

## Space in Coronary Heart Disease (CHD) from Depression and Anxiety

The Space in Coronary Heart Disease from Depression and Anxiety programme has been designed and tailored for individuals living with Coronary Heart Disease (CHD) who are experiencing co-morbid symptoms of depression and anxiety. The programme aims to relieve these symptoms of depression and anxiety by:

- 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 CHD
- Increasing activity and motivation in daily life, in the context of physical limitations that can occur when living with CHD

The programme is accessible 24/7, allowing users to access the programme anytime that suits them, in the comfort of their own home if they choose. The programme features a number of interactive activities to offer a safe space to put key learnings into practice.

In order to promote engagement, the content and activities have been tailored to be sensitive to and representative of a population living with CHD. All character vignettes, personal stories and examples used throughout the programme are from the perspective of an individual living with CHD. The psychoeducational content has been tailored to target issues relevant to a CHD population. The language has been softened and moved away from clinical language to overcome obstacles created by stigma and/or non-identification with psychological definitions. Particular attention has been given to sections concerning physical activity to include appropriate warnings, additional psychoeducation specific to living with a chronic condition, and amendments of recommendations. Special attention has been given to ensure that challenging emotions and worries are not unintentionally dismissed but rather are validated in the context of living with a chronic condition.

## Programme Modules

### Getting Started

This module provides information about CHD, encouraging the user to link their physical condition and symptoms to the psychological and emotional impacts of living with a long-term condition. The module introduces the user to Cognitive Behavioural Therapy (CBT) and the Thoughts, Feelings Behaviour (TFB) Cycle tool, the latter is a useful way to understand the role low mood, depression and anxiety play in CHD. This module also contains a psycho-educational component to introduce the user to the cycle of depression as well as the emotional, cognitive and behavioural aspects of depression.

### Understanding Feelings

This module focuses on the “feelings” component of the TFB Cycle in Depression and Anxiety. The aim of this module is to help the user to understand and identify their emotions and their association with feelings of anxiety and depression CHD. This module also addresses the physical body reactions that are associated with depression and anxiety, and the importance of considering the impact of lifestyle on mood. This module is tailored to take into account the additional physical symptoms of CHD, and how these might also impact on lifestyles such as physical activity. The user can begin to build their own TFB cycles and track the impact of their lifestyle on their mood in this module.

### Boosting Behaviour

This module focuses on core issues of depression – inactivity and a lack of motivation. The user is introduced to the cycle of inactivity and its role in maintaining depression and negative impact on overall health and wellbeing. This module helps the user to identify ways to motivate themselves by engaging in pleasurable activities and activities that provide a sense of achievement. The user also learns about practical strategies to tackle the unpleasant physical feelings associated with depression and anxiety. Suggestions relating to activity levels are made in the context of living with a chronic condition.

### Spotting Thoughts

This module focuses on the “thoughts” component of the TFB cycle and introduces the user to negative thinking and its impact on low mood and anxiety. The user is introduced to a number of thinking traps and is encouraged to examine the outcomes of TFB cycles. The activities allow the user to continue to build up their TFB cycle and evaluate the outcome of each cycle they create.

### Challenging Thoughts

This module focuses on taking action against negative and distorted thoughts. The user is introduced to “hot thoughts” and their impact on their low mood and anxiety. This module helps the user to learn techniques that tackle the various thinking traps that are common in depression and anxiety and to identify alternative ways of thinking. This module also introduces the user to coping thoughts and helpful self-talk.

### Facing Your Fears

This module focuses on addressing feelings of anxiety and panic. Many people who experience these symptoms avoid anxiety provoking situations or objects to escape the distressing emotional and physical responses in these situations. This module helps the user to understand the long-term adverse effects of avoidance and encourages the user to face their fears through gradual progressive exposure to their feared objects or situations. The user can develop their own hierarchy of fears and record their progress in an exposure diary.

### Managing Worry

This module helps the user to understand the role of worry in maintaining anxiety in CHD and learn to differentiate between worries that are practical and those that are hypothetical. This module also encourages the user to take action against their worries through a variety of worry management strategies.

