

Resources

Resources for Psychological Wellbeing Practitioner courses

Heart disease and diabetes

- **Resource:** The [COINCIDE trial manuals](#) for depression and heart disease / diabetes:
 - PWP manual
 - Patient workbook
 - Patient manual
- **Evidence:** [Motivational enhancement therapy with and without cognitive behaviour therapy to treat type 1 diabetes: a randomized trial](#)
Ismail, K., Thomas, S. M., Maissi, E., Chalder, T., Schmidt, U., Bartlett, J., Patel, A., Dickens, C.M., Creed, F. & Treasure, J. (2008). Annals of internal medicine, 149(10), 708-719
- **Resource:** [Diabetes UK](#)
 - [Emotional and psychological support for people with diabetes position statement](#)
 - [15 Healthcare Essentials which lists receiving emotional and psychological support](#)
 - [Diabetes and Mood Information Prescription](#)
- **Resource:** [Three Dimensions of Care for Diabetes case study](#)
- **Resource:** www.diabetesinhealthcare.co.uk - free online introductory course for healthcare professionals who are not specialists in diabetes but want to know more about the condition
- **Resource:** [NHS choices \(Diabetes\)](#)
- **Resource:** Emedicine covers both [type 1](#) and [type 2](#) diabetes
- **Resource:** [British heart foundation](#)
- **Resource:** [NHS Choices \(Coronary Heart Disease\)](#)

Long term conditions/Chronic Illness

- **Resource:** The [COINCIDE trial manuals](#) updated for long term conditions and depression / anxiety.
 - PWP manual
 - Patient workbook
 - Patient manual
- **Resource:** A self-help chapter on 'Depression in physical illness' by Moorey, Burn and Snowden in: Brosan, L., & Westbrook, D. (2015). *The Complete CBT Guide for Depression and Low Mood: A comprehensive self-help guide for people with depression and low mood that also offers invaluable advice for families and other supporters.* Hachette UK.
- **Resource:** Reclaim your life.
Chris Williams. ISBN: 978906564-88-9. Five Areas, Glasgow

Chronic obstructive pulmonary disease (COPD)

- **Resource:** [The COPD breathlessness manual](#)
Dupont S. & Howard, C.
- **Evidence:** [The COPD breathlessness manual: a randomised controlled trial to test a cognitive-behavioural manual versus information booklets on health service use, mood](#)

[and health status, in patients with chronic obstructive pulmonary disease.](#)

Howard, C., & Dupont, S. (2014). NPJ primary care respiratory medicine, 24, 14076

- **Resource:** [The British Lung Foundation](#)
- **Resource:** [NHS choices \(COPD\)](#)
- **Resource:** [The European lung foundation](#)

Chronic fatigue

- **Resource:** Coping with Chronic Fatigue. Chalder T. London: Sheldon Press; 1995.
- **Evidence:** Self-help treatment of chronic fatigue in the community: A randomized controlled trial.
Chalder T, Wallace P, Wessely S. Br J Health Psychol. 1997;2:189-97.

Health anxiety

- **Resource:** Overcoming Health Anxiety
Willson, R., & Veale, D. (2009). Robinson