

Prescripción accesible de psicoterapia en pacientes con depresión en AP: *Ifightdepression*

The development of the *iFightDepression* website and self-management tool

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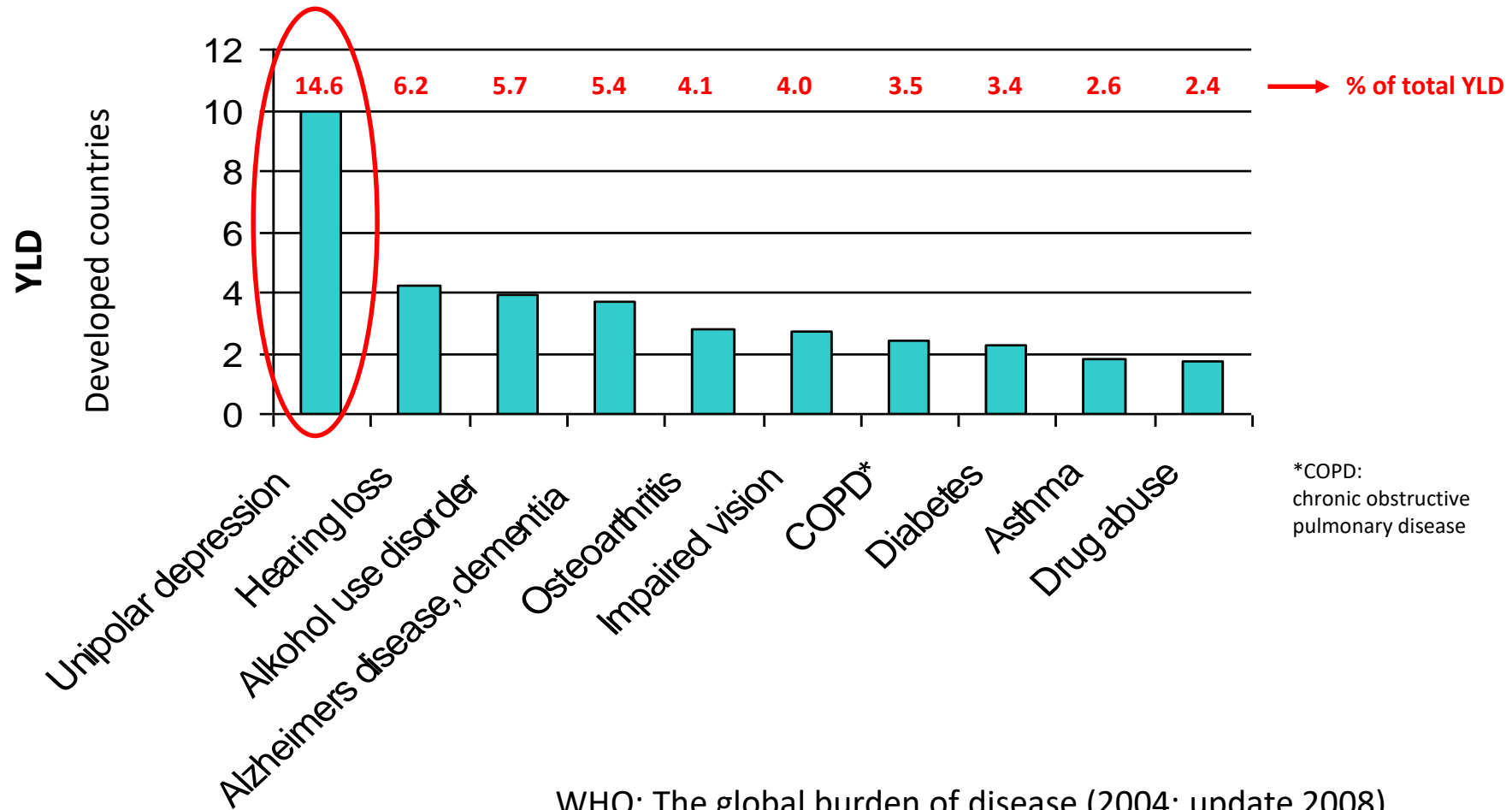
XX Congreso Virtual Internacional de Psiquiatría, Psicología y Salud Mental

What are the benefits of implementing the iFightDepression tool in clinical practice?

