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The high impact of low intensity: Effectiveness of the BounceBack® program for depression and anxiety in Ontario

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High costs, long wait times, and lack of access to mental health supports in Ontario are leaving millions with unmet treatment needs. To address this need, Ontario launched BounceBack®, a large-scale coach-supported intervention grounded in cognitive behavioural therapy (CBT) to target symptoms of anxiety, depression, and functional impairment. The objective of this program evaluation was to examine the effectiveness of the BounceBack® program in Ontario by exploring (a) changes in participants' depression and anxiety symptoms and functional impairment (as measured by the PHQ-9, GAD-7, and WSAS, respectively); and (b) rates for recovery and reliable improvement. Multilevel modelling (MLM) results indicated that participants reported significant improvements in their depression, anxiety, and functioning symptoms over time, which are not better accounted for by other demographic factors.

Biography

Dr. Lyndall Schumann (Ph.D., C. Psych.) has 13 years of experience in academia, hospital, and private practice settings. She is currently a clinical director and clinical lead at the Canadian Mental Health Association York Region South Simcoe Network Lead Organization as part of the Ontario Structured Psychotherapy program. Her area of focus is strategy and innovation to provide faster access to better mental health services to Ontarians through the use of low and high-intensity treatments. She obtained her Ph.D. at Queen's University in clinical psychology in 2017.

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