

**Glasgow Pain Services**  
**Clinical Psychology Service**  
**Revised Referral Criteria for Psychology**

The inclusion and exclusion criteria set out below are intended to guide prospective referrers to the service in making the most appropriate use of clinical psychology. With the long waiting lists for the service, clinical psychology wishes to ensure that the service continues to be used in the most appropriate manner, and that those being referred have the best chance of benefiting and making progress in therapy. Clinical psychology also wishes to ensure that those who *genuinely* require priority referral can be seen as soon as possible.

**Inclusion Criteria**

1. Patients who demonstrate substantial levels of distress as a result of chronic pain. An indication of distress scores from the HADS is useful.
2. Quality of life considered to be poor as a result of inappropriate pain coping strategies such as fear avoidance, low general activity, overprotective family, etc.
3. A clear indication that pain is having a significant effect on pre-existing mental health problems.
4. A suggestion that the patient is engaged or willing to engage in a self-help orientated approach such that progress might be made within 4 sessions.

*A clear indication for the reason for referral should be given in the referral letter referring to at least one of the indicators described above.* Attempts should be made by the referrer to obtain appropriate documentation where there has been previous psychiatry/psychology involvement.

**Exclusion Criteria**

1. Patients whose pre-morbid mental health problems are primary and in need of intervention, and whose pain presentation is secondary to such mental health problems.
2. Patients who are currently seeing any other mental health professional.
3. Patients with multiple, long standing physical health problems.
4. Patients who have indicated strong resistance to being referred.

It may still be possible for the above types of patients to be seen, but a referral may only be made after discussion with the psychologist to whom the referral is being made.

**Inclusion Criteria for 'Priority' or 'Urgent' Requests**

1. Current suicidal risk (including active ideation, prior attempts).
2. Occupational problems immediately pending (e.g. risk of job loss).
3. Family problems immediately pending (e.g. marital breakdown).
4. Where pending medical/physio treatment would be optimised through referral.

