

Accredited Registers Impact Assessment

Accredited Register: Interpersonal Psychotherapy UK (IPT UK)

Type of Review: Full Assessment

Period under review: 2024-2025

Date Approved for Panel: July 29, 2024

Introduction

Before we decide about accreditation, we undertake an impact assessment to understand likely effects on different groups, and the wider health system. We begin to gather the information required for the impact assessment when a Register first applies for accreditation. We consider any changes to impacts when we renew accreditation, and when taking other decisions that affect accreditation status such as imposing Conditions or suspension.

A key part of the impact assessment is consideration of equalities. The Equality Act 2010 imposes a legal duty, the Public Sector Equality Duty on all public bodies to consider the equality impact of its policies and decision making. The duty is known as the Equality Duty and it requires a public authority, in the discharge of its function to consider the following three aspects which form the basis of the duty:

- Consider the impact and eliminate unlawful (direct or indirect) discrimination and any other conduct prohibited under the Equality Act 2010.
- Advance equality of opportunity between people with protected characteristics and those who do not share these characteristics
- Foster good relations between people with protected characteristics and those who do not share these characteristics.

This means that public bodies must consider equality impact on individuals protected under the Equality Act 2010 in carrying out their work. The Authority, therefore, needs to be always mindful of the public duty when carrying out its oversight role which includes the approving of registers. It needs to have 'due regard' to the needs to balance the three aspects which make up the Equality Duty when achieving its goals.

The Equality Impact Assessment is an important tool/mechanism for demonstrating 'due regard' through the consideration of evidence and analysis, actual and potential to identify positive and/or adverse impacts. The key groups we need to consider when making our decisions are, sex, age, ethnicity, disability, religion and belief, sexual orientation, gender reassignment, marriage and civil partnership, pregnancy, and maternity.

Accredited Registers Impact Assessment

Accredited Register: Interpersonal Psychotherapy UK (IPT UK)

Type of Review: Full Assessment

Period under review: 2024-2025

Date Approved for Panel: July 29, 2024

Impacts

Equalities impacts - summary.

- We have reviewed Standard one [Form A1](#) and [Form A3](#) for impact assessment.
- 'Interpersonal Psychotherapy provides a pragmatic, time-limited and focused approach to the treatment of major depression¹'.
- IPT UK mentioned that they and registrants promote and adhere to the requirements of the Equality Act 2010.
- IPT UK has developed and published [Equality and diversity for IPT UK Employees](#) dated April 2021 which stated that IPT UK is committed to providing equal opportunities in employment and to avoiding unlawful discrimination.
- IPT UK has guidelines for Equal Opportunities in Employment as 'The Charity will avoid unlawful discrimination in all aspects of employment including recruitment, promotion, opportunities for training, pay and benefits, discipline, and selection for redundancy'.
- The IPT UK has identified impacts related to the protected characteristics.

¹ [About IPT - MY SITE \(iptuk.net\)](http://iptuk.net)

Accredited Registers Impact Assessment

Accredited Register: Interpersonal Psychotherapy UK (IPT UK)

Type of Review: Full Assessment

Period under review: 2024-2025

Date Approved for Panel: July 29, 2024

Impacts on groups with protected characteristics.

Age

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Positive	Older Adults, Children and Adolescents	<p>'IPT is an inclusive treatment and can be delivered to service users and patients regardless of age. IPT-A is offered to adolescents and young people and helps them navigate the difficulties they may experience during this particularly challenging period of their lives.</p> <p>For older adults, who may be suffering with cognitive impairment, we can offer IPT for adults which can help them navigate deteriorating cognitive and physical abilities. IPT is accessible and offered to adults of all ages.</p> <p>'This paper² talked about interpersonal psychotherapy (IPT) seems well-suited to the kind of clinical problems often evident in depressed older people'.</p>		

² [Interpersonal psychotherapy as a treatment for depression in later life. \(apa.org\)](https://www.apa.org)

Accredited Registers Impact Assessment

Accredited Register: Interpersonal Psychotherapy UK (IPT UK)

Type of Review: Full Assessment

Period under review: 2024-2025

Date Approved for Panel: July 29, 2024

Disability

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Neutral	Disability	<p>IPT is an inclusive treatment and can be delivered to service users and patients face to face or remotely, considering any disabilities they may have. Sessions can be adapted around a service users' disability and consideration would be given in all individual cases, on the best way of working with the service user.</p> <p>There is study being conducted as mentioned on the IPT UK website as 'Participatory Research in Depression and Autism (PRIDA). A bottom-up, multi-informant study to understand the lived experience of depression, recovery, and interpersonal therapy experiences in autism'. The research is in progress.</p>	IPT UK may like to share the outcomes of this study.	

