



USER GUIDE

## Manage My Health

Beating the Blues is powered by Manage My Health.

If you need assistance with the programme,

please contact Manage My Health: [btb.support@managemyhealth.co.nz](mailto:btb.support@managemyhealth.co.nz)

or visit the website: [www.beatingtheblues.co.nz](http://www.beatingtheblues.co.nz)

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## Introduction

### Welcome to Beating the Blues!

Beating the Blues is an online, interactive, and confidential Cognitive Behavioural Therapy (CBT) tool which is a medication-free treatment option, proven to help people overcome their depression and/or anxiety.

Beating the Blues is made up of eight sessions and includes a series of videos and interactive activities to teach you skills to get better and stay better. Working through Beating the Blues, you will learn to understand your thoughts and think more positively about things.

Beating the Blues has several benefits for a user.

### Benefits of using Beating the Blues

- Evidence-based therapy with no known side-effects.
- Engaging, motivating, and empowering.
- Provide users with the ability to chart their own symptoms and progress confidentially.
- Free to all adults aged 18 years or older living in New Zealand.
- Immediate access to CBT for users with depression and/or anxiety.
- Alternative to medication.
- Teaches practical and life-long CBT skills.
- Easy to use and available 24/7.
- Broadens treatment options – can be used with or without medication.
- You can access Beating the Blues on your desktop, laptop, mobile or tablet.

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## Summary of the programme

Beating the Blues is a web-based, interactive programme for the treatment of depression and/or anxiety. It is based on Cognitive Behavioural Therapy (CBT), which helps users identify and change unhelpful ways of thinking and learn more effective ways of solving problems.

The programme consists of two interwoven strands: the cognitive (or 'thinking') strategies and the behavioural (or 'doing') strategies. These strategies are helpful to understand the causes and symptoms of depression and/or anxiety and to work on their specific problems.

The programme consists of **eight computer-interactive sessions of approximately 50 minutes** each in duration. Each session consists of a mix of cognitive and behavioural strategies, which are customised to the user's individual problems.

The eight computer sessions are designed to be taken weekly, and each session builds on the previous one. Users can repeat sessions if they wish. The programme keeps track of which session they have reached.

If for any reason, a user does not complete a session of the programme, the system will remember how far in that session the user has reached. It can easily restart where the user has left off, the next time they login.

## Overview of the programme

Here is a concise overview of the eight sessions, providing insights into various elements of Beating the Blues. Each session of Beating the Blues is approximately for 50 minutes, and users have the flexibility to pause, log out, and resume the session from where they left off.

### Session 1: Getting Started

**Understanding CBT:** Session 1 outlines the structure of Beating the Blues and an introduction to Cognitive Behavioural Therapy (CBT).

**Setting Goals:** In the session, a user identifies depression or anxiety symptoms and defines specific issues they want to address for Beating the Blues.

**Tracking Progress:** The user learns to track weekly progress by rating mood and problems, concluding with an exploration of the link between mood, behaviour, and interpretations, initiating efforts to enhance pleasurable events in their lives.

### Session 2: Goal Setting and Automatic Thoughts

**Goal Setting and Project Review:** Computer-assisted review of individual projects undertaken after the first session.

**ABC Model and Automatic Thoughts:** Introduction to the ABC model (**A**ctivating events, **B**eliefs, **C**onsequences) demonstrating the influence of thinking on mood and behaviour and recording of automatic thoughts for greater control.

**Behavioural Techniques Selection:** User concludes the session by choosing either activity scheduling or problem solving.

### Session 3: Common Thinking Distortions in Depression and Anxiety

**Cognitive Distortions and Self-Reflection:** Understanding common thinking distortions to identify predominant thinking error, reflect on associated situations, and track occurrences throughout the week.

**Emotional Coping Techniques and Behavioural Techniques Reinforcement:** Introduction and continued practice of simple techniques for managing distress, such as controlled breathing.

### Session 4: Changing Unhelpful Thinking

**Project Review and Cognitive Techniques Introduction:** Introducing four methods for challenging distorted thoughts, illustrated through case studies. Users will progressively apply these techniques to both hypothetical scenarios and their own thoughts.

**Additional Behavioural Technique for Problem-Solving:** A user is presented with a second behavioural technique to address a specific problem identified in session 1.