### Bringing It Altogether

This module prepares the user to end their programme and focuses on helping the user to stay well in the future. The user learns about warning signs that alert them that their mood is deteriorating as well as practical techniques to help them plan to stay well. This module also highlights the importance of social support and encourages the user to incorporate the skills and techniques that they have learned over the course of the programme to prevent future relapse. The user has the opportunity to review the expectations and goals that they had at the start of the programme and can set new goals for the future.

### Core Beliefs (Unlockable content)

Many people with depression struggle with the “thoughts” component of the TFB cycle. Although they may be able to identify unhelpful thoughts and thinking traps, they may struggle to identify alternatives or generate coping thoughts. The *Core Beliefs* module was developed to specifically target the deeply held core beliefs that are the underlying root of these unhelpful thoughts that perpetuate the cycle of depression and low mood in CHD. This module helps the user to distinguish between healthy and unhealthy core beliefs as well as teaching strategies that challenge core beliefs by generating more balanced core beliefs.

## Summary of the goals and activities in each module

Modules	Topics	Goals	Activities
<b>Getting Started</b>	<ul style="list-style-type: none"> <li>• Psychoeducation about the symptoms and impact of CHD, depression and anxiety</li> <li>• Wellbeing in CHD – physical and psychological</li> <li>• Applying CBT to Depression and Anxiety in CHD</li> <li>• The TFB Cycle specific to co-morbid CHD, anxiety and depression</li> <li>• Personal Stories of characters living with CHD</li> </ul>	<ul style="list-style-type: none"> <li>• Improve understanding of CHD and co-morbid depression and anxiety</li> <li>• Link physical and psychological health and wellbeing</li> <li>• Introduce the TFB cycle</li> <li>• Learn about the role of thoughts, feelings and behaviours in CHD and depression and anxiety</li> <li>• Learn about CBT</li> <li>• Recognise the importance of relaxation</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding My Situation</li> <li>• Mood Monitor activity</li> <li>• Relaxation</li> </ul>
<b>Understanding Feelings</b>	<ul style="list-style-type: none"> <li>• Understanding emotions, their function and their link to physical symptoms</li> <li>• Emotions that are difficult to cope with</li> <li>• Physical Body Reactions and mood</li> <li>• Lifestyle choices tailored to consider physical impact of CHD</li> <li>• Personal Stories of characters living with CHD</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about emotions and their role in the CHD specific TFB cycle</li> <li>• Recognise emotions that are difficult to cope with</li> <li>• Recognise physical body reactions</li> <li>• Explore the impact of lifestyle choices on depression, anxiety, CHD and well-being</li> </ul>	<ul style="list-style-type: none"> <li>• Complete their own Thoughts, Feelings Behaviours cycle</li> <li>• Lifestyle Choices Chart</li> <li>• Staying in the Present</li> </ul>

Modules	Topics	Goals	Activities
<b>Boosting Behaviour</b>	<ul style="list-style-type: none"> <li>• Psychoeducation about mood boosting behaviours</li> <li>• Behavioural traps in depression and CHD</li> <li>• Increasing and pacing activity levels safely</li> <li>• Helpful and unhelpful supports</li> <li>• Getting Motivated</li> <li>• The importance of achievements and pleasurable activities</li> <li>• Changing physical body reactions to improve mood</li> <li>• Personal Stories of characters living with CHD</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about the link between mood and behaviours</li> <li>• Improve knowledge of common behavioural traps and how to beat them</li> <li>• Learn tips on how to get motivated during periods of low mood</li> <li>• Recognise the importance of pleasurable activities and achievements in boosting mood</li> <li>• Learning about maintaining and pacing activity levels</li> <li>• Identify activities to target distressing physical sensations associated with depression</li> </ul>	<ul style="list-style-type: none"> <li>• Activity Scheduling: Pleasurable activities &amp; achievements</li> <li>• Staying in The Present</li> </ul>
<b>Spotting Thoughts</b>	<ul style="list-style-type: none"> <li>• Automatic thoughts and mood</li> <li>• Thinking traps</li> <li>• Catching unhelpful thoughts</li> <li>• Personal Stories of characters living with CHD</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about the role of thoughts in depression and anxiety within the CHD specific TFB cycle</li> <li>• Recognise negative automatic thoughts</li> <li>• Understand and recognise thinking traps</li> </ul>	<ul style="list-style-type: none"> <li>• Thoughts, Feelings, Behaviours Cycles</li> <li>• Staying in the Present</li> </ul>
<b>Challenging Thoughts</b>	<ul style="list-style-type: none"> <li>• Hot Thoughts</li> <li>• Challenging negative thoughts</li> <li>• Tackling thinking traps</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about hot thoughts and how to recognise them</li> <li>• Learn to challenge negative thoughts</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying hot thoughts in the CHD specific TFB cycle</li> <li>• Generating more balanced alternative thoughts in the TFB cycle</li> </ul>

