



iFightDepression
european alliance against depression



Department of Epidemiology & Public Health
Lunchtime seminar, 18th Feb 2014

Self-management strategies for mild to moderate depression

The internet-based iFightDepression tool

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National Suicide Research Foundation

Outline



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- What is depression?
 - Characteristics
 - Prevalence
 - Depression and suicidality
- European Alliance against Depression and PREDI-NU project
- The iFightDepression self-management tool
 - Development
 - Implementation
 - Evaluation
- iFightDepression awareness website

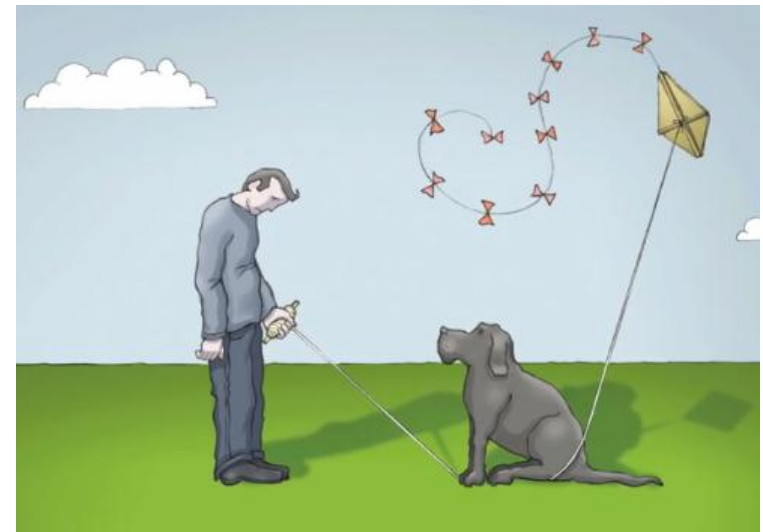
What is depression?



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- Depression is a serious condition
- Depression is not stress or merely feeling unwell
- Depression involves biological processes
- Depression is a systemic illness
- Depression is a common disorder
- Depression can affect anyone
- Depression might be recurrent or chronic



Background



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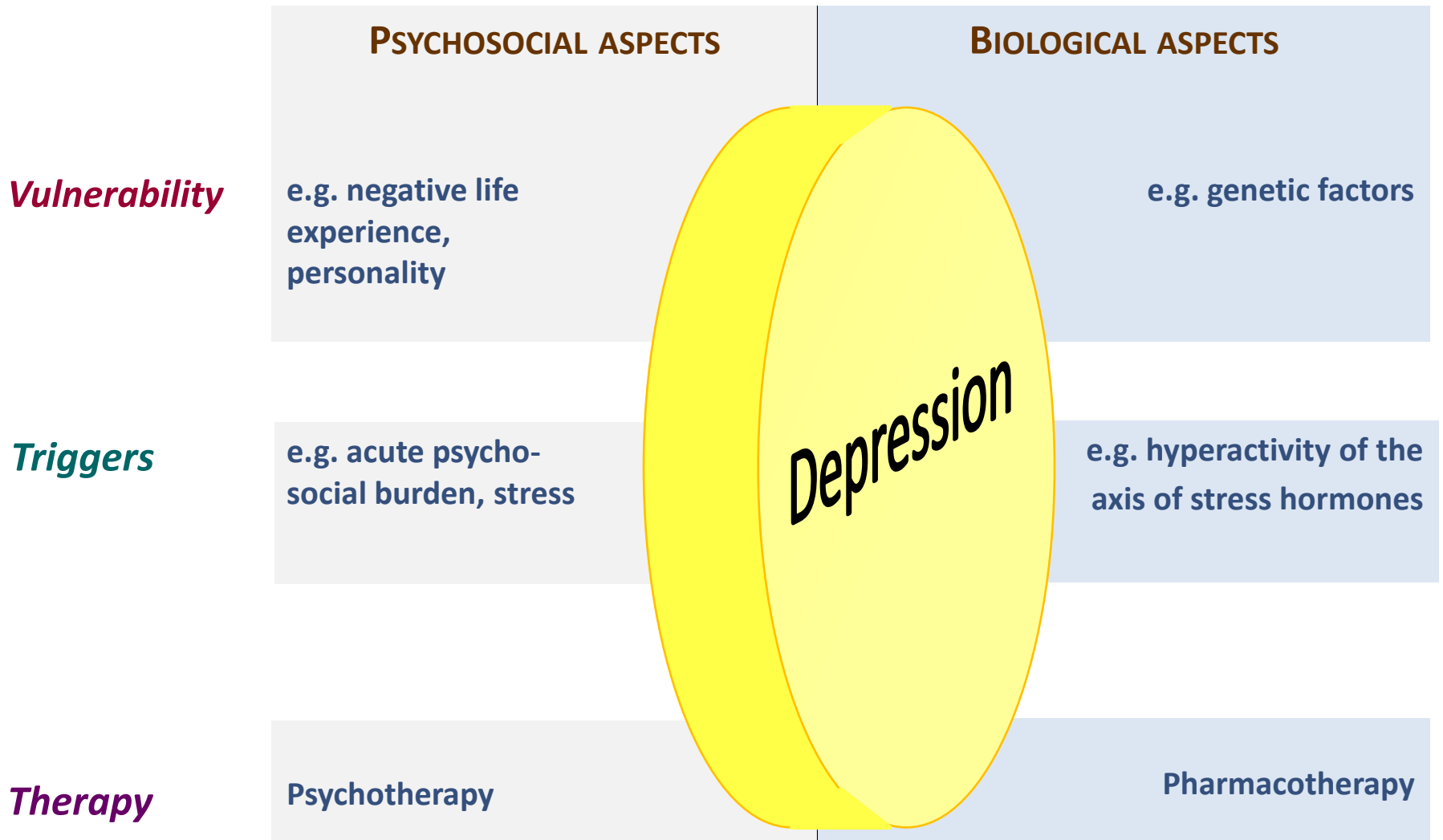
Public health significance of depression

