



THE UNIVERSITY *of York*

The Department of Health Sciences

REEACT

Mental Health and Addiction Research Group (MHARG) sits within the Department of Health Sciences. More than 40 staff work within the group and around a quarter of these work on the Randomised Evaluation of the Effectiveness and Acceptability of Computerised Therapy (REEACT) project. The University of York leads this project, in collaboration with research partners in the Universities of Bristol, Manchester, and Sheffield and the Hull York Medical School.

The need for this research was identified by the NHS, and the research was commissioned by NIHR Health Technology Assessment Programme, following an open national competition. The chief investigator of the study is Professor Simon Gilbody and the project manager is Dr Liz Littlewood.

Introduction

Depression is the most prevalent of all mental health problems, and is expected to become the second-leading cause of disability amongst all general health problems by 2020. Most people experiencing depression will receive treatment from their GP, and in many cases this will involve the prescription of anti-depressant drugs. A general dissatisfaction with medication and concerns about rising rates of anti-depressant prescriptions, has led to demands for the provision of psychological and socially based (psycho-social) treatments and interventions. In light of this, it is important to find out what actually works and what is cost-effective.

MHARG has built a programme of research around answering these questions for those suffering common mental health disorders such as depression and anxiety. The ultimate aspiration of this work is to allow the NHS to deliver high volumes of effective therapy in an efficient manner.

Mental Health and Addiction



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