

Table 1. Demographic information of respondents (*N* = 196)

Characteristic	Categories	Count	Percentage
Response rate	Responders	196	92.5
	Non-responders	16	7.5
Age	20s	20	10.2
	30s	130	66.3
	40s	31	15.8
	50s	15	7.7
Gender	Female	161	82.1
	Male	35	17.9
Undergraduate degree	1 st (or equivalent)	52	26.5
	2:1 (or equivalent)	104	53.1
	2:2 (or equivalent)	30	15.3
	3 rd (or equivalent)	3	1.5
	<i>n/a</i>	7	3.6
Core professions	Clinical psychologists	71	36.2
	PWP's*	58	29.6
	Counselling psychologists	30	15.3
	Mental health nurses	18	9.2
	Occupational therapists	7	3.6
	Accredited counsellors / Psychotherapists	6	3.1
	Miscellaneous professions	6	3.1
Qualification in core profession	2010s	80	40.8
	2000s	93	47.4
	1990s	15	7.7
	1980s	5	2.6
	<i>n/a</i>	3	1.5
Ethnicity	White British	120	61.2
	White Other	38	19.4
	Asian/Asian British	20	10.2
	Black**	14	7.2
	Mixed	4	2.0

* Category includes Psychological Wellbeing Practitioners (PWP's) and Postgraduate Mental Health Workers. Professionals in this category did not have a clinical core profession. ** Category includes Black, Black British, Black British African, Black British Caribbean, and Black African

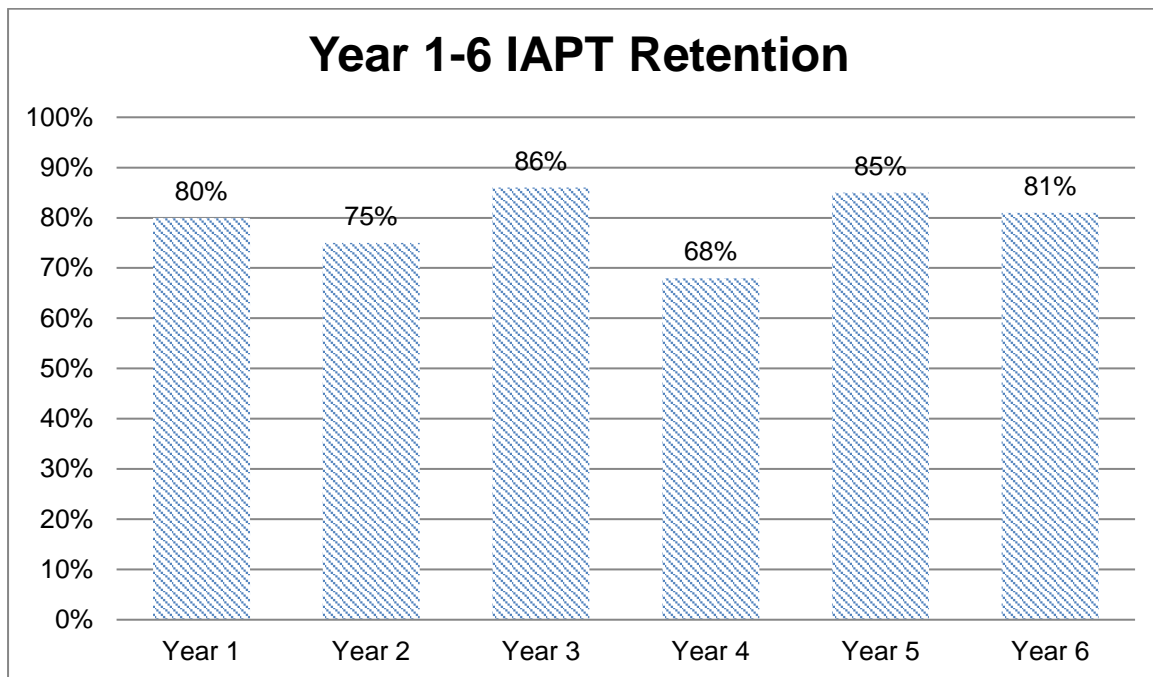
Figure 1. Retention of HI trainees in IAPT services across 6 cohorts (2008-2014)

Table 2. Distribution of current work duties as reported by former trainees ($n = 196$)

Type of work	Mean percentage	Standard Deviation (<i>SD</i>)
Clinical work	75.9	22.14
Research	1.7	3.91
Managerial	5.5	10.70
Teaching/training others	3.8	8.72
Supervision (giving)	9.5	10.00
Other	3.6	9.97

Table 3. Reported prevalence of NICE-recommended CBT activities, split by disorder (of $n = 196$)

Disorder	CBT activity	% responses for “most” and “every” patient categories (Number of respondents)
Depression	Activity scheduling	95 (186)
	Working with thoughts	95 (186)
Social phobia	Attention focus training	89 (175)
	Video feedback	79 (155)
PTSD	Imaginal reliving	79 (155)
	Memory discrimination	54 (106)
	Site visit	24 (47)
OCD	Exposure work	72 (141)
	Home visit	15 (30)
Panic Disorder	Behavioural experiments	83 (163)
Anxiety Disorders in General	Dropping safety behaviours	95 (186)
	In-office experiments	81 (159)
	Out of office experiments	30 (59)

Table 4. Number of sessions received by clients as reported by former trainees, split by diagnosis ($n = 193$)

Number of received sessions	Depression	Anxiety	Complex/personality disorders
1-6	1% (2)	1% (2)	2% (4)
7-12	55% (107)	76% (149)	23% (45)
13-20	39% (76)	18% (35)	48% (94)
21+	2% (3)	2% (4)	9% (18)

Table 5. Former trainees' self-ratings of their CBT competence across three time points

	Before CBT training	After CBT training	Now
Expert	0.0%	0.0%	0.5%
Proficient	0.0%	13.3%	42.9%
Competent	7.1%	61.7%	52.0%
Advanced beginner	43.4%	20.4%	2.6%
Novice	38.8%	3.1%	0.5%
Incompetent	8.7%	0.0%	0.0%
Interim total	98.0%	98.5%	98.5%

Figure 2. Former trainees' self-ratings of their CBT competence across three time points