- Lifetime prevalence of any mood disorder approximately 12%
(Kessler et al., 2009 – Data based on WHO World Mental Health Surveys)
- 12-month prevalence approximately 6% (Kessler et al., 2009 – Data based on WHO World Mental Health Surveys)
- Unipolar depressive disorders represent 6% of all diseases in disability adjusted life-years in Europe (WHO 2004, Update 2008)

Causes of depression



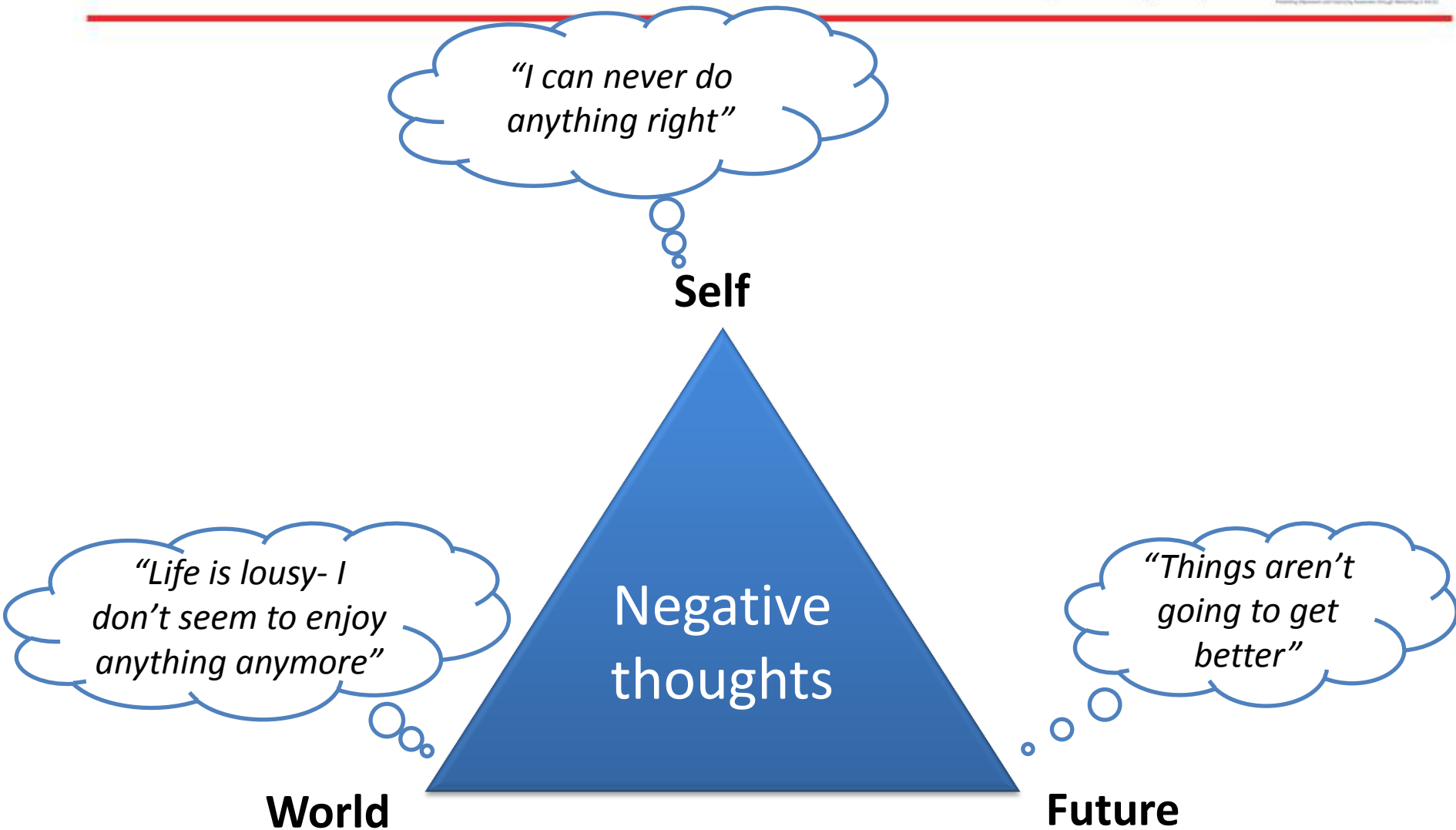
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How does depression affect cognition?



