



INTERNET-BASED SELF-MANAGEMENT TOOL FOR PATIENTS WITH DEPRESSION



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WHAT IS IFIGHTDEPRESSION?

- It is an internet-based self-management tool for people with depression.
- Developed by Predi-Nu Project.
- Based on elements of Cognitive Behavioral Therapy (CBT) & other elements such as sleep regulation.
- Available in 9 languages
- Multiple contents for different target groups

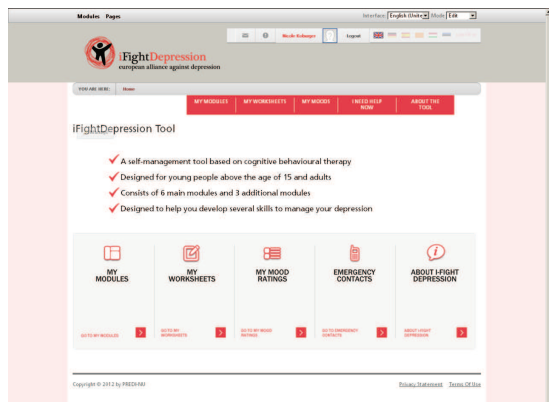
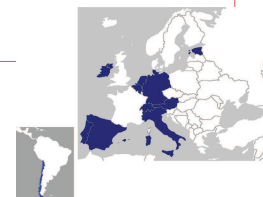
It was developed based on

- The existing evidence of online self-management of depression
- Additional input to the material by international experts from the field
- Own experiences of the researchers involved in PREDI-NU

PREDI-NU PROJECT:

Preventing depression and improving awareness through networking in the EU

- Funded by the European Union in the framework of the Health Programme
- Coordinated by Prof. Dr. Ulrich Hegerl, University of Leipzig
Dr. Ella Arensman, National Suicide Research, Ireland
- Coordinated in Spain by Dr. Diego Palao and Dr. Víctor Pérez
- Related to other European projects
 - www.EAAD.net
- 12 partners in 11 European countries



WHAT DOES IFIGHTDEPRESSION INVOLVE FOR THE PATIENTS?

Completion of six core modules:

- Suggestion: one module per week (approx. 30 – 45 min each)
- Patients themselves decide about the pace of their work

Optional modules:

- Patient can choose depending on their personal circumstances

Worksheets and exercises

Mood scoring :The Patient Health Questionnaire-9 (PHQ-9)

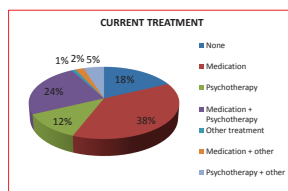
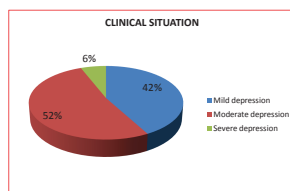
- Nine item depression scale of the Patient Health Questionnaire
 - Assessing symptoms and functional impairment
 - Measuring severity score
- Score between 5 and 14 indicates mild to moderate depression

SELECTION OF PATIENTS

- Patients with mild to moderate depression
- Selection can be made based on the clinical judgment or screening for depression (PHQ-9)
- Age ≥ 16 years
- Access to telephone, computer, internet connection and email account

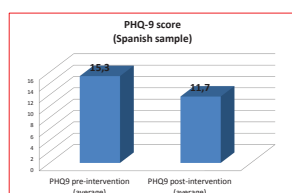
PRELIMINARY RESULTS

245 patients included
(Estonia: 64; Germany: 52; Hungary: 31; Ireland: 23; Spain: 75)
68% were women. Mean age: 41.3



According to the professional clinical evaluation, the majority of patients (64%) had currently a mild or moderate depression, and only 6% had a severe depression

The majority of the patients (64%) received medication and only 27% received psychotherapy. The type of treatment strongly differed across countries. In Estonia, Ireland, and Spain there was a strong preference towards medical treatment. In Germany psychotherapy had the upper hand, and in Hungary patients most often received a combination of medication and psychotherapy.



**iFightDepression
Adult version
(25 and older)**

6 core modules

- Thinking, feeling and doing
- Sleep and depression
- Planning and doing things that you enjoy
- Getting things done
- Identifying negative thoughts
- Changing negative thoughts

1 optional module
Healthy Lifestyle

**iFightDepression
Young people version
(16 – 24)**

6 core modules

- Thinking, feeling and doing
- Sleep and depression
- Planning and doing things that you enjoy
- Getting things done
- Identifying negative thoughts
- Changing negative thoughts

3 optional modules
*Healthy Lifestyle
Social Anxiety
Relationships*

CONCLUSIONS

- This tool might help patients with mild and moderate depression to receive an appropriate intervention based on CBT.
- An early intervention with patients with mild depression might prevent the development of severe depression.
- Internet based therapy have many advantages: reduce waiting list, diminish stigma, more self-management, cheaper, save travelling time, and it is an accessible intervention.