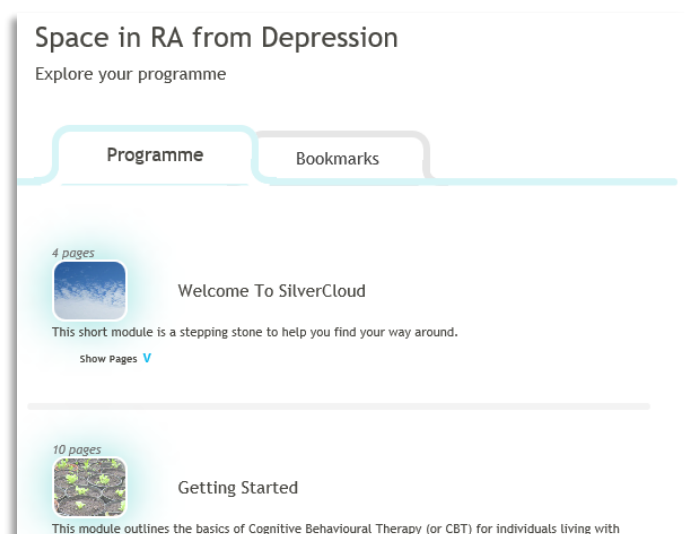
We recommend that you spend around 40 minutes per week, over 6 to 8 weeks on SilverCloud, at a regular time if possible. This could be done all at once or broken down into 10-15 minutes, 3 or 4 times a week at convenient times spaced throughout your routine. If you are busy or unable to login, you can reschedule or postpone until a later time. However, although there is no “appointment” to attend, regular logins are recommended.

Why Use it?

SilverCloud programmes have shown high improvement rates for stress, anxiety and depression. As above, you set your own pace, do not have to take time to attend rigid appointments and can review information from previous logins anytime.

Where can I complete the program?

The programme can be accessed using any internet enabled device - either a desktop computer, laptop, tablet or Smartphone and compatible web browser. The course can therefore be completed in your home or in a community site such as a library.



The screenshot shows the user interface for the 'Space in RA from Depression' program. At the top, the title 'Space in RA from Depression' is displayed, followed by the subtitle 'Explore your programme'. Below this are two tabs: 'Programme' (which is active) and 'Bookmarks'. The main content area lists two modules:

- 4 pages**: 'Welcome To SilverCloud'. Description: 'This short module is a stepping stone to help you find your way around.' A 'Show Pages' link is visible below the description.
- 10 pages**: 'Getting Started'. Description: 'This module outlines the basics of Cognitive Behavioural Therapy (or CBT) for individuals living with'.



How do can I/do I access Silver Cloud?

To access the programme, you will need to be referred by a doctor or nurse at your GP Practice or by another medical professional. They will need your consent to forward your email details. You will then receive an email from the cCBT Team containing a link to activate your account.

If you do not receive an email (or wish to engage with the treatment) please contact silvercloudcbt@nhstlothian.scot.nhs.uk / 0131 537 1247 (10-4 Mon-Fri).

Any contact outside of working hours will be responded to by the same or next working day.

Is the information I put in confidential?

Yes. With your chosen username and password no-one else can access the details you enter and all your data is stored in an encrypted database. Some data (clinical questionnaires) is routinely collected during the course of the treatment to share with your referrer/clinician. Some general data is used in service improvement and evaluation and that information may be shared with other Health Boards or nationally with NHS 24. This information is always anonymised. This means all information which could be used to identify you is removed and your confidentiality is maintained. Contact us if you have any queries prior to treatment.

Reporting suicidal thoughts

During a review you will be asked if you have had thoughts of harming yourself. If you answer that you have, your cCBT co-ordinator will inform the person that referred you to the programme. If you are completing the course outside of standard working hours it is recommended you contact NHS 24 to discuss these feelings.

The cCBT coordinator will then inform your referrer in the morning of the next working day.

What are Reviews?

Every four weeks during your online treatment you will be asked to take part in a 'review'. You will be asked to complete questionnaires specific to your treatment and share any comments that you have made over the course of completing the SilverCloud modules. This information on your progress can be passed back to your referrer during your access to the website, but also when you are discharged from the cCBT service on completion.

If you have not logged in since your last review they will be in touch by phone or by letter to offer any assistance to help you login again before your next review is due. Should you require assistance with cCBT, you can contact the team as above.

Any information in the review will not be read prior to the review date.

The cCBT team are not clinicians; the support that they will be able to give you will be to help you access the treatment and use the modules and to help you to get going.

If you need Urgent Help or Support at any stage throughout the online treatment please contact your referrer/GP/Psychologist/Therapist/Healthcare Worker or phone NHS 24 on 111 (including out of hours).

The screenshot shows the 'Sign Up' page of the SilverCloud program. At the top, there is a progress bar with four steps: 'Sign Up' (highlighted with a blue dot), 'Supporter', 'Questionnaires', and 'How it works'. Below the progress bar, the heading 'Sign Up' is followed by four input fields: 'Enter a username', 'Enter a password', 'Confirm password', and 'Email'. Below these fields is a link for 'Password requirements' and a 'Sign Up' button.

Space in Rheumatoid Arthritis from Depression – SilverCloud Modules

Core Modules

[Welcome To SilverCloud](#) - This short module is a stepping stone to introduce you to the programme.

Getting Started - This module shows you the basics of Cognitive Behavioural Therapy (or CBT) for Rheumatoid Arthritis, and introduces some of the key ideas of the programme

Understanding Emotions - This module takes a closer look at moods and emotions. In this module you can explore different aspects of emotions, physical reactions, action and inaction, and see how they are all connected.

Boosting Behaviour - This module looks at how doing things a little differently can be a really great way to start to lift your mood.

Spotting Thoughts - This module looks at the impact of unhelpful automatic thinking on your mood. It also helps you to tune in to your thoughts and to recognise any common thinking errors.

Challenging Thoughts - This module takes the next step in helping you tackle distorted or overly negative thinking patterns which can impact your mood.

Core Beliefs - This module shows the role that deeply-held core beliefs can play in mood.

Bringing It All Together - In this final module you can bring together all the skills you have learned, and the ideas you have gathered so far.

Additional Modules

Challenging Times- The COVID-19 crisis is disrupting our personal and working lives. This module aims to support you in finding helpful ways to cope and adjust to these extraordinary circumstances.

My Self-Esteem and I - This module is about an often ignored relationship: the one we have with ourselves. This involves our beliefs about ourselves and how we tend to act towards ourselves.

Sleep Difficulties - This module takes a closer look at sleep and helps you to understand your difficulties with sleep.

Relaxation - This module introduces you to some relaxation techniques that you can use in your day-to-day life.

Employment Support - This module takes a look at some of the difficulties you may encounter in work, or when returning to work after a period of unemployment.

Behavioural Experiments - In this module, you will learn how to test your negative thoughts and predictions.

Anger Management - This module will help you to gain a better understanding of your anger. You will learn to how to manage your anger more effectively.