- A tool to offer to (mild and moderately) depressed patients
 - Which might help to bridge waiting times to specialised care
- Early intervention with this patient group to prevent the development of severe depression
- Improving your knowledge about Cognitive Behavioural Therapy (CBT) and basic psychotherapeutic skills
- The opportunity to develop local networks of professionals
- Additional material for your work with depressed patients

Depression: Public Health Significance

Size of the Problem in developed countries:



WHO: The global burden of disease (2004; update 2008).

Depression: Diagnostic and therapeutic deficits

Patients with
depression in
need for
treatment



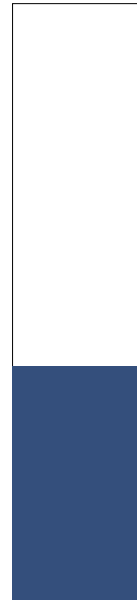
100

Patients in
primary care
treatment



60-70

Correctly
diagnosed



35-50

Adequate
treatment



15-20

Compliant
after 3 months



< 10



RANGE OF OPTIMISATION

The iFD tool - a self-management tool

What is self-management?

- *“Interventions, trainings, and skills by which patients with a chronic condition, disability, or disease can effectively learn how to take care of themselves and effectively deal with difficult situations”*
(Sterling et al, 2010)
- Successfully applied to chronic somatic diseases
- Increasingly being applied to mental health

GPs and Mental Health Practitioners role in supporting self-help with the iFD tool

- To identify patients who might benefit from the iFD tool
- Encourage patients to use the iFD tool
- To help tackle obstacles in using the materials
- NB – Patients can and should continue to use medication or any other treatments they have been undertaking while using the iFD tool.

The development of the iFD tool

- iFightDepression is based on
 - Elements of Cognitive Behavioural Therapy (CBT)
 - Other elements, such as sleep regulation
- 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
 - Personal experiences of the researchers involved in PREDI-NU
 - Phase 1 of the PREDI-NU project which provided user and professional feedback

computerised CBT (cCBT): An evidence based approach?

Findings from a meta-review conducted by the PREDI-
NU researchers (including 1 meta-review and 21 systematic reviews)

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

iFightDepression: overall outline

iFightDepression
Adult version
(25 and older)

6 core modules

1 optional module
Healthy Lifestyle

iFightDepression
Version for young
people (15 – 24)

6 core modules

3 optional modules
Healthy Lifestyle
Social anxiety
Relationships

iFightDepression: overall outline

The 6 core modules:

