

Welcome to the second edition of our PREDI-NU newsletter!

We are now at the end of our second year of Preventing Depression and Improving Awareness through Networking in the EU (PREDI-NU). This European Union-funded project will run until August 2014 and is intended to increase awareness and self-management of depression using information and communications technology. The project aims to equip professionals working to prevent and treat depression with evidence-based tools to improve screening, diagnosis and treatment. To this end, we have developed the iFightDepression self-management tool for mild to moderate depression, which is internet-based and guided on a local level by health professionals. PREDI-NU also works at a population level to increase awareness of depression among community facilitators and the general public.

The current edition of the newsletter outlines the achievements of PREDI-NU over the last 12 months and considers how PREDI-NU fits in with the European Commission's eHealth Action Plan 2012. Please feel free to circulate this newsletter to colleagues with an interest in mental health promotion, depression, and the prevention of suicidal behaviour. We welcome any comments or queries to info-predinu@eaad.net. Further information on PREDI-NU is available at www.predinu.eu.



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Having our finger on the pulse: The PREDI-NU fit to the European Commission's eHealth Action Plan 2012

In December 2012 the "eHealth Action Plan 2012-2020 - Innovative healthcare for the 21st century" was published by the European Commission, pointing out that structural reforms aimed at the sustainability of the current health system are needed. It concludes that information and communication technologies (ICT) should form a substantial part of such reforms. As a result, the action plan aims to address and remove barriers related to the implementation of eHealth interventions on a broader level. Three of the four points raised within the action plan's vision can be translated from the broader national level to our Predi-Nu project and its goals:

eHealth Action Plan	PREDI-NU
Improve chronic disease and multimorbidity management and strengthen effective prevention and health promotion practices	The iFightDepression Tool aims to improve the self-management capacity of those with mild to moderate depression to prevent the development of more severe depression. At the same time, the broader awareness website www.ifightdepression.com promotes positive mental health.
Increase sustainability and efficiency of health systems by unlocking innovation, enhancing patient/citizen-centric care and citizen empowerment and encouraging organisational changes	Because it is internet-based, the iFightDepression Tool empowers the patient by virtue of its accessibility (regardless of time of day, geographical location, and financial status) and its focus on self-management. Its implementation through general practitioners and psychotherapists is innovative by encouraging a stepped approach to the management of depression in a community setting.
Foster cross-border healthcare, health security, solidarity, universality and equity	The iFightDepression Tool and website are both multi-lingual instruments, allowing the same high-quality information to be accessed across multiple countries. Even though they are implemented on a local level and a community-based setting, the different language versions are available to all, facilitating patients with a non-native language.

Project coordinators



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PREDI-NU Objectives

To develop the internet-based guided self-management **iFight-Depression Tool** for young people (15-24 years) and adults with mild to moderate depression

To design an **iFight-Depression-website** including multi-faceted contents in nine languages to raise awareness of depression

To implement and evaluate the **iFight-Depression Tool** in six European regions

To integrate the **iFight-Depression-website** and the **iFight-Depression Tool** in the 4-level intervention of EAAD

The second year of the PREDI-NU project: What have we achieved?

- In this second year of PREDI-NU, the main focus of the consortium has been the translation, programming and editing of the iFightDepression Tool as well as its implementation in five European countries. Briefly, the milestones achieved in the last year are as follows: The iFightDepression Tool has been available online in English since April 2013 in two versions, one for young people between 15 - 24 years and one for adults, and was available in five additional languages (German, Hungarian, Spanish, Catalan, Estonian) soon after
- Training materials have been developed and translated for the local intervention regions, which have all started to implement the iFightDepression Tool (see page 4)
- The evaluation plan and all instruments for the pilot phase evaluation were finalised and are currently being applied
- The PREDI-NU interim report outlining the progress of the first project half (September 2011 - February 2013) was completed and approved by the European Commission
- As well as dissemination through leaflets and lay publications, the PREDI-NU project was disseminated at several scientific meetings
- In January, the team in Budapest made two presentations at the 18th Annual Conference of the Hungarian Psychiatric Association
- Members of our consortium presented a symposium entitled “iFightDepression: Using the Internet to Enhance Awareness and Self-Management Capacity for Depression” at the 21st World Congress of Social Psychiatry in Lisbon from June 29 to July 3, 2013.
- The 4th and 5th project meetings were held in Colares, Portugal on February 18 and 19, 2013 as well as in Innsbruck, Austria on August 27 and 28, 2013