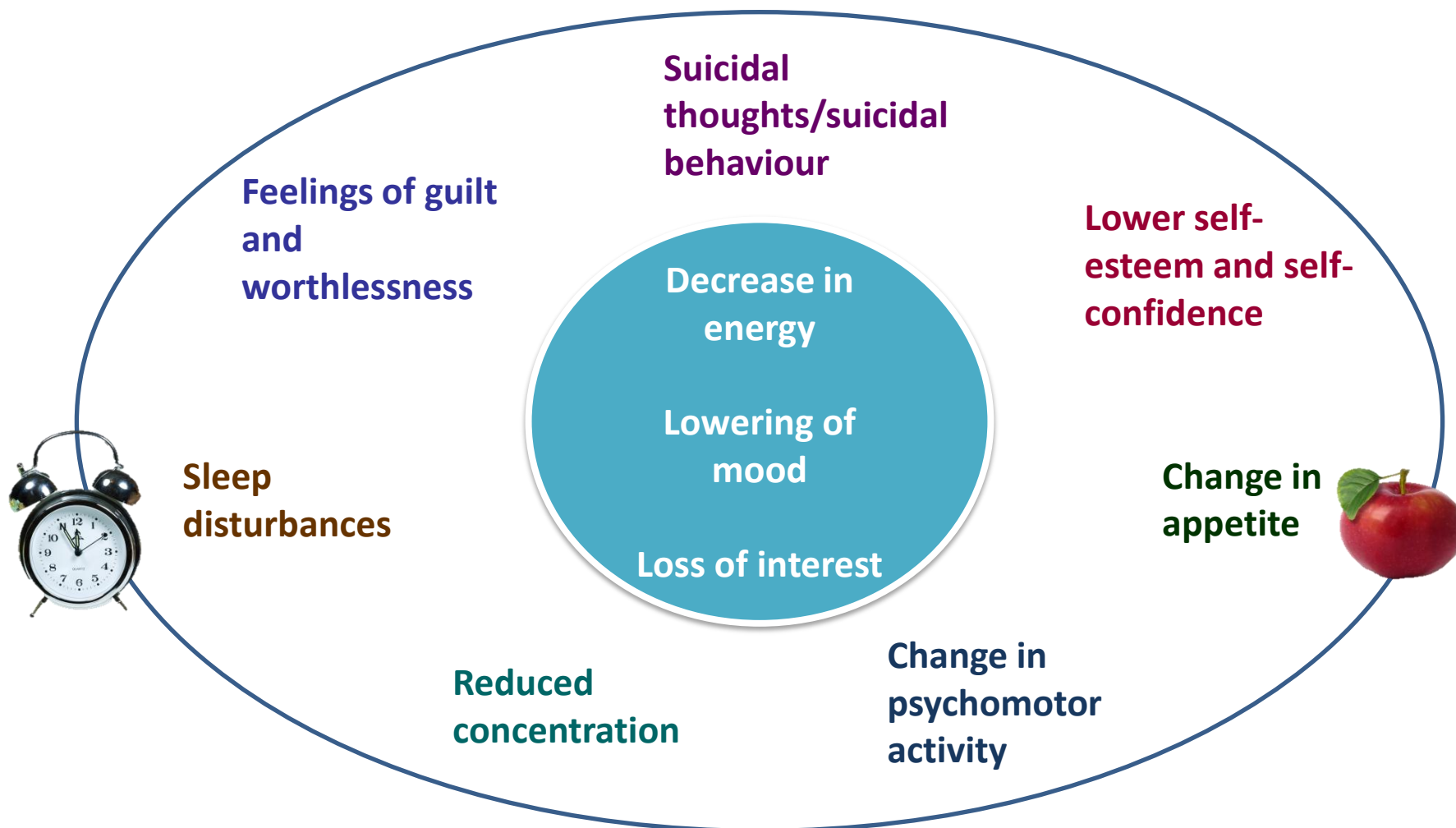
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Diagnosing depression (ICD-10)



