Cognitive Behavioural Therapy for Psychosis: Health Quality Ontario Recommendation

FINAL RECOMMENDATION

- Health Quality Ontario, under the guidance of the Ontario Health Technology Advisory Committee, recommends that evidence-based structured cognitive behavioural therapy for psychosis provided by nonphysicians be publicly funded for patients with a primary diagnosis of schizophrenia (including related disorders such as schizoaffective disorder)

RATIONALE FOR THE RECOMMENDATION

There was consensus among members of the Ontario Health Technology Advisory Committee that structured cognitive behavioural therapy for psychosis likely improved clinical outcomes and, if it did, that publicly funding this therapy would be good value for money. Committee members also agreed that providing cognitive behavioural therapy to individuals with psychosis would be very much in keeping with patient and caregiver preferences and societal values.¹
### Decision Determinants for Cognitive Behavioural Therapy for Psychosis

<table>
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<th>Decision Criteria</th>
<th>Subcriteria</th>
<th>Decision Determinants Considerations</th>
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<tbody>
<tr>
<td><strong>Overall clinical benefit</strong></td>
<td><strong>Effectiveness</strong></td>
<td>How effective is the health technology/intervention likely to be (taking into account any variability)? Compared with treatment as usual, CBT for psychosis significantly improved overall psychotic symptoms, positive symptoms, auditory hallucinations, and delusions (quality of evidence reported as moderate).</td>
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<td><strong>Safety</strong></td>
<td>How safe is the health technology/intervention likely to be? Very few systematic reviews reported on adverse effects. No significant concerns with safety are expected.</td>
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<td><strong>Burden of illness</strong></td>
<td>What is the likely size of the burden of illness pertaining to this health technology/intervention? Prevalence of schizophrenia for persons aged 18 to 64 years in Ontario is 11.5 per 1,000 persons.</td>
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<td><strong>Need</strong></td>
<td>How large is the need for this health technology/intervention? Up to 40% of patients have a poor response to antipsychotic drugs and continue to show moderate to severe psychotic symptoms. This may be due, in part, to lack of adherence to pharmacotherapy caused by side effects of antipsychotic drugs. Between 1993 and 2012 in Ontario, people with schizophrenia experienced mortality rates 3 times greater than the general population, even after adjustment for sociodemographic factors.</td>
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<td><strong>Consistency with expected societal and ethical values</strong></td>
<td><strong>Societal values</strong></td>
<td>How likely is adoption of the health technology/intervention to be congruent with expected societal values? No expected inconsistencies.</td>
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<tr>
<td></td>
<td><strong>Ethical values</strong></td>
<td>How likely is adoption of the health technology/intervention to be congruent with expected ethical values? No expected inconsistencies.</td>
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<tr>
<td><strong>Value for money</strong></td>
<td><strong>Economic evaluation</strong></td>
<td>How efficient is the health technology/intervention likely to be? Compared with usual care, CBT for psychosis provided by certified, regulated nonphysician therapists or by physicians for the management of adult schizophrenia in Ontario probably represents good value for money.</td>
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<td><strong>Economic feasibility</strong></td>
<td>How economically feasible is the health technology/intervention? Assuming a 20% increase per year in access (from 0% at baseline, reaching 100% by year 5), the total 5-year net budget impact of publicly funding CBT for psychosis would be $15.2 million if provided by regulated nonphysician therapists or $35.4 million if provided by psychiatrists.</td>
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<td><strong>Organizational feasibility</strong></td>
<td>How organizationally feasible is it to implement the health technology/intervention? Publicly funded CBT for psychosis in Ontario is available in some settings, though access is very limited. Ontario may need to increase the number of regulated health care professionals trained in CBT for psychosis to increase access to this psychotherapy over the next 5 years.</td>
</tr>
</tbody>
</table>

Abbreviations: CBT, cognitive behavioural therapy.

*The anticipated or assumed common ethical and societal values held in regard to the target condition, target population, and/or treatment options. Unless there is evidence from scientific sources to corroborate the true nature of the ethical and societal values, the expected values are considered.*
REFERENCE


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About the Ontario Health Technology Advisory Committee

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Health Quality Ontario
130 Bloor Street West, 10th Floor
Toronto, Ontario
M5S 1N5
Tel: 416-323-6868
Toll Free: 1-866-623-6868
Fax: 416-323-9261
Email: EvidenceInfo@hqontario.ca
www.hqontario.ca

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