PREDI-NU consortium members during the 4th project meeting in Colares, Portugal,



Scientific Advisory Board and Expert Panel

We gratefully acknowledge the ongoing support of our Scientific Advisory Board and Expert Panel



Scientific Advisory Board

- Prof. Pim Cuijpers, Department of Clinical Psychology and EMGO Institute, VU University Amsterdam – NETHERLANDS
- Prof. Ken Kirkby, University of Tasmania School of Medicine; Department of Health and Human Services (DHHS) – AUSTRALIA
- Prof. Stan Kutcher, Dalhousie University, Department of Psychiatry; Sun Life Financial Chair in Adolescent Mental Health, IWK Health Centre – CANADA
- Prof. Cathy Richards, NHS Lothian, Edinburgh – UNITED KINGDOM



Expert Panel

- Prof. Chris Williams
- Prof. Judy Proudfoot
- Prof. Kathy Griffiths
- Ilena Day, Action on Depression
- Dolores Gauci & Pedro Manuel Ortiz de Montellano, Gamian
- Thomas Mueller-Roehrich, Deutsche Depressionsliga
- Bert Johnson, Eufami



The iFightDepression self-management tool

The iFightDepression Tool is currently being implemented through general practitioners (GPs) and mental health professionals in five European regions. The iFightDepression (iFD) Tool is an internet-based self-management tool for mild to moderate depression. It was developed by the PREDI-NU consortium using an evidence-based and best-practice approach and aided by international experts in the area as well as representatives from patient and family organisations. There are two versions of the tool, one for adults aged more than 25 years and one for young people aged between 15 and 24 years. The content is derived from a cognitive-behavioural therapy approach and an additional element of sleep regulation. It focuses on the associations between thoughts, feelings, and behaviour. In addition to introductory and emergency contact information, the tool includes six core “modules” to be completed at a rate of one per week, namely:

- Thinking, Feeling & Doing
- Planning and Doing Things That You Enjoy
- Getting Things Done
- Identifying Unhelpful Thoughts
- Changing Unhelpful Thoughts
- Sleep Regulation

"I find this project great and am looking forward to the next module! Keep it up!"

Patient using the tool, Leipzig

Each module includes exercises and worksheets in order to consolidate learning and encourage self-monitoring. These worksheets can be saved to the tool and printed out and brought to consultations with the user's GP or mental health professional. In addition, there are optional modules (three for young people and one for adults) addressing related psychosocial issues, namely:

- Relationships
- Social anxiety
- Healthy lifestyle

Users are encouraged to monitor their mood by completing the Patient Health Questionnaire-9, which assesses symptoms of depression. These mood ratings are compiled in the form of a graph, allowing the user to monitor their mood over time. As a guided internet-based approach, we hope that the iFightDepression Tool will act as an additional tool for health professionals in managing mild to moderate depression.

The screenshot shows the iFightDepression Tool website. At the top, there is a navigation bar with the logo and the text "iFightDepression european alliance against depression". Below this is a secondary navigation bar with links: HOME, MY MODULES, MY WORKSHEETS, MY MOODS, I NEED HELP NOW, and ABOUT THE TOOL. The main content area features a welcome message and a list of key features:

- ✓ A self-management tool based on cognitive behavioural therapy
- ✓ Designed for young people above the age of 15 and adults
- ✓ Consists of six main modules and one additional module
- ✓ Designed to help you develop several skills to manage your depression

Below the features, there is a section titled "This tool helps to tackle depression by encouraging you to recognise and challenge less helpful patterns of thinking, feeling, and behavior. By working through the iFightDepression modules and worksheets, you will also learn skills that can be used to prevent depression symptoms from coming back. If you are logging in for the first time, you should first find out more about the iFightDepression tool [here](#). After you have read the information there, you can start using the tool by visiting [My Modules](#)."