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Depression and suicide



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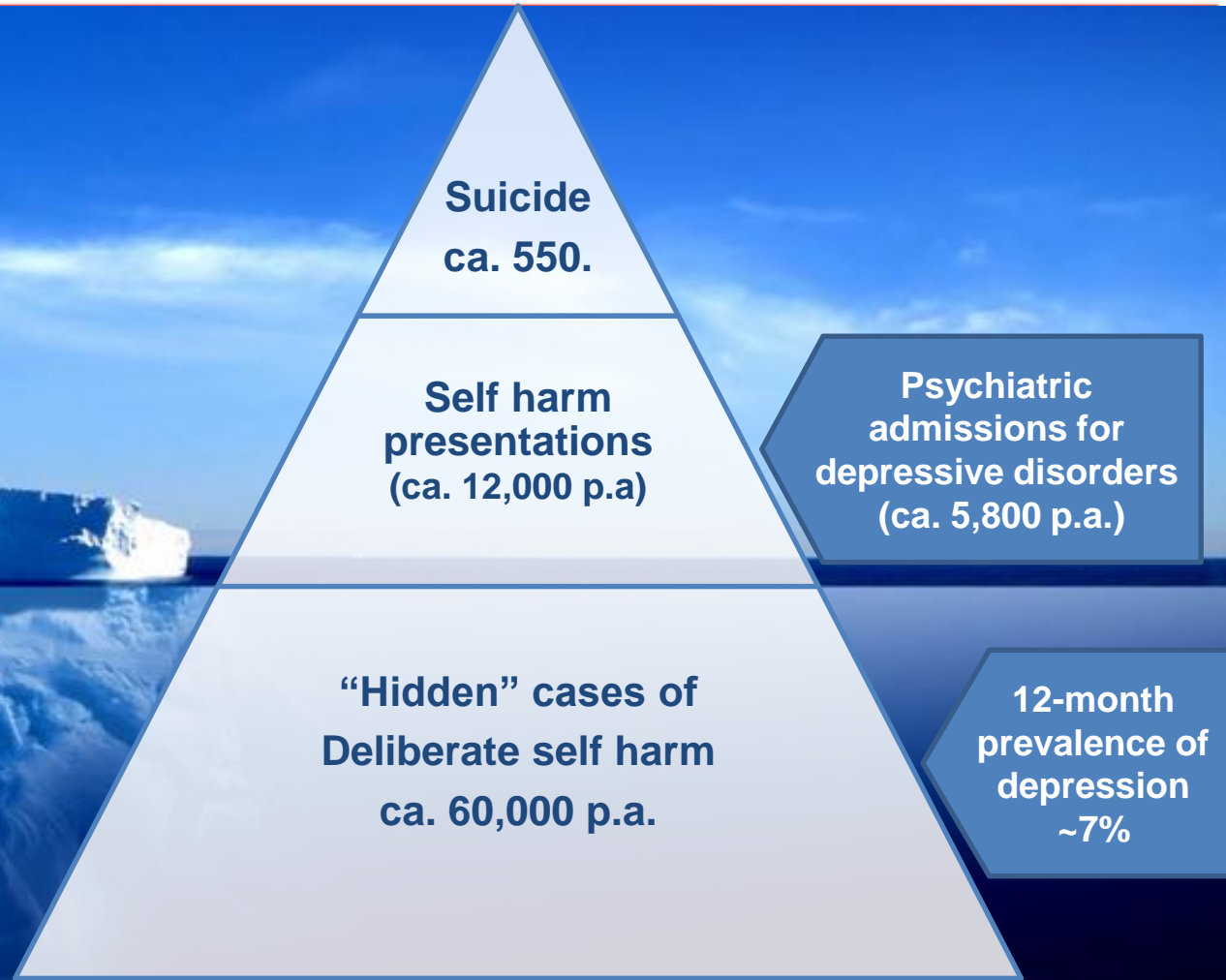


- 1 million suicides worldwide and 58,000 suicides per year in the European Union (www.who.int/mental_health)
- Rate of attempted suicides 10-20 times higher (WHO, 2003)
- Depressive disorders are among the major risk factors for suicide (Yoshimasu et al., 2008; Borges et al., 2010)
- Those with major depression are up to 20 times more likely to die by suicide than non-depressed individuals (Lonnqvist, 2009; Harris & Barraclough, 1998)
- Improving depression treatment of depressed patients is an effective suicide prevention method (Mann et al., 2005; Gusmao et al., 2013)

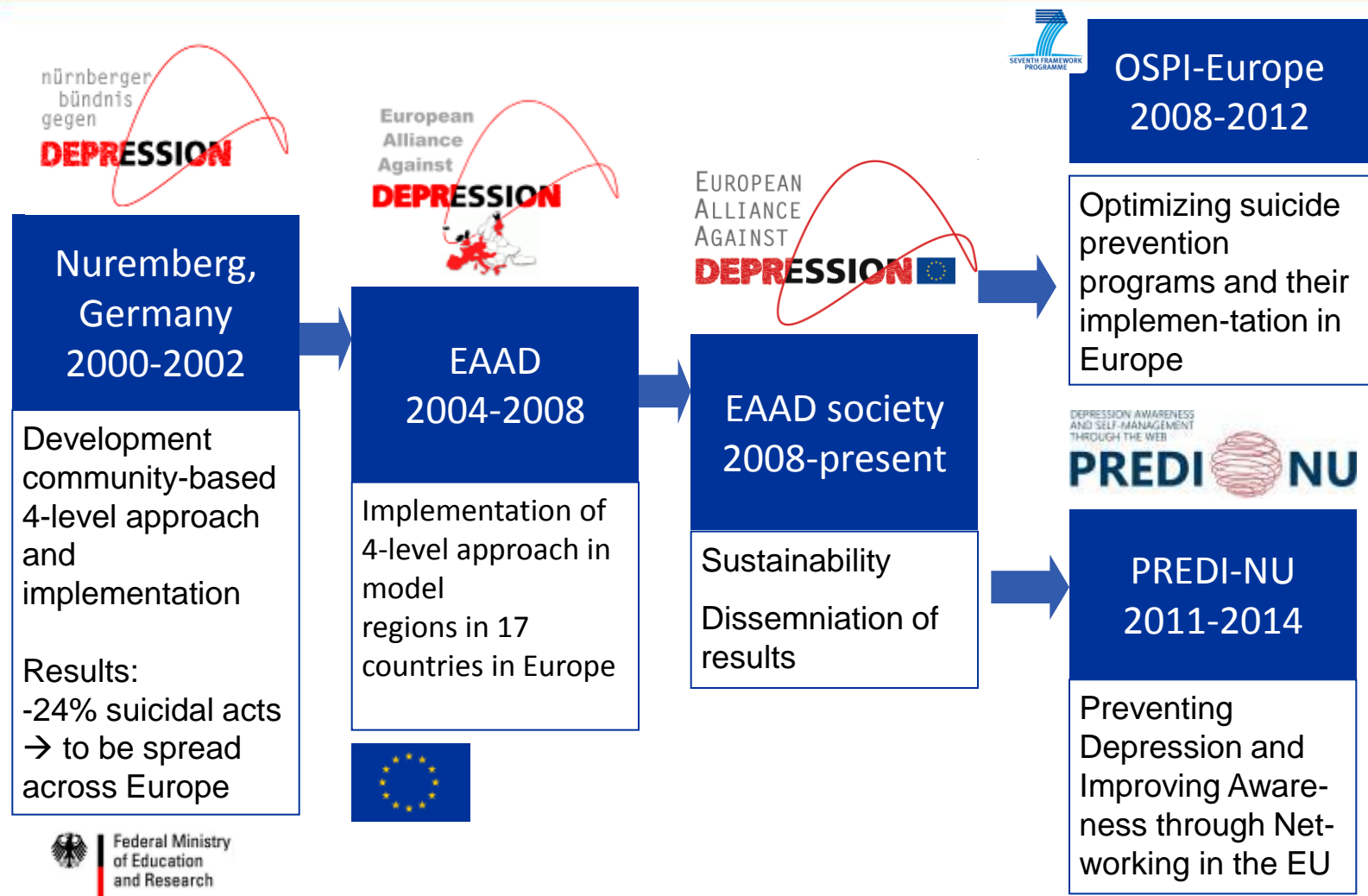
Suicide, self-harm and depression in Ireland



