

## Client Service Receipt Inventory (CSRI) – Short

Study ID No: .....

1. Please give details of any of the following services that you have used in the last 6 months:

Service	Circle		Number	
Inpatient stay (1) state reason: .....	Yes	No		days
Inpatient stay (2) state reason: .....	Yes	No		days
GP	Yes	No		contacts
Psychiatrist	Yes	No		contacts
Hospital Doctor for your physical health (1) Specify .....	Yes	No		contacts
Other doctor (2) Specify .....	Yes	No		contacts
Accident and emergency	Yes	No		visits
Primary care nurse	Yes	No		contacts
Nurse for your physical health	Yes	No		contacts
Psychologist/Counsellor or Talking Therapist	Yes	No		contacts
'Complementary' medicine or therapy specify	Yes	No		contacts
Occupational Therapist, Physiotherapist or Speech Therapist	Yes	No		contacts

2. How many days have you lost from work in the last 6 months as a result of illness (insert zero if not applicable)?  
..... days
3. How many days have you lost from school/college/university in the last 6 months as a result of illness (insert zero if not applicable)?  
..... days
4. Date Completed: .....

**Health Care Resource Use – SAFFRON – 8 month data collection (T5)**

These questions relate to your use of health and social care resources in the last 2 months. Please answer as accurately as possible. If you are unsure of which types of therapy you have received, we have provided some information to help on the final page of this questionnaire. If you have any further questions, please ask the researchers.

**Section 1: Community-based care (NHS and private)**

In the last <u>2 months</u> , have you used any community-based care face to face, or by telephone?		Yes <input type="checkbox"/> <sub>1</sub> Please give more details below	No <input type="checkbox"/> <sub>0</sub> Please skip ahead to <b>Medication</b> section
For each separate service or visit, please give further details.			
		<b>Number of sessions, visits or calls</b>	<b>Cost per session/visit/transportation (if not NHS)</b>
GP appointment (in the surgery) – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
GP appointment (by phone) – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Practice nurse appointment (in the surgery) – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Practice nurse appointment (by phone) – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Outpatient hospital appointment – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
What was the main reason for the appointment(s)? .....		And who did you see for this reason (i.e. what type of health care professional)? .....	

Counselling (or talking therapy/ mindfulness) – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Counselling (or talking therapy/ mindfulness) – Private	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		£ : [write “INS” if covered by private health insurance]
Face-to-face cognitive behavioural therapy (CBT) – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Face-to-face cognitive behavioural therapy (CBT) – Private	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		£ : [write “INS” if covered by private health insurance]

		<b>Number of sessions, visits or calls</b>	<b>Cost per session/ visit/transportation (if not NHS)</b>
Computer-based (online) cognitive behavioural therapy (CBT) – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Psychotherapy – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Sex therapy – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Complementary medicine or therapy – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Please specify .....			
Complementary medicine or therapy – Private	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		£ : [write “INS” if covered by private health insurance]
Please specify .....			
Occupational Therapist, Physiotherapist or Speech Therapist – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Occupational Therapist, Physiotherapist or Speech Therapist – Private	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		£ : [write “INS” if covered by private health insurance]
NHS Direct or “Call 111”	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
NHS walk-in centres	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Other drop-in centres, e.g. Macmillan/Maggie’s	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		
Ambulance or hospital transport – NHS	Yes <input type="checkbox"/> <sub>1</sub> No <input type="checkbox"/> <sub>0</sub>		



### Section 3: Other care

In the last 2 months, apart from the care described above, have you received any other care provided by the NHS, social services, or arranged privately?

Yes \_1

Please give more details below

No \_0

**If yes, please describe type of care, from whom, how many hours, total cost to date, etc....**

**Comments:**

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## Further Information on Different Types of Therapy

### Counselling/ Talking Therapy

Having counselling is probably the best-known talking therapy and the one most readily available at your GP surgery. Counselling on the NHS usually consists of 6 to 12 sessions, each an hour long. You talk in confidence to a counsellor about how you feel about yourself and your situation. The counsellor supports you and offers practical advice.

### Cognitive Behavioural Therapy (CBT)

The aim of CBT is help you think less negatively, so that instead of feeling hopeless and depressed, you cope better with and even start to enjoy the situations you face. In CBT, you set goals with your therapist and carry out tasks between sessions. A course typically involves around six to 15 sessions, which last about an hour each. Like counselling, CBT deals with current situations more than events in your past or childhood.

### Psychotherapy

Unlike counselling and CBT, psychotherapy involves talking more about your past to help you overcome problems you're having in the present. It tends to last longer than CBT and counselling. Sessions are an hour long and can continue for a year or more. There are different types of psychotherapy, but they all aim to help you understand more about yourself, improve your relationships and get more out of life. Psychotherapy can be especially useful in helping people with long-term or recurring problems to find the cause of their difficulties. NHS psychotherapists normally work in a hospital or clinic, where you'll see them as an outpatient. Private psychotherapists often work from home.

### Sex Therapy

A sex therapist will listen to you describe your sexual problems and assess whether the cause is likely to be psychological, physical or a combination of the two. The aim of talking about and exploring your experiences is to help you get a better understanding of what is happening and the reasons. The therapist may also give you exercises and tasks to do with your partner in your own time.

You can see a sex therapist by yourself, but if your problem affects your partner as well, you may both attend. Sessions usually last for 30-50 minutes. The therapist may advise you to have weekly sessions or to see them less frequently, such as once a month.

### Complementary Medicine/ Therapy

These medicines and treatments range from acupuncture and homeopathy to aromatherapy and meditation. Treatments are sometimes used to provide an experience that is pleasant in itself. This can include use alongside conventional treatments, to help a patient cope with a health condition. When used this way, the treatment is not intended as an alternative to conventional treatment.

Materials above contain material from

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/Types-of-therapy.aspx>.

<http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/>

[last accessed 10.1.2018](#)