

# Moodcafé



A website supporting self help for mental health problems.

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# Overview

- Background.
- Moodcafé Objectives.
- Current Use.
- Evaluation.
- Future Directions.

# Moodcafé Background

- The provision of easily accessible information and high quality resources is a key area within the Scottish Government's vision for mental health services.
- In particular the **stepped care model** of services advocated for people with mild to moderate mental health problems.

# Moodcafé Background

- Within the Stepped care model, access to appropriate self help material, advice and information is relevant to two areas...
  - **Health Promotion**
  - **Guided Self Help**
- Current mental health policy, as set out in the Mental Health Delivery Plan (2006) has self help as a key step within a matched care model of mental health services.

# Moodcafé Background

- Moodcafé was developed by NHS Fife Clinical Psychology and Public Health departments with a local website company between November 2006 and April 2007.
- Funding was obtained from NHS Fife Health Improvement Funds.
- Other NHS staff, service users from Primary Care and mental health services, plus Local Authority and Voluntary Sector staff, formed a wider consultation group.

# Moodcafé Objectives

- To provide an accessible public resource giving:
  - Information about mental health and wellbeing.
  - Advice and guidance to support self help.
  - Information about local and national resources.

Moodcafe - Promoting mental health across the whole of Fife - Microsoft Internet Explorer

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Address <http://www.moodcafe.co.uk/content.asp?ArticleCode=2> Go Links

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- Fife Mental Health Groups & Services
- Accessing Further Help
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Search  Go!

**Welcome**  
 We have produced and collated information and resources relevant to various common psychological problems. If the mood takes you, why not browse the self help guides and visit recommended websites.

 <p><b>Self Help Material</b> For people experiencing psychological difficulties.</p>	 <p><b>Interactive Sites</b> Stimulating online resources which will help.</p>	 <p><b>Learning Disabilities</b> Easy access and locally available - for all age groups</p>
 <p><b>Accessing Further Help</b> Feeling Suicidal? Concerned about someone?</p>	 <p><b>Fife Mental Health Groups &amp; Services</b> A wide range of services across the whole of Fife.</p>	 <p><b>Links</b> Other useful websites relating to Mental Health.</p>

The Moodcafé site went live in April 2007.

start Moodcafe - Promotin... 13:27

Home > Self Help



**Ageing Well**



**Anxiety and related problems**

Worry, OCD, PTSD, relaxation, phobias, information leaflets



**Bereavement**

Feelings and physical reactions you may be experiencing.



**Carers**

Information for carers



**Children, Young People & Families**



**Depression (and related problems: anger, perfectionism, self esteem)**



**Eating Disorders**



**Physical Health Problems**



**Loss of interest in sex**

Low libido, loss of libido, impaired sexual interest and low sex drive.



**Memory and Thinking Skills**



**Pregnancy and postnatal emotional difficulties**



**Relaxation**

A choice of relaxation exercises to listen to



**Sleep and Sleep problems**

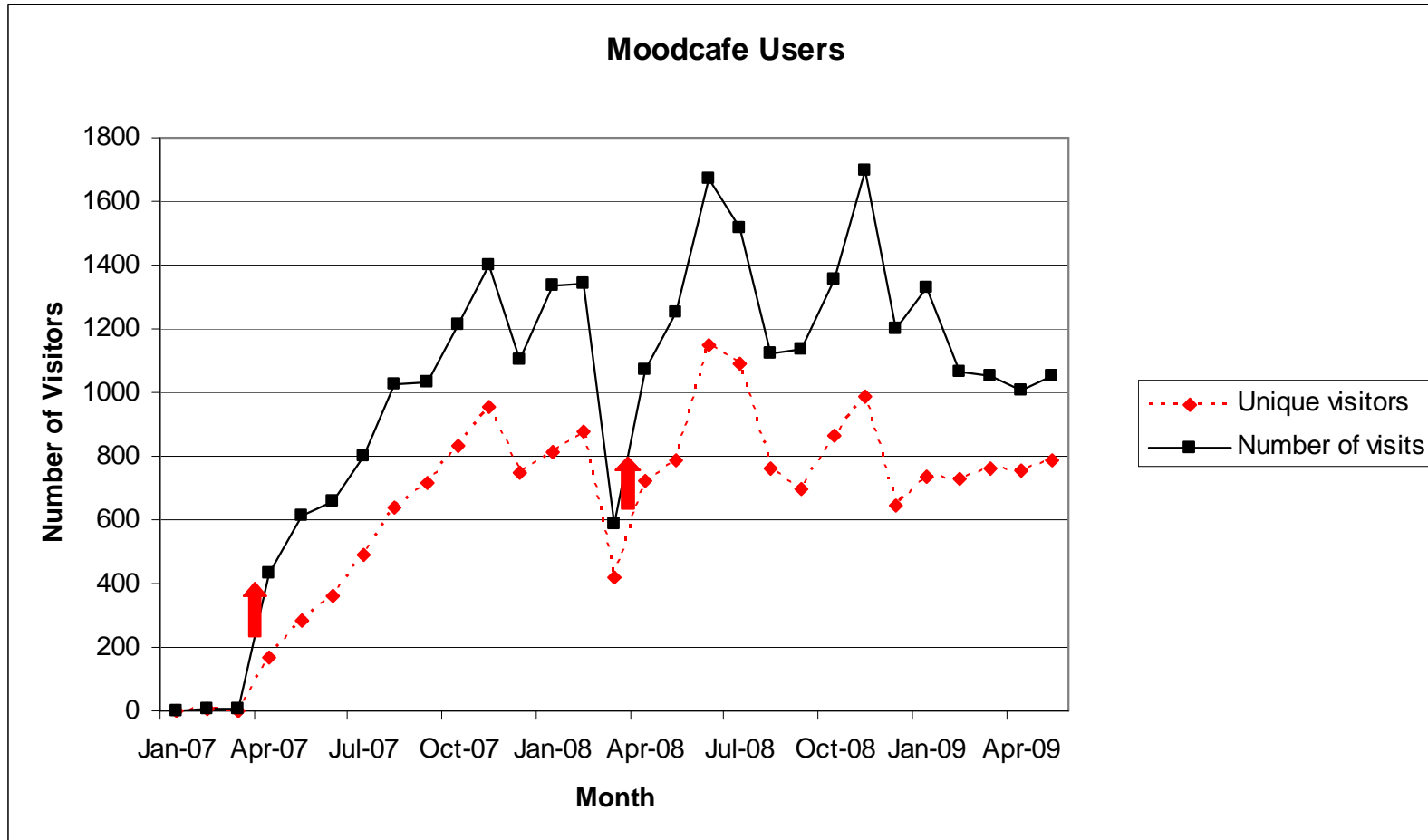
Sleep is a natural process that is not directly under our control.