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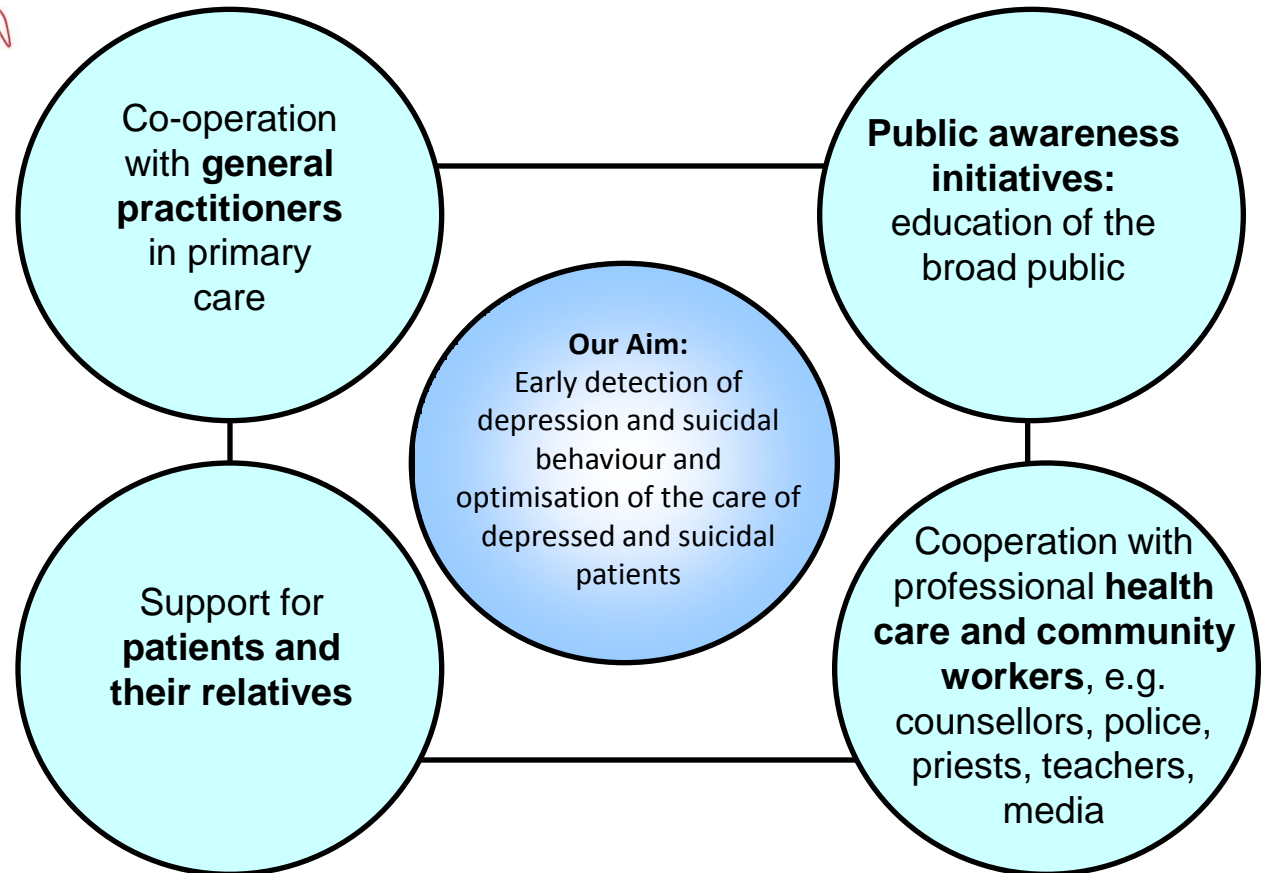
European Alliance against Depression



Four-level approach to suicide prevention



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The PREDI-NU project



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Aim

To contribute to the promotion of mental health and the prevention of depression and suicidality through information and communication technologies (ICT)



Expected Outcomes



Increased uptake of support options by young people and adults with mild to moderate depression



Increased uptake of support options by men who otherwise may not receive support



Increased awareness of depression among health professionals which will contribute to early identification of depression and the prevention of suicidal behavior



Diffusion of effects throughout Europe through awareness website, which will be made available in nine languages

The iFightDepression Tool



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A guided internet-based self-management tool for mild to moderate depression

Developed based on:

- CBT theory and practice
- Literature review
- Best practice examples
- Consensus process involving:
 - Scientific advisory board and additional international experts
 - Representatives from patients organisations
 - Representatives from family organisations

What is self-management?



