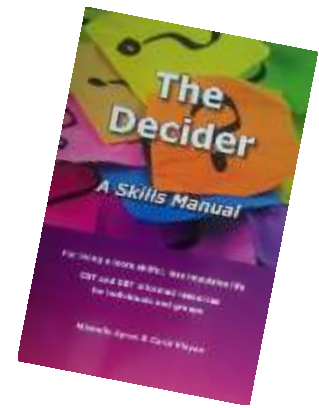
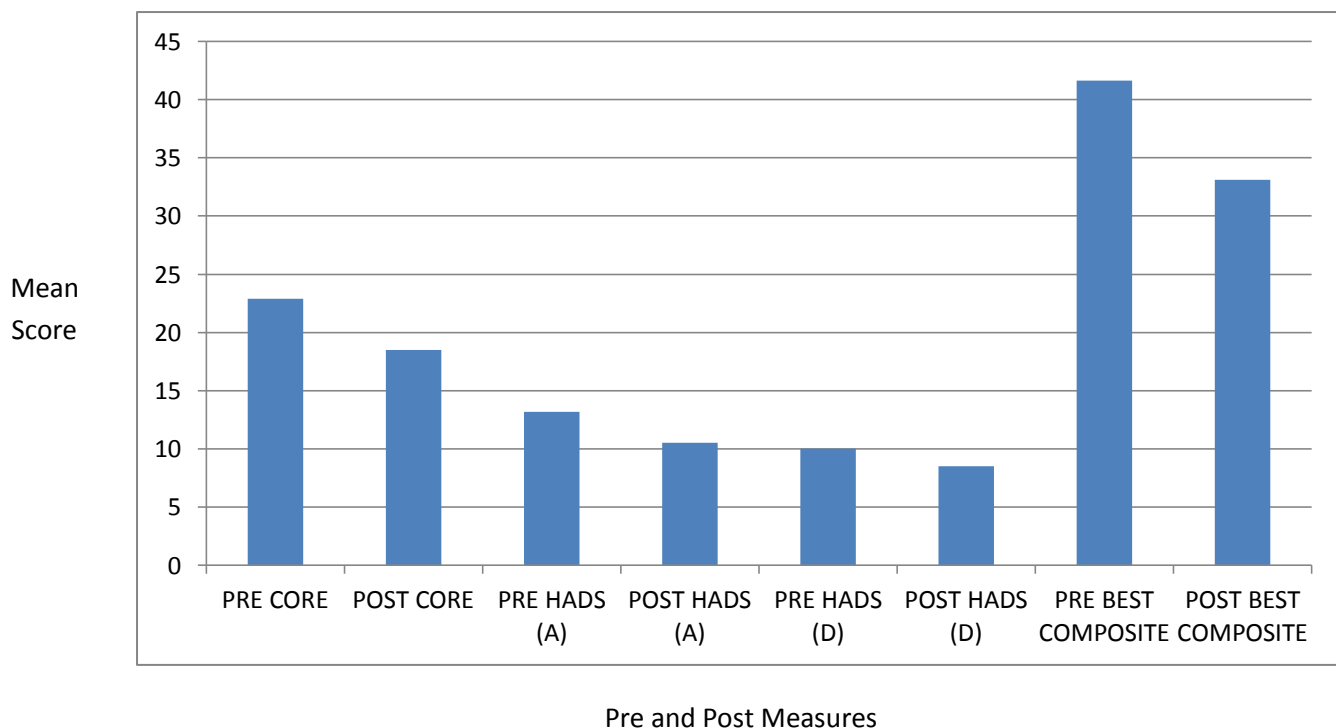


## THE DECIDER SKILLS GROUP

### RESULTS – Adult Mental Health



Pre-intervention measures were taken at the start of the group (week 1) and post measures were taken at the end of the group (week 12). 50 people were included in the study. A summary of the mean scores for each pre- and post- measure can be found in Table 1. The scores clearly decrease from pre to post measures indicating a reduction in global distress, anxiety and depression. This is clearly outlined in Figure 1.



**Figure 1: Bar graph to show changes in pre- and post-intervention measures.**

A paired-samples t-test was conducted to compare the pre and post scores on the core-10 questionnaire, Hospital Anxiety and Depression Scale, and the best composite score (see Table 1 for a summary of the means and standard deviations).

**Table 1. Means and standard deviations for each pre and post measure.**

Measure	Pre Score (M)	Pre score (SD)	Post score (M)	Post score (SD)
Core-10	22.9	7.08	18.5	8.61
HADS -A	13.18	4.47	10.52	4.58
HADS- D	10.02	4.16	8.52	4.74
Best composite	41.64	11.51	32.98	11.43

**Table 2. Paired t-tests for differences between pre and post scores.**

Measure	<i>df</i>	<i>t</i>	<i>p</i>
Core-10	49	3.69	0.001
HADS -A	49	4.10	0.000
HADS- D	49	2.31	0.025
Best composite	49	4.39	0.000

As can be seen in Table 2, the differences found between the pre and post measures were all found to be significant. This result provides evidence for the effectiveness of the Decider Skills Group which is clinically reducing symptoms such as global distress, anxiety and depression.