Module 1: Thinking, Feeling and Doing

Module 2: Sleep and Depression

Module 3: Planning and Doing Things That You Enjoy

Module 4: Getting Things Done

Module 5: Identifying Negative Thoughts

Module 6: Changing Negative Thoughts

1 Optional module

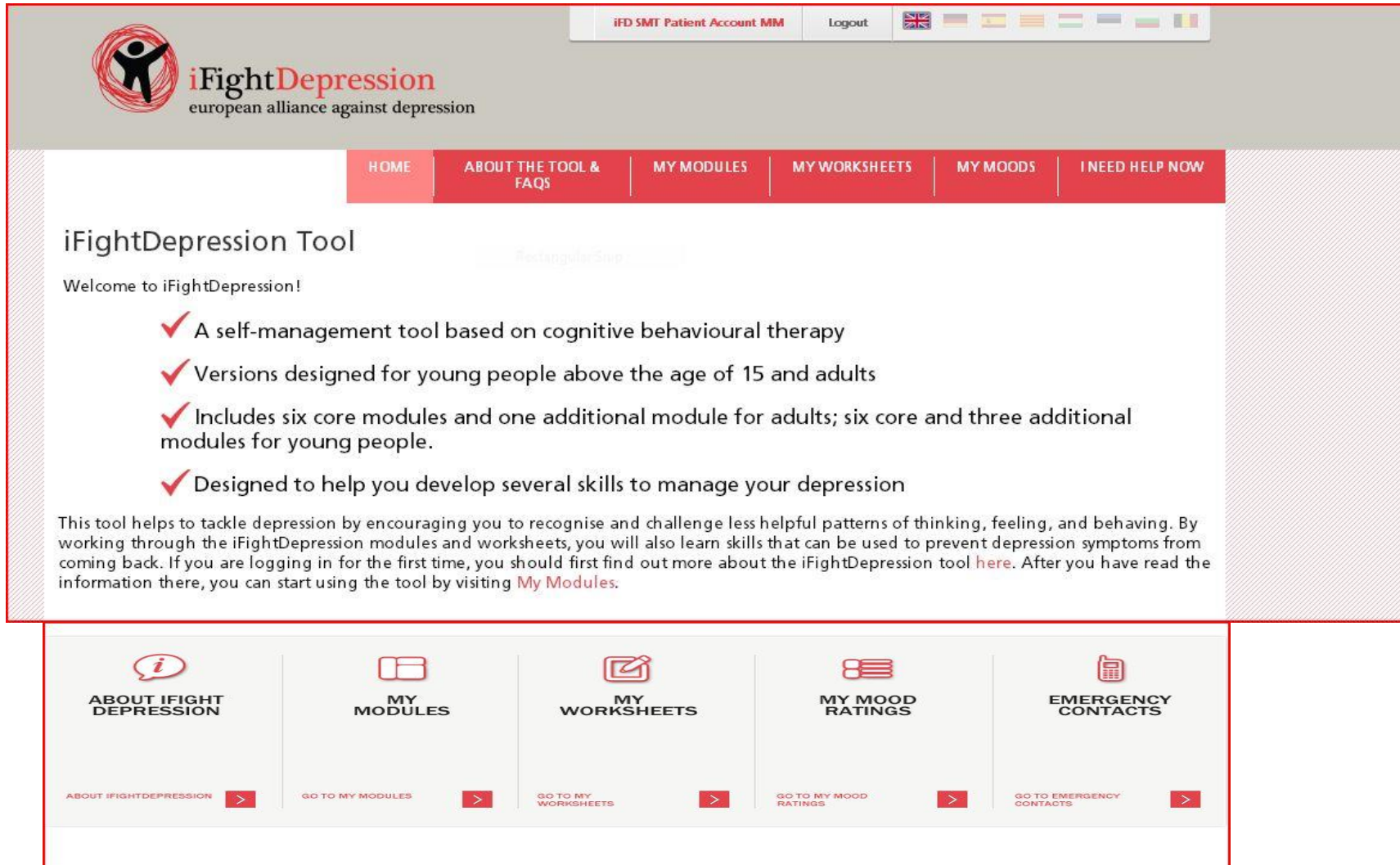
Module 7: Feel Better All Round: Healthy Lifestyle

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
 - 1 for adults, 3 for young people
 - Patient can choose depending on their personal circumstances
- Worksheets and exercises
- Mood scoring (PHQ-9)
 - 3 automated obligatory time points
 - Can be completed as often as they like meanwhile
 - Might be printed and shared with you, but patient can choose to maintain confidentiality.
 - (Note for professionals: 3 x consecutive scores indicating 'severe' depressive symptoms and/or positive response to item 9 (suicidal/self-harm tendencies) → automatic feedback window appears advising patient to contact healthcare professional or emergency services)

