TARGET AUDIENCE

This program is for adults who experience insomnia or have sleep difficulties.

SUMMARY

RESTORE, a computer-based program, is designed to teach participants how to achieve a better night's sleep using Cognitive Behavioral Therapy (CBT) techniques.

EVIDENCE

One external randomized controlled trial evaluating the effectiveness of this program has been conducted. The sample consisted of 34 individuals who were receiving treatment for a mental health diagnosis (e.g., Post-Traumatic Stress Disorder, major depression, schizophrenia) and had an Insomnia Severity Index score of at least 10. Compared to the treatment as usual group, the RESTORE group experienced significant improvements in sleep quality and insomnia severity. In addition, an uncontrolled study involving 51 Veterans who were receiving Veterans Health Administration (VHA) outpatient treatment for substance use disorders found positive program impacts on insomnia severity scores. However, the program was adapted for this study by including a 45-minute, face-to-face psychoeducation and orientation session prior to starting the first online module and providing access to a facilitator who met with the participants face-to-face, if requested.

COMPONENTS

Adults complete six online modules that consist of CBT techniques, such as mindfulness training, relaxation exercises, and reframing negative automatic thoughts. Participants track their sleep using a sleep diary, view the online weekly sessions that primarily involve audiovisual clips, and have access to other online interactive resources to set goals and track progress.

PREVIOUS USE

Created by Dr. Norah Vincent, RESTORE was first implemented in Canada in 2006 and in the United States in 2011. The program has been implemented in a variety of settings, such as primary care facilities and mental health settings, and has been used with populations, such as Veterans and psychiatric care patients.
RESTORE

TRAINING

No training is required as RESTORE can be self-administered by participants. An optional 1-day, on-site training, a webinar, and an additional booster training are available for service providers who may elect to guide participants through the online program.

CONSIDERATIONS

Considerations for implementing this program include ensuring participants have access to a computer or mobile device and the internet and understanding this program requires a high degree of self-motivation.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing RESTORE, the Clearinghouse is interested in helping you!

Please call 1-877-382-9185 or email Clearinghouse@psu.edu

The program lasts 6 weeks and consists of six sessions that last approximately 25 to 40 minutes each.

Implementation costs vary. Please use the details in the Contact section to find information on costs.

EVALUATION PLAN

To move RESTORE to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Brian Keenaghan, Program Director, by mail Cobalt Digital Innovations, 55 Nod Road, Avon, CT 06001, phone 1-860-507-1823, email BCKeenaghan@magellanhealth.com, or visit www.magellanhealthcare.com/employer/behavioral-health-solutions/computerized-cognitive-behavioral-therapy-ccbt.aspx

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