Gender reassignment

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Neutral	Gender reassignment	<p>IPT is an inclusive treatment and does not discriminate on the grounds of gender reassignment. In fact, IPT and IPT-A can actively provide support to service users thinking about going through gender reassignment, through the Interpersonal Change/Transition Focal Area.</p>		

Accredited Registers Impact Assessment

Accredited Register: Interpersonal Psychotherapy UK (IPT UK)

Type of Review: Full Assessment

Period under review: 2024-2025

Date Approved for Panel: July 29, 2024

Marriage and civil partnership

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Positive	Partner/ Relationships	<p>IPT can help anyone suffering with depression to navigate difficulties in their lives which may impact on the quality of their relationships.</p> <p>As per NHS, 'IPT is a talking treatment that helps people with depression identify and address problems in their relationships with family, partners, and friends'. The idea is that poor relationships with people in your life can leave you feeling depressed.</p> <p>Depression can in turn make your relationships with other people worse.</p> <p>You may be offered IPT if you have mild to moderate depression that hasn't responded to other talking therapies, such as CBT'.</p>		

Pregnancy and maternity

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Positive	Pregnant women	<p>IPT informed that 'IPT is helpful when supporting peri-natal and post-natal mothers and those, regardless of sex, struggling with the concept becoming a parent or losing a baby. IPT can help anyone suffering with depression related to pregnancy or</p>		

Accredited Registers Impact Assessment

Accredited Register: Interpersonal Psychotherapy UK (IPT UK)

Type of Review: Full Assessment

Period under review: 2024-2025

Date Approved for Panel: July 29, 2024

		maternity status to navigate difficulties in their lives which may impact on the quality of their relationships’.		
		This study testing the efficacy of interpersonal psychotherapy (IPT) for major depressive disorder following perinatal loss (early and late fetal death and early neonatal death) ³ .		

Race

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Neutral		IPT is an inclusive treatment and can be delivered to service users and patients regardless of race, nationality, ethnic or national background		

Religion or belief

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Neutral		IPT is an inclusive treatment and can be delivered to service users and patients regardless of religion or religious belief		

Sex

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Neutral				

³ [Protocol for the Healing After Loss \(HeAL\) Study: a randomised controlled trial of interpersonal psychotherapy \(IPT\) for major depression following perinatal loss - PubMed \(nih.gov\)](#)

Accredited Registers Impact Assessment

Accredited Register: Interpersonal Psychotherapy UK (IPT UK)

Type of Review: Full Assessment

Period under review: 2024-2025

Date Approved for Panel: July 29, 2024

Sexual orientation

Type of impact (positive/neutral/negative)	Group(s) affected	Description	Actions required	Date identified
Neutral				

Cost and market impacts – summary

- The IPT UK has highlighted that many of its registrants are likely to be employed.
- Accreditation is not anticipated to have an additional cost for employers and so should not have a negative market impact.
- Employers often look to recruit registrants who are registered and/or accredited by a recognised governing body, which the registrant is responsible for maintaining.

Social and environmental impacts – summary

- IPT UK does not undertake any specific work to support environmental/ sustainability.
- IPT can be accessed free through the NHS, but in areas where these services may not be commissioned, this treatment will be paid.

Accredited Registers Impact Assessment

Accredited Register: Interpersonal Psychotherapy UK (IPT UK)

Type of Review: Full Assessment

Period under review: 2024-2025

Date Approved for Panel: July 29, 2024

Decision

IPT UK has developed an Equality and Diversity Policy which outlines their commitment to providing equal opportunities in employment and to avoiding unlawful discrimination. We will assess against the new Equality, Diversity and Inclusion Standard (Standard Nine) that was introduced in July 2023, if IPT UK submits application for full assessment.

The Accreditation Panel acknowledged the benefits that different groups may derive from IPT. We did not identify any adverse impacts on groups with any protected characteristics at this point. The Accreditation Panel considered that developing safeguarding policy as noted in Recommendation One, would have a positive impact for children.