### Session 5: Inner Beliefs

**Project Review and Thought Challenging:** The Session starts with a review of weekly projects, emphasizing thought challenging. A user is educated about common errors in thought challenging and are introduced to the concept of 'inner beliefs' with their characteristics and methods for accessing them.

**Experimental Approach to Inner Beliefs and Recognizing Success:** A user practices a technique for exploring inner beliefs to experiment with one inner belief during the week leading to recognizing and taking credit for successes emphasized as the session concludes.

### Session 6: Inner Beliefs (cont.) and Attributional Style

**Inner Beliefs and Evidence Collection:** Continued focus on beliefs as the user further works on the inner belief identified in the previous session.

**Attributional Style and Behavioural Technique Choice:** Introduction of attributional style and its impact on mood and well-being. The user is given a choice of three behavioural techniques—Sleep Management, Graded Exposure, and Task Breakdown—to work on in the final sessions of the program.

### Session 7: Attributional Style (cont.)

**Testing Inner Beliefs and Modifying Attributional Style:** Introduction of checking the impact of attributional style on depression and strategies for modification; a user practice new thinking strategies

during the week.

**Continuation of Behavioural Technique:** Ongoing work on the user's chosen behavioural technique from the previous session is included in the session.

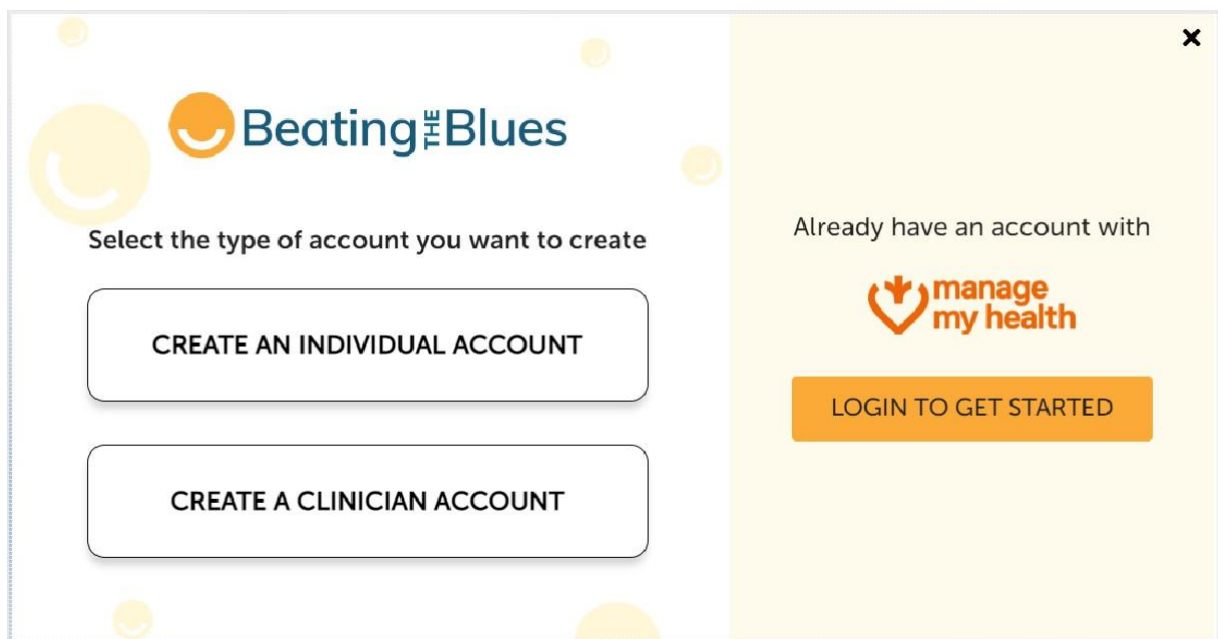
## Session 8: Conclusion and Coping with Setbacks

**Review and Progress Assessment:** The concluding session entails a reflection on the techniques learned in the Beating the Blues program. Users evaluate their progress towards the initially set goals and receive guidance in crafting an action plan to build upon the changes made and tackle future challenges.

**Forward Planning and Future Access:** An invitation is extended for the user to repeat any Beating the Blues sessions in the future if desired.

# How to become a user of Beating the Blues

There are a few ways to join to become a Beating the Blues user.

