

daylight

# Daylight

Introductory guide and FAQs



## ABOUT DAYLIGHT

### WHAT IS DAYLIGHT?

Daylight is a free, NHS-recommended digital treatment for worry and anxiety. Daylight delivers cognitive behavioural therapy for anxiety and is recommended for daily use.

Patients can start Daylight at a time that suits them at [trydaylight.com/nhs](https://trydaylight.com/nhs). Daylight is funded in South Yorkshire, so it is available at no cost to you or the patient, and no prescription is needed. Daylight is a CE-marked medical device indicated for use by adults aged 18 and over and is compliant with DTAC.

### HOW DOES IT WORK?

Techniques in Daylight are presented as 'cards'. Each card provides instructions for a technique and guides the patient through an exercise (10-15 minutes). Once a patient has completed a card, they can repeat it as often as they like, or complete shorter (~5 minutes) practice versions.

### WHO CAN USE DAYLIGHT?

Daylight is indicated for use for people aged 18 or over who have difficulty with worry and anxiety.

In addition, it's important that patients:

- Understand conversational English (or can be supported by an adult who does)
- Have access to the internet
- Know that they will see most benefit by using Daylight frequently (approximately daily)

### HOW DO I OFFER DAYLIGHT TO PATIENTS?

#### 1 Explain Daylight:

Daylight is an NHS-recommended digital treatment for worry and anxiety. It delivers clinically proven CBT in short daily sessions and is entirely free for patients.

2

#### Give the link:

Start Daylight instantly at [trydaylight.com/nhs](https://trydaylight.com/nhs)

3

#### Explain what happens next:

Create your account and answer a few short questions to customise Daylight for you. You can now continue to treatment on the Daylight app.

## ABOUT DAYLIGHT contd

### HOW CAN PATIENTS MONITOR PROGRESS IN DAYLIGHT?

At the onset of Daylight, patients provide information about their worry and anxiety (GAD2), mood (PHQ-2), sleep (SCI), and goals. They are asked to report on these weekly during 'check-ins'. They are provided with information and guidance regarding their progress.

### HOW IS DAYLIGHT CUSTOMISED FOR EACH PATIENT?

Daylight provides different feedback for individuals based on their input (e.g., how they are feeling, their experience during a particular technique practice, etc.). Feedback is customised to help individuals tailor their practice of specific techniques (e.g., "Looks like Tense & Release was really helpful for you! Keep practicing this one!"). Patients also receive weekly feedback and guidance based on their progress (e.g., their scores on brief measures of worry and anxiety, mood, and sleep).

### DO PATIENTS NEED TO USE DAYLIGHT FOREVER TO SEE IMPROVEMENTS?

No. Proven cognitive and behavioural techniques are designed to be practiced enough that they become habits - ways that people automatically respond to worry and anxiety. Similarly, patients of Daylight should notice that as they keep practicing, they are able to work the techniques into their daily lives as necessary. They can choose to keep using Daylight as a way to monitor worry and anxiety levels or continue practicing less frequently, if desired. We see from our research that users may continue to benefit from Daylight even after they stop using the app (with our randomised controlled trial demonstrating that the benefits of Daylight were maintained up to a month after patients stopped using the programme).

### WHAT HAPPENS IF A PATIENT'S WORRY AND ANXIETY WORSEN AS THEY ARE USING DAYLIGHT?

Patients are informed from the onset of the programme (both in the programme, and in a safety email that they receive upon enrolment) that Daylight is a web-based and mobile digital application that provides self-help tools to address worry and anxiety, and that they should contact their doctor for medical advice in the event that they feel worse. This is reiterated each time they report feeling worse from week to week.

## COMMON QUESTIONS DURING CONVERSATION WITH PATIENTS AND SUGGESTED RESPONSES

### WHY CAN'T YOU GIVE ME DRUGS OR JUST LET ME TALK TO SOMEONE?

“Drugs are just one treatment option for anxiety, but they often have unwanted side effects and can be difficult to stop. Where we have treatments that don't involve them, we should be using those first. It's also worth pointing out that this treatment, CBT, is the recommended treatment for anxiety and worry, and so it is important that we offer this first to give you the best chance of getting better.

In person CBT for anxiety is also available on the NHS but it can take some time to access. That's what is so great about Daylight: it takes expertise from in person therapy, and provides it in a way that is customised to you, that you can start instantly at a time that suits, and doesn't involve travelling or time off work.”

### APPS DON'T WORK FOR ME. WHY SHOULD I USE THIS ONE?

“Apps are a very generic and broad group of products. In the same way that there are countless creams and tablets out there to buy off the shelf, they are very different to clinical treatments or medications, like antibiotics for example. Digital treatments, like Daylight, are specific clinical apps with nationally recognised evidence that have been proven to improve people's health. So any other app you might have tried in the past, even if you found it helpful, did not have the same standards and rigour that we would expect from clinical grade treatments.”

### CAN I STILL TAKE MY MEDICATION WHEN I USE DAYLIGHT?

“Yes absolutely. Through the Daylight programme you will learn and become comfortable with the techniques that lead to improvements in your anxiety and will have less need for medication. In general it is strongly recommended that you do not make changes to your prescribed medication or other type of medical treatment without seeking professional medical advice.”

### WHEN WILL I START FEELING BETTER? IS IT A BIG TIME COMMITMENT?

“You can start Daylight straight away! For the best results, I recommend practicing the techniques for 10-15 minutes daily.”

### IS MY DATA SAFE?

“Your data is safe with Daylight. They've been robustly assessed by the NHS to ensure information is only ever shared on a legal basis to do so.”