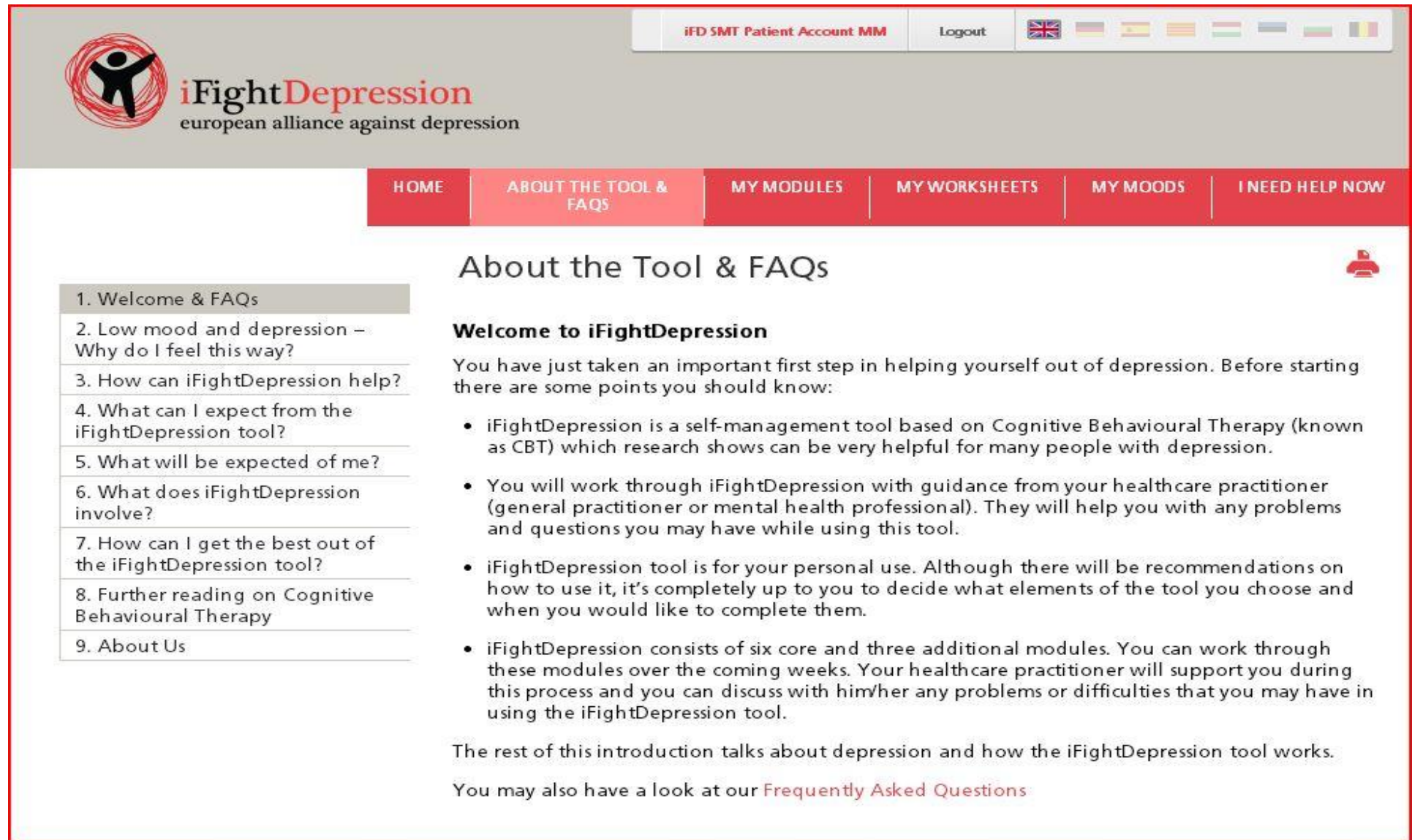
What does iFightDepression look like?

- www.ifightdepression.eu



The screenshot shows the homepage of the iFightDepression website. At the top left is the logo, which consists of a stylized human figure with arms raised, surrounded by a circular pattern of lines, with the text "iFightDepression" and "european alliance against depression" below it. To the right of the logo is a navigation bar with the following items: "iFD SMT Patient Account MM", "Logout", and a row of flags representing different countries. Below the navigation bar is a red horizontal menu with the following items: "HOME", "ABOUT THE TOOL & FAQs", "MY MODULES", "MY WORKSHEETS", "MY MOODS", and "I NEED HELP NOW". The main content area features the heading "iFightDepression Tool" and a sub-heading "RectangularSup". Below this is a welcome message: "Welcome to iFightDepression!". A list of four bullet points, each starting with a red checkmark, describes the tool's features: "A self-management tool based on cognitive behavioural therapy", "Versions designed for young people above the age of 15 and adults", "Includes six core modules and one additional module for adults; six core and three additional modules for young people.", and "Designed to help you develop several skills to manage your depression". Below the list is a paragraph of text: "This tool helps to tackle depression by encouraging you to recognise and challenge less helpful patterns of thinking, feeling, and behaving. 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](#)." At the bottom of the page is a row of five buttons, each with an icon and a title: "ABOUT IFIGHT DEPRESSION" (with an 'i' icon), "MY MODULES" (with a folder icon), "MY WORKSHEETS" (with a pencil icon), "MY MOOD RATINGS" (with a bar chart icon), and "EMERGENCY CONTACTS" (with a phone icon). Each button has a red arrow pointing to the right below it.

and FAQs



The screenshot shows the iFightDepression website interface. At the top left is the logo for iFightDepression, featuring a stylized figure with arms raised inside a circular pattern, with the text 'iFightDepression' and 'european alliance against depression' below it. To the right of the logo is a navigation bar with links: 'HOME', 'ABOUT THE TOOL & FAQs' (highlighted), 'MY MODULES', 'MY WORKSHEETS', 'MY MOODS', and 'I NEED HELP NOW'. Above the navigation bar, there is a user account section with 'iFD SMT Patient Account MM', a 'Logout' button, and several language selection flags (UK, Germany, Spain, Italy, France, etc.).

