

Space in Lung Conditions from Depression & Anxiety

The Space in Lung Conditions from Depression & Anxiety programme has been designed and tailored for individuals living with Lung Conditions who are experiencing co-morbid symptoms of depression and anxiety. The programme aims to relieve these symptoms of depression and anxiety by:

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

The programme is accessible 24/7, allowing users to access the programme at a time that suits them and in the comfort of their own home.

All vignettes, personal stories and examples used throughout the programme are from the perspective of an individual living with lung conditions. The user is also provided with a number of activities to enable them to become more aware of their mood and to understand their situation.

Programme Modules

Getting Started

This module provides information about Lung Conditions, 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 and how the Thoughts, Feelings Behaviour (TFB) Cycle can be a useful tool in understanding depression and anxiety in lung conditions. This module also contains a psycho-educational component to introduce the user to the cycle of depression and 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 low mood, feelings of anxiety and Lung Conditions. This module also addresses the physical body reactions that are associated with depression and anxiety, and the importance of considering the impact of lifestyle choices on mood. This module is tailored to take into account the additional physical symptoms of Lung Conditions, and how these might also impact on lifestyles choices, such as exercise. The user can begin to build their own TFB cycles and track the impact of their lifestyle choices on their low mood or anxiety in this module.

Boosting Behaviour

This module focuses on one of the 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 lung conditions’ symptoms. This module helps to user to identify ways to motivate themselves to engage 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.

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 to the outcomes of TFB cycles. The activities allow to user to continue to build 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 to 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 thoughts.

Facing Your Fears

This module focuses on addressing feelings of anxiety and panic when living with lung conditions. 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 lung conditions and learn to define worries as those 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 for coming to the end of the programme and focuses on helping the user to stay well in the future. The user learns about warning signs that their mood is deteriorating and how to plan to ensure that they stay well. This module also highlights the importance of social support and continuing to use the skills and techniques that they have learned to prevent future relapse. The user has the opportunity to review the expectations that they had at the start of the programme and can set 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 and keep the cycle of depression and low mood going for individuals living with lung

conditions. This module helps the user to identify healthy and unhealthy core beliefs and teaches them strategies to challenge core beliefs and generate more balanced core beliefs.

Summary of the goals and activities in each module

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

Modules	Topics	Goals	Activities
	<ul style="list-style-type: none"> • Behavioural traps in depression and lung conditions • Increasing and pacing activity levels safely • Helpful and unhelpful supports • Getting Motivated • The importance of achievements and pleasurable activities • Changing physical body reactions to improve mood • Personal Stories of characters living with lung conditions 	<ul style="list-style-type: none"> • Improve knowledge of common behavioural traps and how to beat them • Learn tips on how to get motivated during periods of low mood • Recognise the importance of pleasurable activities and achievements in boosting mood • Identify activities to target distressing physical sensations associated with depression 	<ul style="list-style-type: none"> • Staying in The Present
Spotting Thoughts	<ul style="list-style-type: none"> • Automatic thoughts and mood • Thinking traps • Catching unhelpful thoughts • Personal Stories of characters living with lung conditions 	<ul style="list-style-type: none"> • Learn about the role of thoughts in depression and anxiety within lung conditions specific TFB cycle • Recognise negative automatic thoughts • Understand and recognise thinking traps 	<ul style="list-style-type: none"> • Thoughts, Feelings, Behaviours Cycles • Staying in the Present
Challenging Thoughts	<ul style="list-style-type: none"> • Hot Thoughts • Challenging negative thoughts • Tackling thinking traps • Coping with difficult situations, lung conditions' specific example • Personal Stories of characters living with lung conditions 	<ul style="list-style-type: none"> • Learn about hot thoughts and how to recognise them • Learn to challenge negative thoughts • Learn how to overcome specific thinking traps • Recognise situations where it is necessary to use thoughts to cope 	<ul style="list-style-type: none"> • Identifying hot thoughts in the lung conditions specific TFB cycle • Generating more balanced alternative thoughts in the TFB cycle • Staying in the present
Facing Your Fears	<ul style="list-style-type: none"> • Avoidance and why it should be avoided • Safety Behaviours 	<ul style="list-style-type: none"> • Learn about the role of avoidance in maintaining fears and anxiety 	<ul style="list-style-type: none"> • Hierarchy of Fears

Modules	Topics	Goals	Activities
	<ul style="list-style-type: none"> Graded Exposure Building a hierarchy of fears Personal Stories of characters living with lung conditions 	<ul style="list-style-type: none"> Recognize safety behaviours Develop a hierarchy of fears Face fears using graded exposure 	
Managing Worry	<ul style="list-style-type: none"> The role of worry in maintaining anxiety Practical Vs. Hypothetical Worries The Worry Tree Managing Worries Personal Stories of characters living with lung conditions 	<ul style="list-style-type: none"> The role of worry in maintaining anxiety Practical Vs. Hypothetical Worries The Worry Tree Managing Worries 	<ul style="list-style-type: none"> My Worries Worry Tree Relaxation
Core Beliefs (Unlockable)	<ul style="list-style-type: none"> What are Core Beliefs and their relationship to mood, anxiety and lung conditions' symptoms Where do Core Beliefs come from Identifying core beliefs Challenging Core Beliefs Balancing Core Beliefs Personal Stories of characters living with lung conditions 	<ul style="list-style-type: none"> Improve understanding of core beliefs, where they come from and their relationship to mood and anxiety symptoms Improve knowledge on how to recognise hot thought themes and underlying core beliefs Learn how to challenge core beliefs by finding evidence Learn to balance core beliefs using balanced alternatives Gain insight into experiences of core beliefs 	<ul style="list-style-type: none"> Core Beliefs: Identifying, challenging, balancing, strengthening