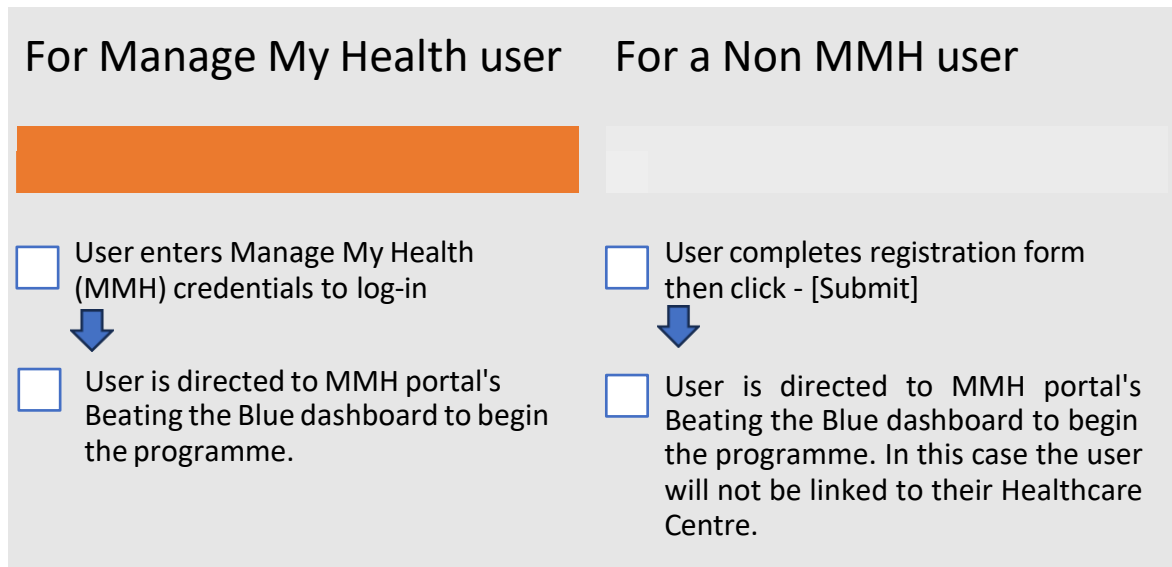


## 1. User receives invitation from a prescriber

**Who can be a prescriber:** If you are 18 years old or above and living in New Zealand, Beating the Blues can be prescribed to you by your GP or a health practitioner who is sufficiently qualified, registered through an appropriate regulatory body and experienced to assess and manage mental health illnesses of mild to moderate severity. A few examples of non-GP prescribers are nurse practitioner, health improvement practitioner (HIP), social worker, counsellor, psychologist, psychiatrist, psychotherapist.

### Common steps to follow

- User receives Beating the Blues programme invitation from the prescriber.
- User clicks [Get started] button in the email received, to begin.