The main content area is titled 'About the Tool & FAQs' and includes a table of contents on the left:

1. Welcome & FAQs
2. Low mood and depression – Why do I feel this way?
3. How can iFightDepression help?
4. What can I expect from the iFightDepression tool?
5. What will be expected of me?
6. What does iFightDepression involve?
7. How can I get the best out of the iFightDepression tool?
8. Further reading on Cognitive Behavioural Therapy
9. About Us

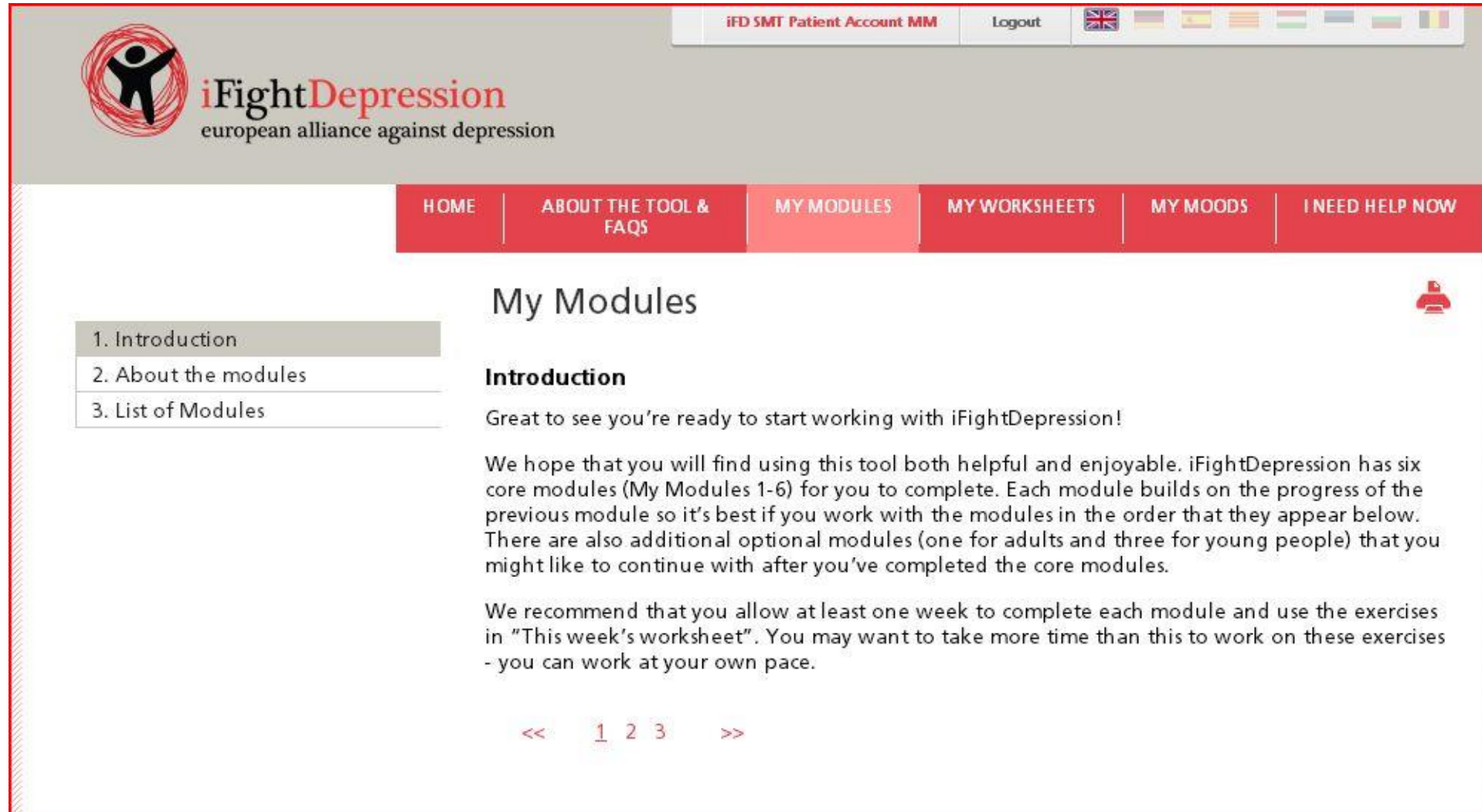
The main text of the page is titled 'Welcome to iFightDepression' and contains the following information:

You have just taken an important first step in helping yourself out of depression. Before starting there are some points you should know:

- iFightDepression is a self-management tool based on Cognitive Behavioural Therapy (known as CBT) which research shows can be very helpful for many people with depression.
- You will work through iFightDepression with guidance from your healthcare practitioner (general practitioner or mental health professional). They will help you with any problems and questions you may have while using this tool.
- iFightDepression tool is for your personal use. Although there will be recommendations on how to use it, it's completely up to you to decide what elements of the tool you choose and when you would like to complete them.
- iFightDepression consists of six core and three additional modules. You can work through these modules over the coming weeks. Your healthcare practitioner will support you during this process and you can discuss with him/her any problems or difficulties that you may have in using the iFightDepression tool.