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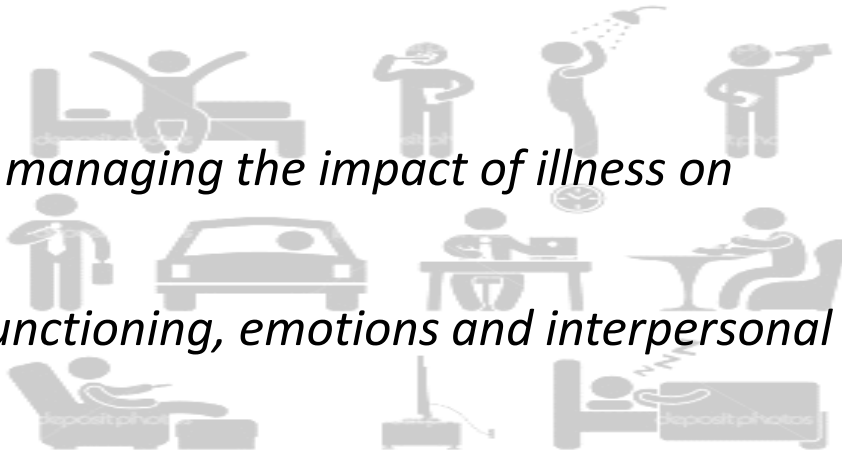


'...involves engaging in activities that protect and promote health...



...monitoring and managing the symptoms and signs of illness...

*...managing the impact of illness on
functioning, emotions and interpersonal
relationships...*



*...and adhering to
treatment
regimes.'*



(Centre for Advancement of Health, 1996)

Cognitive-Behavioural Therapy (CBT)



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- A type of psychotherapy
- Focuses on “here and now”



Computerised CBT is ...

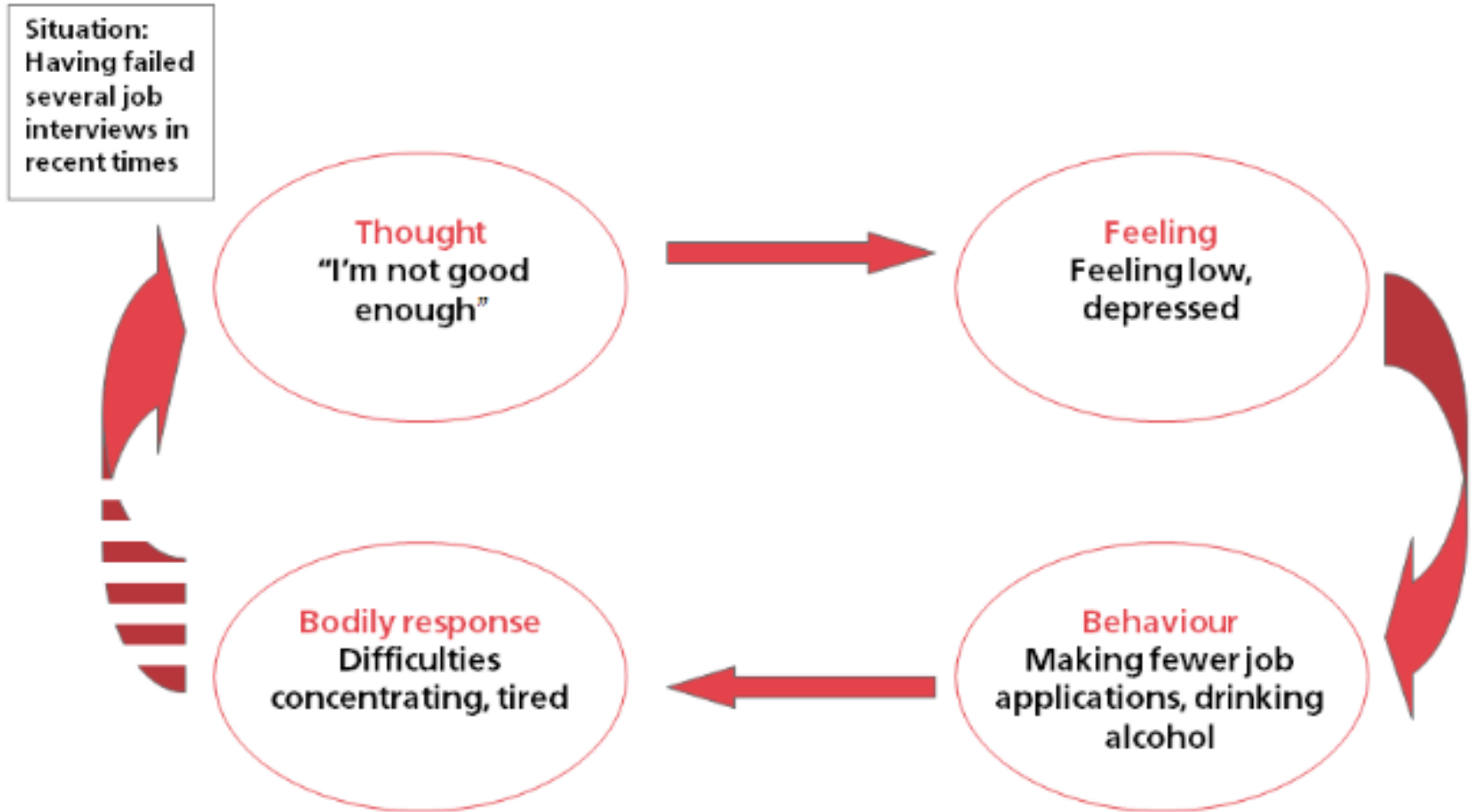
- effective in reducing depressive symptoms & improving diagnostic status
- equally effective to therapist-led CBT
- more effective than treatment as usual and bibliotherapy
- more effective in guided interventions than non-guided cCBT interventions
- more effective for people with mild to moderate depression than for those with major/severe depression