The bottom section of the page contains five main navigation buttons with icons and labels:

- MY MODULES (with a "GO TO MY MODULES" button below)
- MY WORKSHEETS (with a "GO TO MY WORKSHEETS" button below)
- MY MOOD RATINGS (with a "GO TO MY MOOD RATINGS" button below)
- EMERGENCY CONTACTS (with a "GO TO EMERGENCY CONTACTS" button below)
- ABOUT I-FIGHT DEPRESSION (with an "ABOUT I-FIGHT DEPRESSION" button below)

At the bottom of the page, there is a footer with copyright information, a logo for the European Union, and links for "Privacy Statement" and "Use and Disclaimer".

Regional implementation of the iFightDepression self-management tool

The iFightDepression Tool has been translated, programmed and edited online and is being implemented in five European regions: Budapest, Hungary; Barcelona, Spain; Cork, Ireland; Leipzig, Germany; and Tallinn, Estonia. All centres received ethical approval from their local ethics committees to implement and evaluate the tool. To guide local implementation and engage key stakeholders, each intervention region convened a local advisory panel, which will continue to meet regularly over the study period. The panels included a total of 23 advisors from universities, local government, hospitals, counselling centres, general practice, schools, and the general public.



Training workshop in Estonia, January, 2013

Each intervention region held three training workshops with general practitioners, youth-focussed mental health professionals and adult-focussed mental health professionals. These three-hour training sessions addressed general depression awareness as well as introducing the tool itself and how to implement it in their daily routine. They were accredited by the European Alliance against Depression and by national or regional professional organisations.

"This is a very good project. Using the internet has become everyday business for young people, which removes barriers for also using health related offers" - Professional implementing iFD tool, Leipzig

Professionals were thereby equipped to recruit patients to the study and to guide patients as they progressed with the tool. To date, 87 patients have given informed consent and are using the tool.

Along with the first patients using the tool in the pilot phase, the accompanying outcome and process evaluation to test its acceptability and feasibility is now underway across the intervention regions. This consists of three focus group interviews in each intervention region (one with healthy internet users, one with professionals guiding the tool, and one with patients using the tool). Data from questionnaires will also be compiled and analysed shortly. Initial feedback has been positive, and the focus groups also generated helpful suggestions for further optimisation. This optimisation of the tool and implementation procedures will take place over the coming months, after which a broader implementation is intended. Innsbruck, Austria will join as a sixth intervention region in October 2013. As a further step, the Spanish team has applied for a grant of the Spanish National Health Institute to perform a 3-year clinical trial (randomized, controlled and double-blinded) with more than 300 patients in different regions of Spain.

"I think it's the best that you can get on the internet in being able to reach out to people, to give them a tool, to manage themselves, to manage the condition, to monitor how you are progressing" - Healthy internet user, Cork

News & events

- A submission for an oral presentation about the iFightDepression Tool was accepted to the XXVII World Congress of International Association of Suicide Prevention in Oslo, 24th-28th Sept 2013
- The iFightDepression Tool will be presented at the 2nd European meeting of the European Society for Research on Internet Interventions (esrii), to be held from October 3rd - 5th, 2013 in Linköping, Sweden
- Launch of the Austrian intervention: Symposium "Self-Management and depressive disorders"; Speakers: Prof. Dr. Reinecker, Univ.-Prof. Dr. Sperner-Unterweger, Prof. Dr. Hautzinger; Innsbruck, Austria, 11th October, 2013



The PREDI-NU consortium during the 4th project meeting in Colares, Portugal February 2013