

Station Number

AFFIX CANDIDATE
LABEL HERE

CANDIDATE No:.....

Instructions for Candidates

Scenario

Your consultant has asked you to see Mrs June Graham, who has had a long history of anxiety and depression. She has shown a partial response to antidepressants, but remains anxious and is very negative, avoidant, and catastrophic in her thinking. Your consultant has suggested she be referred for Cognitive Behavioural Therapy.

Instructions

Speak to Mrs Graham, and explain to her what CBT is. She knows nothing of CBT.

**PLEASE REMEMBER TO HAND YOUR IDENTITY LABEL TO THE
EXAMINER**

Station Number

AFFIX CANDIDATE
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Communication Skills: Explaining CBT

CANDIDATE No:.....

Instructions for Patients

Answer questions based on the following scenario.

Do not volunteer information unless asked.

This station tests the candidate's ability to explain a particular form of psychological therapy to a patient. CBT is an effective treatment for anxiety and depression.

You are June Graham, a 37-year-old married woman.

Key Attributes

You are an anxious woman, who is a little disappointed that your symptoms have not completely responded to antidepressants. You are a little sceptical, but generally open to alternative treatment strategies.

Key Dialogue

If you are not given the answers by the candidate, you should ask:

1. *How long does it go on for? You know that Woody Allen has been in therapy for decades, and you don't want that.*
2. *Do you have to go into your childhood and all that other stuff?*
3. *What happens when it's over?*
4. *Can I stop my antidepressants now that I am going to get therapy?*
5. *How long do I have to wait?*
6. *How long does it last for?*

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Communication Skills: Explaining CBT

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Instructions for Examiners

***REMEMBER TO ASK THE STUDENT FOR THEIR IDENTITY LABEL AND
AFFIX IT TO THE TOP OF THE MARK SHEET.***

This OSCE station is primarily testing a candidate's ability to communicate information about a potential treatment concisely and competently. It is testing the candidate's ability to:

1. Use appropriate language when discussing a particular therapy.
2. Develop a rapport with the patient.
3. Convey the essential information, as well as allowing the patient to guide discussion.
4. Demonstrate a detailed knowledge of a common treatment

Station Number

Examiner's Name:

.....

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Communication Skills: Explaining CBT

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Marking Sheet

Please circle the appropriate mark for each criterion. The standard expected is that of a psychiatric Senior House Officer.

| Criterion | Performed competently | Performed, but not fully competent | Not performed | | |
|---|-----------------------|------------------------------------|---------------|---|---|
| Approach to the patient – Rapport, empathy, and style | 2 | 1 | 0 | | |
| Explains type of therapy in context: • ‘talking’ therapy/ psychological therapy | 2 | 1 | 0 | | |
| Basic Principles (one point for each, up to a maximum of 4): | | | | | |
| • Does not focus much on the past – focuses more on the ‘here-and-now’ | 1 | ½ | 0 | | |
| • Less concerned with relationship with the therapist | 1 | ½ | 0 | | |
| • Focus on the practical effects of a problem | 1 | ½ | 0 | | |
| • Recognition that thoughts can affect how we feel | 1 | ½ | 0 | | |
| • Encourages looking at different ways of thinking | 1 | ½ | 0 | | |
| Structure of Therapy (one point for each, up to a maximum of 4): | | | | | |
| • Usually on a one-to-one basis | 1 | ½ | 0 | | |
| • Typically occurs once-a-week for a few months (8-12 sessions) | 1 | ½ | 0 | | |
| • Uses problem-solving | 1 | ½ | 0 | | |
| • Patient will get homework to do | 1 | ½ | 0 | | |
| Outcome: | | | | | |
| • Good for particular aspects of depression | 1 | ½ | 0 | | |
| • Can help to prevent relapse | 1 | ½ | 0 | | |
| Other: | | | | | |
| • Usual treatment (e.g. medication) often continues | 1 | ½ | 0 | | |
| • Therapist undergoes supervision; still keeps confidentiality | 1 | ½ | 0 | | |
| Overall Approach to Task | 4 | 3 | 2 | 1 | 0 |

Score (Max 20)

Overall Grading of station

Clear Pass

Borderline

Clear Fail