Maxwell et al. (in preparation)

Cognitive-Behavioural Therapy (CBT)



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The iFightDepression Tool



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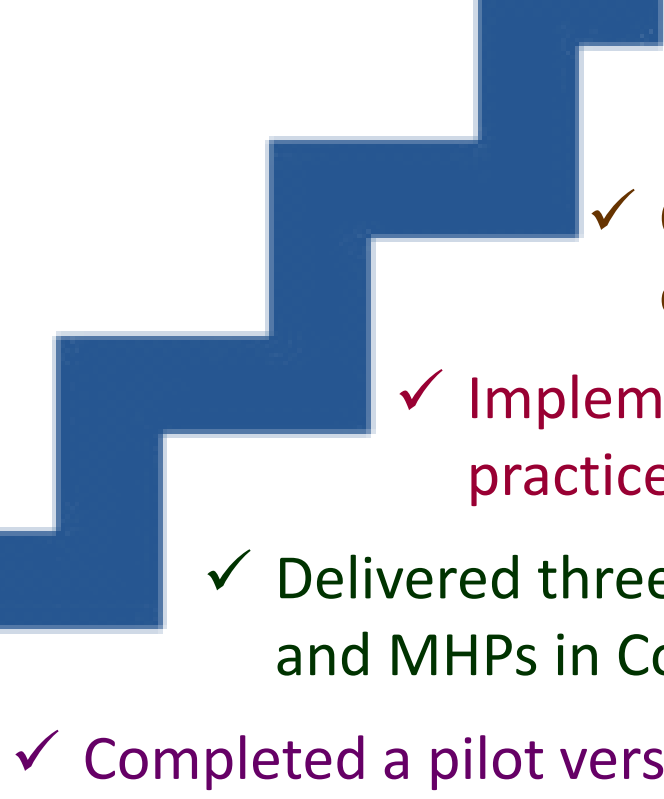
	Adult version (25 and older)	Version for young people (15 – 24)
Core	<ul style="list-style-type: none"> • Thinking, feeling and doing • Planning and doing things that you enjoy • Getting things done • Identifying unhelpful thoughts • Changing unhelpful thoughts • Sleep regulation 	
Optional	Healthy Lifestyle	Healthy Lifestyle Social anxiety Relationships
<p>+ Worksheets and exercises</p> <p>+ Mood scoring (PHQ-9)</p>		

Phase 1 implementation



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- 
- ✓ Currently improving tool, training & procedures
 - ✓ Carried out focus groups evaluations of the pilot tool
 - ✓ Implemented the tool in ten centres and practices in Cork
 - ✓ Delivered three-hour training sessions to 19 GPs and MHPs in Cork
 - ✓ Completed a pilot version of the iFightDepression self-management tool for mild to moderate depression

Tool implemented in five regions, inc Cork

Phase 1 evaluation



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- Focussed on acceptability and feasibility
- Three focus groups conducted in each IR
 - 1 x healthy internet users, 1 x professionals guiding the tool and 1x patients using the tool
- Quantitative data
 - Professionals' satisfaction with training
 - Outcome measures: pre- and post professionals' checklist, including CGI (pre- and post-) from professionals
 - Outcome and process: pre- and post patient- evaluation questionnaire
 - Intervention intensity indicators
 - e.g. information materials distributed, trainings, professionals trained, patients offered tool

Phase 1 evaluation



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Training outcomes (%)

Question	Not at all	A little	Quite	Very much
To what extent do you agree that the training is sufficient adequate to enable you to work with the iFightDepression tool?	0	13	43	44
To what extent do you agree that the iFightDepression tool is likely to be helpful for patients?	0	9	57	34
To what extent do you agree that the iFightDepression tool is an added value to you and your daily practice?	0	22	37	41
To what extent do you agree that the iFightDepression tool is adapted to the target group?	0	12	60	28
To what extent do you agree that the iFightDepression tool is motivating for patients?	1	22	52	24
I feel confident about recognising mild to moderate depression?	0	9	41	50
I understand the outline of the tool and its purpose/aims?	0	5	36	59
I am going to recommend the tool to potentially interested patients?	0	6	36	58

Phase 1 evaluation



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Professionals' reports of patients' present treatment

- At baseline:
 - 92% had a mild or moderate depression
 - 6% had severe depression
 - 48% received pharmacological treatment as well as the tool
 - 48% received psychotherapy as well as the tool
 - 21% only use the tool
- Received treatment differed between countries:
 - In Germany and Hungary patients received more often psychotherapy
 - In Spain and Ireland patients received more often pharmacological treatment
 - In Estonia both treatment options were in balance
- Older patients much more often received pharmacological treatment