**Trauma**

Information about trauma and the way people are affected

# Moodcafé Current Use



*The number of visitors that have accessed the moodcafé website since its launch in April 2007. Red arrows indicate the distribution of promotional materials to GPs and allied health professionals.*

# Moodcafé Current Use

- Monthly stats show the site is currently being used by between 800-1000 people per month.
- Anecdotal data indicates that it is routinely recommended by GPs and allied health professionals within and out with Fife and Schools, Colleges and members of the public.
- Recommended on BBC health website.

# Moodcafé Evaluation

- Between December 2008 and March 2009, a pop up questionnaire was placed on the site to collect user's views.
- 423 people responded in total (not everyone completed all questions).

# Respondents Demographics.

- Majority were female (74%).
- 93% white/white Scottish/white British
- Age ranges..

– Under 18	=	8%
– 18-25	=	17%
– 25-36	=	30%
– 36-45	=	19%
– 45-65	=	23%
– Over 65	=	0.7%

# Evaluation Findings.

- Most users were referred by...
  - GP (36%).
  - Psychologist (18%).
  - Search Engine (17%).
  - Other health professionals (15%).

# Evaluation Findings.

- Within the Self Help section, most frequently selected areas...
  - Depression.
  - Anxiety.
  - Sleep Problems.
  - Relaxation.
  - Wellbeing.
  - Bereavement.

# Evaluation Findings.

- Within the 'Fife Mental Health Groups and Services' section, most frequently selected areas...
  - Depression and low mood.
  - Mental Health.
  - Counselling Services.

# User Satisfaction.

- Of those who responded to these questions, the great majority of respondents (83%) reported that they found the site relevant.
- 73% reported that it helped them manage their difficulties (or helped the person for whom they accessed the site).
- The majority of people (79%) did access the site for their own use.
- 90% of all respondents said that they would access the site again.
- 89% that they would recommend it to someone else.

# User Comments

- “I would like more breathing exercises to download. Thank you.”
- “I fins (sic) that the website helps me when I am feeling low. I am always recommending this site to my friends..”
- “..the help it [moodcafe] has given me is invaluable”
- “the more online and the more interactive the better. It's there immediately and that's what's helpful about it, it gives a feeling of empowerment, that you are helping yourself!”

# User Comments

- “keep this invaluable site..”
- “I recommend this site to my patients regularly.”
- “Thank goodness this site is here, I am on the waiting list to see a psychologist and this being here helps me hugely”
- “It is the most comprehensive, relevant website, I have ever visited giving so much advice on so many different topics. I work with a lot of different clients suffering from a variety of illnesses and use the site regularly to access information and support for them, and to guide them in the right direction. Its fantastic!”

# Future Directions.

- MoodCafé has gone well beyond our expectations in terms of its reach and the feedback to date suggests that the site is valued and has supported self help both for people who are not in contact with any form of service as well as those who are.
- We continue to develop the site by adding new content (written by staff in the Psychology Department), new web links and new features (e.g. banner).
- Future development of the site will consider the comments made by the respondents. Of interest is the popularity of the Wellbeing section of the website, which perhaps reflects the public interest in self care and prevention of mental health problems, and we aim to develop this area accordingly.

# Contact Details

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