

Introducing: Tranquility

We're here to help youth and adults (16+) experiencing mild to moderate anxiety and/or depression.

What is Tranquility?

Tranquility is an internet-based Cognitive Behavioural Therapy (iCBT) program that has been shown to be effective in improving outcomes and reducing symptoms of mild to moderate anxiety and depression in youth and adults (16+). Qualified and experienced coaches are on hand to help clients get the most out of the program.

Who is appropriate for Tranquility?

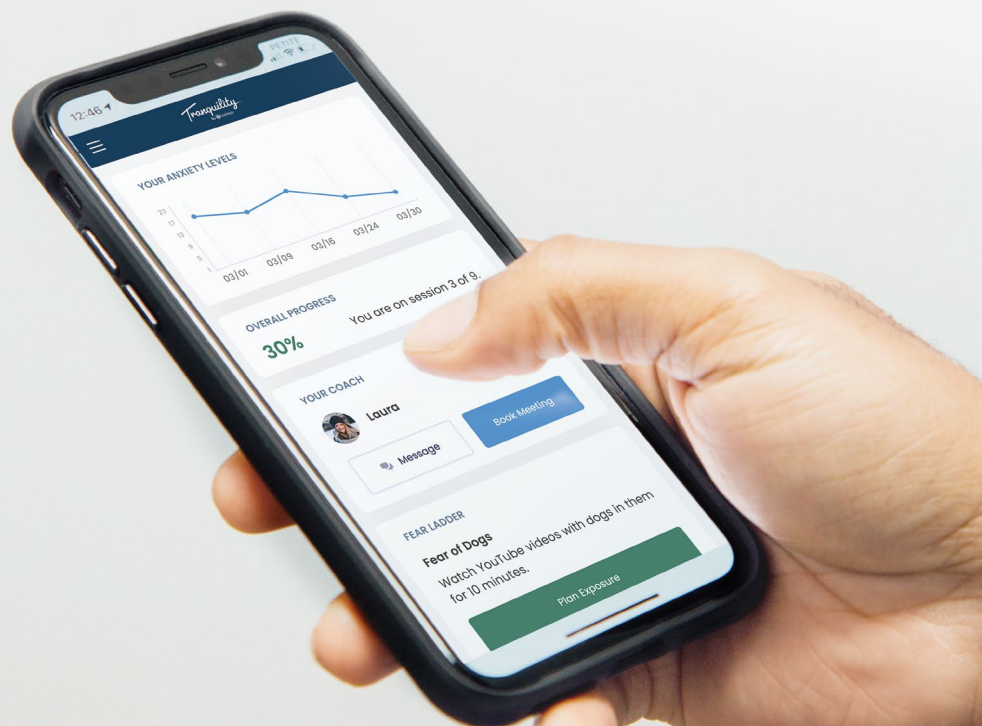
Tranquility is appropriate for youth and adults (16+) with mild to moderate anxiety and/or depression, as defined by the GAD-7 (score of 5-14) and PHQ-9 (score of 5-19). Tranquility is not suitable for individuals at imminent risk of self-harm or who have had a recent psychotic episode.

It is important that clients understand that the workload for CBT can be pretty intensive, and should be taken seriously. While in the program, along with committing to 30 minutes of reading each week, they are expected to complete a journal of emotions, thoughts, and reactions to situations, and practice any or all of the new skills learned.

Available on most phones,
tablets, and computers.



www.tranquility.app/NS
info@tranquility.app



How does Tranquility work?

Tranquility's program was co-developed by clinical psychologists and people with lived experience. The program has three major components:

- 1 Nine to twelve psychoeducational modules
- 2 Four interactive tools
- 3 A coaching protocol

After completing the introductory modules, the program introduces concepts and proprietary tools to help clients learn how to manage their anxiety and/or depression through the identification of unhelpful perceptions and avoidance behaviours. Most clients can complete the full program in 12 weeks.

What type of coaching is provided?

Tranquility's clients access one-on-one virtual coaching. Coaches are trained in motivational interviewing and CBT concepts by our team of registered psychologists. Our coaches listen, troubleshoot, and keep clients motivated and accountable. Coaching is available through in-app messaging and/or weekly 30-minute video or phone sessions.

Is internet-based Cognitive Behavioral Therapy (iCBT) effective?

Yes. Numerous studies have been conducted throughout the years to show that guided iCBT is effective in treating anxiety and depression ([Karyotaki et al., 2021](#); [Olthuis et al., 2016](#)). Health Quality Ontario published a [study on Internet-Delivered Cognitive Behavioural Therapy for Major Depression and Anxiety Disorders](#). The study found that guided iCBT represents a highly beneficial option for the short-term treatment of adults with mild to moderate depression or anxiety disorders.

How do I refer a client? Will I receive any progress reports from Tranquility?

You can refer clients to the program using the online referral portal, or the attached fax referral form. If the client agrees to allow Tranquility to share their data with their primary health care provider at enrolment, Tranquility will send a fax notification to their primary health care provider when they begin the program and when they exit the program. If you are a primary health care provider and you do not receive a fax notification within 45 days, you can assume that the client either: 1) has not signed up for Tranquility, or 2) has not consented for Tranquility to share any data with you as their primary health care provider.



To assess anxiety severity, complete the following survey.

Generalized Anxiety Disorder (GAD-7)

Over the last **2 weeks**, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

For office coding: **Total Score** _____ = Add columns _____ + _____ + _____

GAD-7 Scores

Score	0-4	5-9	10-14	15+
Anxiety Severity	None to minimal	Mild	Moderate	Severe



To assess anxiety severity, complete the following survey.

Patient Health Questionnaire (PHQ-9)

Over the last 2 weeks , how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself - or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed, or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

For office coding: **Total Score** _____ = Add columns _____ + _____ + _____

PHQ-9 Scores

Score	0-4	5-9	10-14	15 - 19	20 - 27
Anxiety Severity	None to minimal	Mild	Moderate	Moderately Severe	Severe

