

Table 1

Variable		N	(%)	
<i>Gender (N=188)</i>	Male	48	25.5	
	Female	140	74.5	
<i>Age (N=188)</i>	Mean 38.79 (SD:10.91)			
<i>Location (N=188)</i>	Wales	98	51.6	
	England	84	44.7	
	Scotland	6	3.2	
<i>Profession</i>	Clinical Psychologist	40	21.3	
	Counselling Psychologist	2	1.1	
	High Intensity Therapist / CBT Therapist	55	29.3	
	Nurse	23	12.2	
	Occupational Therapist	4	2.1	
	Psychological Wellbeing Practitioner	3	1.6	
	Trainee clinical psychologist	50	26.6	
	Medical Doctor	2	1.1	
	Social Worker	1	0.5	
	Trainee High Intensity Therapist	2	1.1	
	Other	5	2.7	
	<i>Training Programme</i>	DClinPsy	50	26.6
		CBT Certificate	10	5.3
CBT Diploma / HI Training		13	6.9	
Other		5	2.7	
Not Applicable		110	58.5	
<i>BABCP Accredited Practitioners</i>	Yes	65	34.6	
	No	123	65.4	
<i>CBT PG Training</i>	Yes	102	54.3	
	No	86	45.7	
<i>Service Type</i>	Third Sector, Education or Private	6	3.2	
	Older Adult Mental Health	9	4.8	
	Learning Disability	3	1.6	
	CAMHS or Children's Services	22	11.7	
	Adult Mental Health – Primary Care	53	28.2	
	Adult Mental Health – Specialist Services	55	29.3	
	Adult Mental Health – Community Mental Health Team	29	15.4	
	Missing Data	11	5.9	

Table 1. Participant Demographic Characteristics

Table 2

	'Don't Know' Responses (N=188)	Mean (N= 129)	SD (N=129)	Corrected Item- Total Correlation	Cronbach's Alpha if Item Deleted
1a	12 (6.4)	1.62	0.64	0.35	0.80
1b	N/A	1.53	0.64	0.32	0.80
1c	N/A	1.56	0.67	0.16	0.80
2a	N/A	1.65	0.58	0.28	0.80
2b	N/A	1.31	0.81	0.33	0.80
2c	N/A	1.74	0.55	0.25	0.80
2d	N/A	1.02	0.87	0.22	0.80
3a	N/A	0.84	0.90	0.44	0.79
4a	N/A	0.95	0.92	0.51	0.79
4b	9 (4.8)	1.58	0.73	0.50	0.79
4c	N/A	1.41	0.78	0.59	0.78
4d	N/A	0.95	0.79	0.44	0.79
5a	N/A	1.66	0.55	0.54	0.79
5b	N/A	1.71	0.60	0.39	0.79
5c	N/A	1.72	0.52	0.35	0.80
5d	14 (7.4)	1.21	0.96	0.25	0.80
5e	44 (23.4)	0.74	0.95	0.11	0.81
6a	N/A	1.22	0.82	0.39	0.79
6b	N/A	1.39	0.82	0.30	0.80
6c	N/A	0.90	0.85	0.31	0.80
6d	N/A	1.47	0.71	0.38	0.79
7a	N/A	1.75	0.48	0.24	0.80
7b	N/A	1.59	0.63	0.20	0.80
7c	N/A	1.64	0.57	0.28	0.80
7d	N/A	1.46	0.68	0.40	0.79

Table 2. Item Analysis

Table 3

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% Variance	% Cumulative	Total	% Variance	% Cumulative	Total	% Variance	% Cumulative
1	4.38	19.89	19.89	4.38	19.89	19.89	2.51	11.40	11.40
2	2.00	9.11	28.99	2.00	9.11	28.99	2.26	10.27	21.67
3	1.80	8.17	37.16	1.80	8.17	37.16	2.06	9.35	31.02
4	1.63	7.39	44.55	1.63	7.39	44.55	1.91	8.67	39.68
5	1.39	6.33	50.88	1.39	6.33	50.88	1.87	8.50	48.19
6	1.25	5.69	56.57	1.25	5.69	56.57	1.85	8.39	56.57

Table 3. Table of Total Variance

Table 4

Items	Components					
	1	2	3	4	5	6
3a. In practice, do you have access to video recording and video play back for use in your clinic room (or other suitable, accessible and appropriate clinical environment)? (Note: if you are using your personal equipment, answer NO and explain this in notes).	.84					
4a. In practice, do you have access to video / audio play back equipment for use as part of supervision and/or clinical self-reflection? (Note: if you are using your personal equipment, answer YES and explain this in notes).	.80					
4b. Are protocols and permissions in place to enable the recording of clinical sessions?	.66					
4c. Do you have access to a suitable environment for listening/watching recordings of clinical sessions?	.56					
1c. In practice, can you access the internet to use resources such as YouTube and other publicly available material as and when required by the treatment protocol?	.43					
7b. <i>Safety</i> : Is the clinic room that you use set out in such a way that reasonably ensures the safety of therapist and client? (e.g. consider emergency exit, availability of panic alarms, any safeguards or procedures to deal with violent incidents, etc.)		.77				
7d. Is the clinic room that you use 'fit for purpose' as described above? (e.g. consider fittings, furniture, equipment, etc.)		.75				
7c. <i>Accessibility</i> : Does the clinic room that you use allow for the safe and appropriate treatment of		.74				
7a. <i>Confidentiality</i> : Does the clinic room that you use allow communication to remain confidential?		.58				
5a. Is the <i>type</i> of supervision you receive adequate for you to deliver treatment which closely approximates that of the RCTs in the NICE guidance?			.83			
5b. Is the <i>quantity</i> (e.g. frequency, duration, enough time to discuss your own cases if supervision is in a group) of your supervision sufficient for you to deliver treatment which closely approximates that of the RCTs in the NICE guidance?			.75			
5c. Are the <i>knowledge, skills and experience</i> of the supervisor well matched to the type of treatment protocols you use?			.73			

2a. In practice, are you able to offer extended sessions of up to 90 minutes when appropriate?				.70		
2b. In practice, are you able to offer bi-weekly appointments when appropriate?				.68		
4d. Is your allocated admin time sufficient to review audio or video material for the purpose of reflection and/or preparation for supervision? (Note: 'admin time' refers to non face-to-face therapy activity, for example designated time to review notes, write reports, prepare for sessions, etc.).				.58		
2c. Does your service allow for an extended number of sessions if required, in line with NICE guidance?				.56		
6b. Is the PDP monitored and supported in line with trust wide standards? (e.g. one appraisal per year and 6 monthly reviews).					.84	
6a. Do you have a Professional Development Plan (PDP) in place which sufficiently identifies CBT specific training priorities for yourself and places these in the context of CBT training needs for the service?					.82	
6c. Does the service have a clear policy specifying an allocation of time and resource to spend on CPD activity per week or per month?				.31	.49	
1b. In practice, are you able to treat clients outside of the clinic as and when required by the treatment protocol?						.82
1a. Are protocols and permissions in place to enable you to assess and treat patients outside of the clinic? (e.g. lone working policy, risk management protocol).						.82
6d. Bearing in mind practical and realistic limitations on training budgets, have you received adequate training to deliver treatment which closely approximates that of the RCTs in the NICE guidance?						.37

Table 4. Rotated Factor Matrix

Table 5

Component	Cronbach's Alpha
Access to physical resources	0.736
Suitability of the clinical environment	0.712
Clinical supervision	0.732
Time to offer flexible sessions and prepare	0.588
Protocols for working outside the clinic	0.623
Professional development	0.630

Table 5. Cronbach's Alpha for each component