Phase 1 evaluation



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- Patients estimated their depression as more severe than professionals did

Depression severity	Percentage
No depression	8
Minimal depression	9
Mild depression	26
Moderate depression	23
Moderately severe depression	20
Severe depression	13

- Half of the patients had mild to moderate depression
- But 33% self-reported moderately severe or severe depression

Phase 1 evaluation



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Focus group feedback in Ireland

- Importance of guidance and support
- Suggestions for changes to tool format and wording
- On-going training and support for professionals
- Tool interface needs to be more visual and interactive
- Tool seen to be useful in the context of greater waiting lists
- May be applicable to relapse prevention in more severe depression

Phase 1 evaluation



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Client: "I really benefitted from that and I'm a very sceptical person – I'm not into psychotherapy and stuff but this really challenged all my thoughts you know. So if you get a chance to do it person to person then I totally recommended it. But if they don't have the resources this is the next best thing almost. It is worthwhile"

Implementation & evaluation

Phase 2



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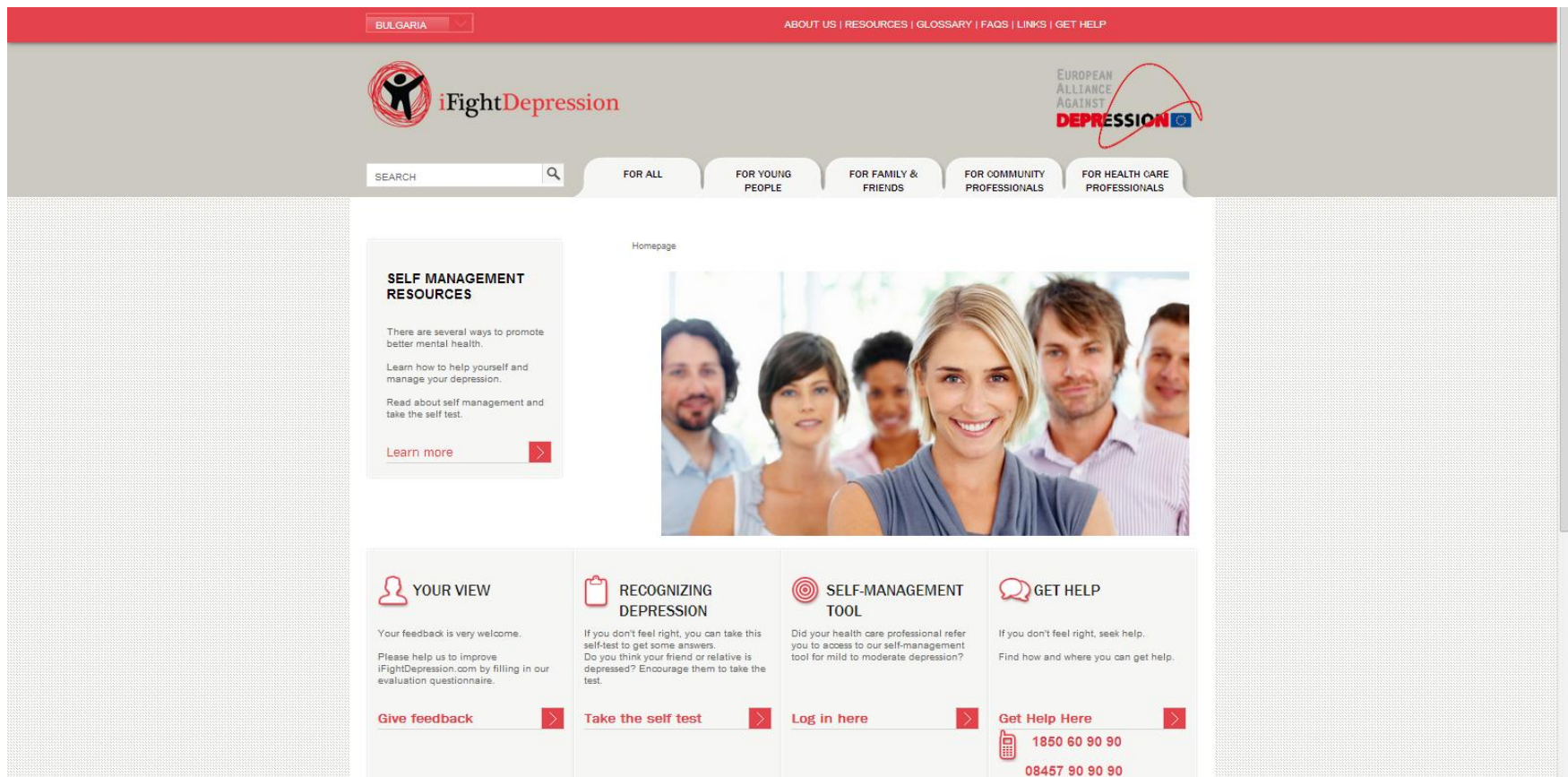


- Intervention regions:
 - Continued involvement of Estonia, Hungary, Spain, Germany, & Ireland
 - Plus Austria, Belgium, & Bulgaria
- Optimised tool, procedures & trainings
- Train-the-Trainer programme for multipliers
- Optimised evaluation
- Symposium in European Parliament 1st April 2014
- Randomised controlled trial by colleagues in Spain

iFightDepression website



- European depression awareness website (April 2014)



Thank you!



The PREDI-Nu consortium at its 5th meeting in Innsbruck (2013)

Contact details



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