## 2. User Self-registration using Beating the Blues website

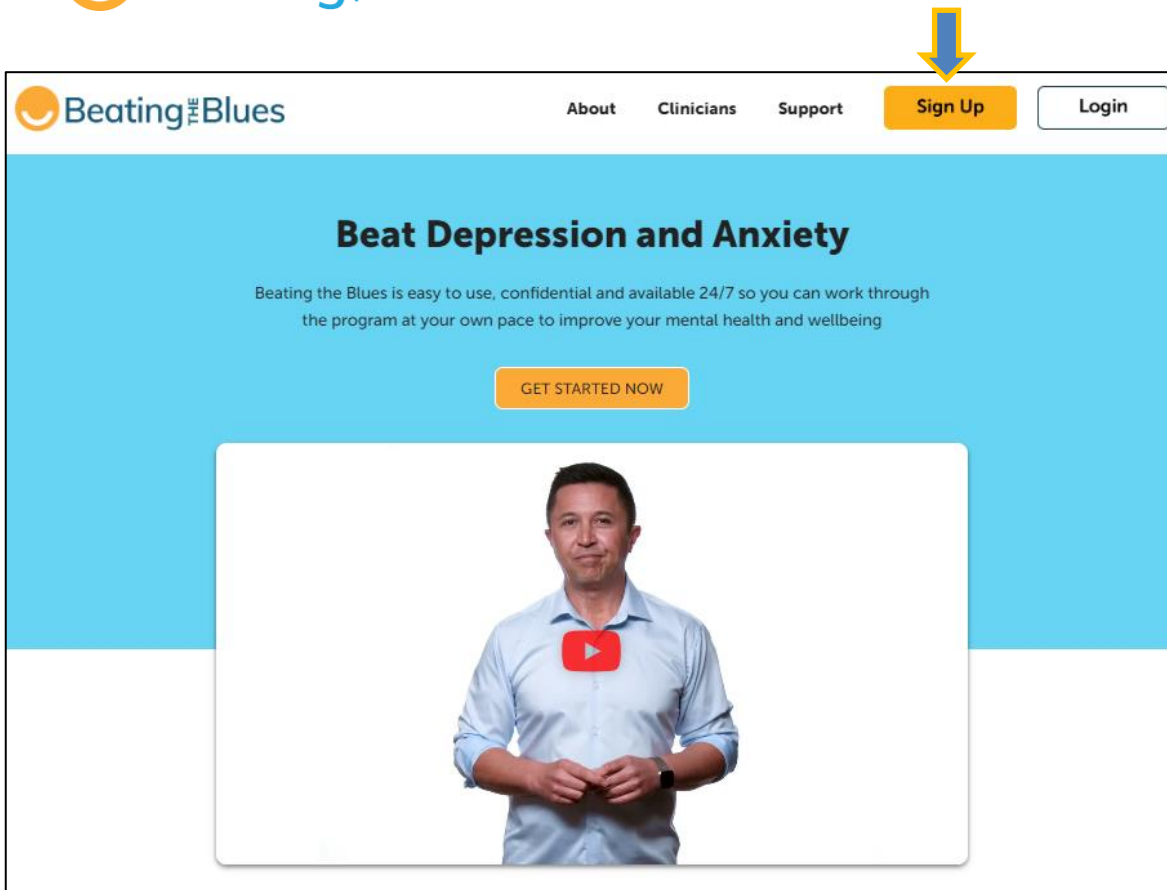
It's essential to understand that when a user self-registers, the program does not monitor their progress, such as the number of completed sessions. However, if the program is prescribed, as detailed in the section above, the prescriber can track progress and performance outcomes. For instance, if a user discloses experiencing suicidal thoughts during a session, the prescriber, when the program is prescribed, will receive a notification. On the other hand, if the user is self-registered without association to any health practice centre, there is no mechanism to notify anyone in such situations.

### Common steps to follow

1. User opens [Beating the Blues website](#)
2. Clicks on [Sign- Up]
3. Create a profile and follow a few easy steps to start using Beating the Blues.

The [Beating the Blues website](#) has got quick and easy training videos for the users regarding how to sign up.





## Learn more about the Beating the Blues programme!

### 1. Who can see my information?

Your information is confidential, so only you can see it. If your healthcare provider/clinician (explained as prescriber in this document) has invited you to start Beating the Blues, they will be able to monitor your progress and provide you additional support if you need it.

### 2. Understanding the password protection

As a user your password is encrypted into the database, and it is therefore not possible for anyone to gain access to their password and subsequently nobody will see any other data that they enter to Beating the Blues.

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### 3. How and when are the notifications sent to the prescriber?

Each session the user will be asked to rate how depressed and/or anxious they have been during the week, how distressing their problems have been and whether they have had any upsets, disappointments, and thoughts of suicide. They will get a Progress Report of these ratings each week. A copy will be made available for their clinician as well. To re-emphasise if the user has self-registered themselves their clinician's will not get any notification or progress report as the clinician did not prescribe Beating the Blues to that particular user. At the end of the 8 sessions an Effectiveness Report will be printed containing more information about the user.

### 4. What is (PHQ-9) and GAD-7 and what should I know about them?

The user will be requested to evaluate questionnaires (PHQ-9, and/or GAD-7) and will be requested to complete them at session 1, 3, 5 and 8.

- The Generalised Anxiety Disorder (GAD-7) Scale is a tool used to screen for anxiety and measure its severity. Total scores indicate mild, moderate, and severe anxiety. The GAD-7 is not intended to be used for diagnosis, and scores are indicative only.
- The Health Questionnaire (PHQ-9) is a tool used to screen for the presence and severity of depression and monitor response to treatment. A total score between 0-9 indicates no or mild depression; scores between 10-19 suggest moderate depression and scores between 20-27 indicate severe depression. The PHQ-9 is not intended to be used for diagnosis, and scores are indicative only.

### 5. Forgot your password?

If you forget your password, click on the *Reset it Now* button on the login page. You will be prompted to enter your username and Click *Send Reset Link* button. Open the email and Click on the *Reset password* button in email and enter New Password.

**Thank you!**