

Delivery of the Emotional Coping Skills (ECS) Group for Acute Inpatients at Leverndale Hospital

Overview of the Inpatient ECS Group

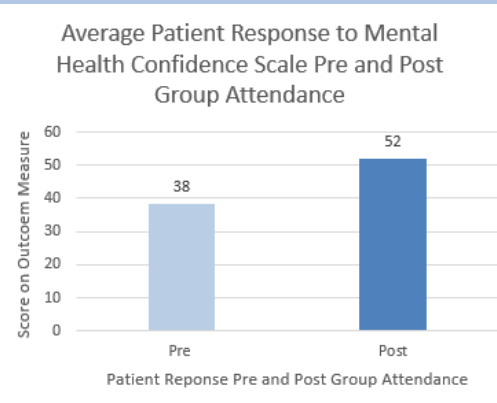
- ECS is an eight session skills-based group aimed at individuals who experience difficulties with emotion regulation
- It draws on techniques from Dialectical Behaviour Therapy (DBT)
- The sessions explore: **how difficulties in emotion regulation arise, triggers to emotional distress, and effective coping skills** to manage distress
- The group has been delivered to patients from the adult acute admission wards at Leverndale since **2015**

Patient Demographics

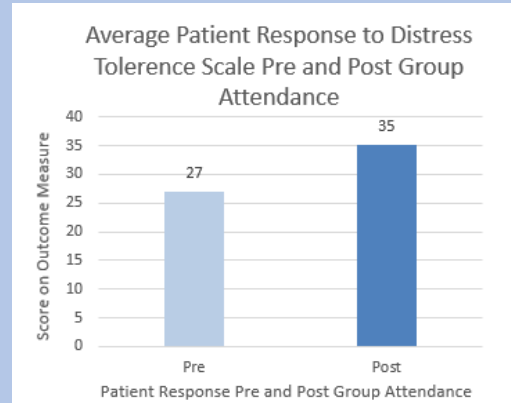
- There have been **28 cohorts** of the group completed (6 were remotely delivered during the Covid-19 pandemic)
- **172 patients** have attended at least one ECS session
- **85 patients** have completed the ECS group (49% of attendees)

Outcome Data

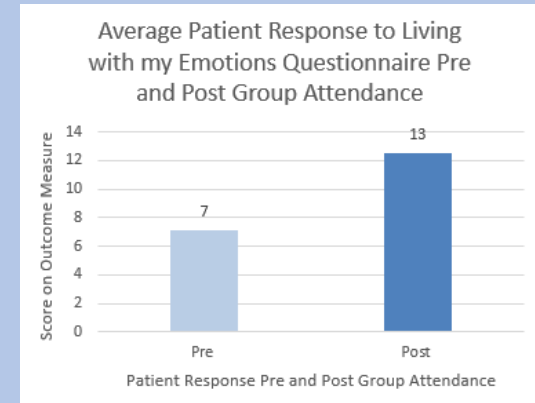
The below data was gathered from **participants of each cohort completing three self-report outcome measures before and after attending the group**. The data suggests **improvement in confidence managing, accepting and tolerating distressing emotions following the group**.



An increase in **Mental Health Confidence Scale** outcome suggests an improvement in patients' confidence in managing symptoms, advocating for needs and optimism for the future.



An increase in the **Distress Tolerance Scale** outcome suggests a positive change in patients reported absorption, tolerance, regulation, and appraisal of distress.



An increase in the **Living with my Emotions Questionnaire** outcome suggests patients confidence improved around facing, expressing and letting go of emotions.

After attending the group, patients listed **breathing, distraction, mindfulness and grounding as coping techniques they found useful**.

Patient Quotes

When patients were asked what was positive about the ECS group they reported the following:

“I feel like the group has changed me for the better because I feel more confident and strong within myself to deal and cope with everything better”

“Meeting people in a similar situation. Learning how to try and manage extremes of emotion. Knowing that emotions are okay and that you are allowed to have emotions”

“A small number of participants. Discussion time - I felt I could listen and be listened to. Knowing others struggle to make sense of emotion. Learning that all emotions are valid (the good ones and the bad). Each session being in pack form (all the notes to take away)”

When patients were asked what they learned from the ECS group they reported the following:

“Knowing that when I am distressed - there are things I can do to make me feel better”

“It was useful to provide a range of "tools" to use to cope with emotions. Useful to hear of other participants' experiences”

“Learn lots of skills to use for future & present to improve quality of life. Learned that emotions are not all bad. How to communicate what you need from others”

Conclusions

- The ECS group has been able to be delivered regularly at Leverndale Hospital since 2015 and has been able to reach a high volume of patients
- The outcome data from patients that attended the ECS group suggests an **improvement in:**
 - **Patients confidence in managing their symptoms and emotions**
 - **Patients ability to tolerate and regulate distress**
 - **Patients ability to face, express and let go of emotions**
- Patients reported **improved coping skills following attending the group**. Patients listed **breathing, distraction, mindfulness and grounding as coping techniques they found useful**.
- Patients provided positive feedback after attending the ECS group
- **Therefore, the ECS group has been found to be a feasible, acceptable and effective group for adults experiencing emotion regulation difficulties who are admitted to hospital**

By

Dr. Danielle Graham (Consultant Clinical Psychologist) and
Jemma Morrison (Assistant Psychologist)