

Work Package 3 Support2Work research: The impact of Employment Advisers (EAs) within NHS Talking Therapies (TTs) on future secondary healthcare costs

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1. Background

- Model of care: Referral to NHS TTs, those individuals facing work-related difficulties receive Talking Therapy (TT) and where available and selected by individual, Employment Advice (EA)
- Purpose: 1, gain, retain or return to work and 2, improve mental health and work functioning
- EAs were introduced at different times in different areas.

2. Research

2.1 Do EAs within NHS TTs reduce future secondary healthcare costs and is this a result of improvements in mental health & work functioning outcomes?

2.2 Do effects differ for patients with specific physical long-term conditions?

2.3 How do these outcomes differ by sociodemographic groups and features of EA or TT received?

3. Mediator and Outcomes

- Mediator: Improvement in mental health and work functioning
- Outcome: Cumulative healthcare costs (assessed 6 months after treatment):
 - Physical health-related costs (inpatient & outpatient costs)
 - Mental health-related costs (inpatient & outpatient /community costs)
 - Emergency care costs

4. Methods

Staggered difference-in-difference (DiD): changes in outcomes over time between groups who received EA in addition to TT compared to groups who only received TT.

Requirements of a minimum of two TT sessions for both groups and a minimum of one EA session for the group seeing an EA.

5. What may affect outcomes, why & how?*

5.1. Improvement in mental health and work functioning

- Decrease in inpatient and outpatient costs (lower use of avoidable, high cost secondary care)

5.2. Socio-demographic groups

- Women are expected to experience a larger impact than men
- Younger people are expected to experience a larger impact than older people
- Those from more deprived communities are expected to experience a larger impact than those from affluent communities

5.3. Physical long-term conditions we expect to have a larger impact:

- Diabetes
- Chronic obstructive pulmonary disease COPD
- Cardiovascular disease

5.4. Features of Employment Advice and Talking Therapy we expect to have an impact

- Number of sessions
- EA sessions starting before/after/during therapy

*informed by existing literature/research