<b>Modules</b>	<b>Topics</b>	<b>Goals</b>	<b>Activities</b>
	<ul style="list-style-type: none"> <li>• Coping with difficult situations, CHD specific example</li> <li>• Personal Stories of characters living with CHD</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to overcome specific thinking traps</li> <li>• Recognise situations where it is necessary to use thoughts to cope</li> </ul>	<ul style="list-style-type: none"> <li>• Staying in the present</li> </ul>
<b>Facing Your Fears</b>	<ul style="list-style-type: none"> <li>• Anxiety and Panic in CHD</li> <li>• Avoidance and why it should be avoided</li> <li>• Safety Behaviours</li> <li>• Graded Exposure</li> <li>• Building a hierarchy of fears</li> <li>• Personal Stories of characters living with CHD</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about the role of avoidance in maintaining fears and anxiety</li> <li>• Recognize safety behaviours</li> <li>• Develop a hierarchy of fears</li> <li>• Face fears using graded exposure</li> </ul>	<ul style="list-style-type: none"> <li>• Hierarchy of Fears</li> </ul>
<b>Managing Worry</b>	<ul style="list-style-type: none"> <li>• The role of worry in maintaining anxiety</li> <li>• Practical Vs. Hypothetical Worries</li> <li>• The Worry Tree</li> <li>• Managing Worries</li> <li>• Personal Stories of characters living with CHD</li> </ul>	<ul style="list-style-type: none"> <li>• The role of worry in maintaining anxiety</li> <li>• Practical Vs. Hypothetical Worries</li> <li>• The Worry Tree</li> <li>• Managing Worries</li> </ul>	<ul style="list-style-type: none"> <li>• My Worries</li> <li>• Worry Tree</li> <li>• Relaxation</li> </ul>
<b>Core Beliefs (Unlockable)</b>	<ul style="list-style-type: none"> <li>• What are Core Beliefs and their relationship to mood, anxiety and CHD symptoms</li> <li>• Where do Core Beliefs come from</li> <li>• Identifying Core beliefs</li> <li>• Challenging Core Beliefs</li> <li>• Balancing Core Beliefs</li> </ul>	<ul style="list-style-type: none"> <li>• Improve understanding of Core Beliefs, where they come from and their relationship to mood and anxiety symptoms</li> <li>• Improve knowledge on how to recognise hot thought</li> </ul>	<ul style="list-style-type: none"> <li>• Core Beliefs: Identifying, challenging, balancing, strengthening</li> </ul>

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<b>Modules</b>	<b>Topics</b>	<b>Goals</b>	<b>Activities</b>
	<ul style="list-style-type: none"><li>• Personal Stories of characters living with CHD</li></ul>	<p>themes and underlying core beliefs</p> <ul style="list-style-type: none"><li>• Learn how to challenge Core Beliefs by finding evidence</li><li>• Learn to balance Core Beliefs using balanced alternatives</li><li>• Gain insight into experiences of core beliefs</li></ul>	

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