Table 3: Comparison of eTherapy @Home service data with IAPT service data

|  |  |  |
| --- | --- | --- |
|  | eTherapy @Home Service | IAPT Services1 |
| Waiting time | 96.3% waited less than 6 weeks and 100% waited less than 18 weeks to enter CCBT treatment. | 91.4% waited less than 6 weeks and 97.9% waited less than 18 weeks to enter guided CCBT treatment. |
| Caseness at start of treatment (for those completing guided CCBT treatment) | 91.4% | 89.9 |
| % completing course of treatment (based on those who were recorded as having started CCBT treatment) | 53.4% | 52.0% |
| Mean number of appointments attended | 5.6 | 2.9 CCBT appointments |
| Clients having recovered following treatment | 61.6% | 52.2% |
| Reliable improvement | 66.2% | 60.8%2 |
| Reliable recovery | 56.7% | 42.8%2 |

1 data obtained from HSCIC (2016). Data presented for guided self-help (computer) unless stated

2 data relates to all IAPT referrals, irrespective of treatment as direct comparison to guided self-help(computer) data is not available