The rest of this introduction talks about depression and how the iFightDepression tool works. You may also have a look at our [Frequently Asked Questions](#).

Introduction



The screenshot displays the iFightDepression website interface. At the top left is the logo, a stylized figure with arms raised inside a red circular swirl, followed by the text "iFightDepression" and "european alliance against depression". To the right of the logo is a navigation bar with "iFD SMT Patient Account MM" and "Logout" links, and a row of language selection flags. Below this is a red navigation menu with buttons for "HOME", "ABOUT THE TOOL & FAQs", "MY MODULES" (which is highlighted), "MY WORKSHEETS", "MY MOODS", and "I NEED HELP NOW".

The main content area is titled "My Modules" with a printer icon on the right. On the left side of this area is a vertical list of module numbers: "1. Introduction" (highlighted), "2. About the modules", and "3. List of Modules". The main text under "My Modules" is titled "Introduction" and contains the following text:

Great to see you're ready to start working with iFightDepression!

We hope that you will find using this tool both helpful and enjoyable. iFightDepression has six core modules (My Modules 1-6) for you to complete. Each module builds on the progress of the previous module so it's best if you work with the modules in the order that they appear below. There are also additional optional modules (one for adults and three for young people) that you might like to continue with after you've completed the core modules.

We recommend that you allow at least one week to complete each module and use the exercises in "This week's worksheet". You may want to take more time than this to work on these exercises - you can work at your own pace.

At the bottom of the page, there is a pagination control showing "<< 1 2 3 >>" where the number "1" is highlighted.



1. In this module

2. Thinking, Feeling and Doing

3. Depression is a downward spiral

4. How activity can help you feel better

5. Activity monitoring exercise: introduction

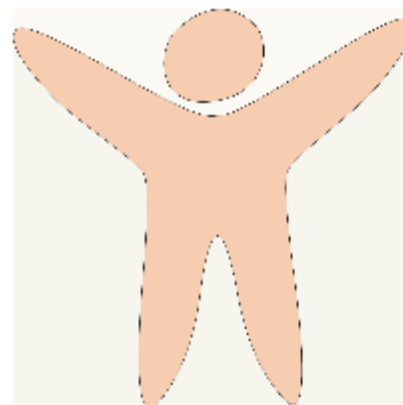
6. Activity monitoring exercise: Steps 1-3

7. Planning an enjoyable activity

8. This week's worksheet (Module 1: Weekly Plan: Activity Monitoring)

9. Well Done...

Module 1: Thinking, Feeling & Doing



In this module, we will learn

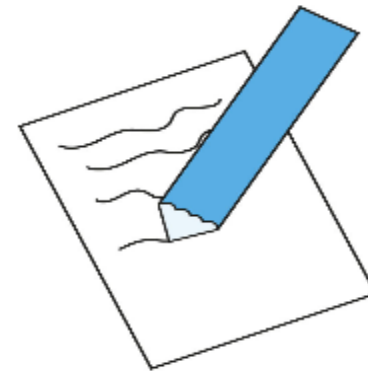
- how our thoughts, feelings and behaviour/actions are connected
- how depression is a downward spiral
- how activity can help you feel better
- how to build up doing positive activities



Module 1: Thinking, Feeling & Doing



1. In this module
2. Thinking, Feeling and Doing
3. Depression is a downward spiral
4. How activity can help you feel better
5. Activity monitoring exercise: introduction
6. Activity monitoring exercise: Steps 1-3
7. Planning an enjoyable activity
8. This week's worksheet (Module 1: Weekly Plan: Activity Monitoring)
9. Well Done...



This week's worksheet

Between this module and the next, your task is to keep a record of your activity, moods and sleep times on a daily basis. We recommend that you continue to do this exercise beyond the first week. Keep doing the task for as long as it seems useful to you. You can save or print as many copies of the blank Weekly Plan as you need and complete them during the week.

You may wish to bring a printout of your completed worksheets at your next visit to discuss them with your healthcare practitioner.



Module 2: Sleep and Depression



1. Recap

2. In this module

3. Sleep and depression

4. Why can more sleep be worse for your mood? I

5. Why can more sleep be worse for your mood? II

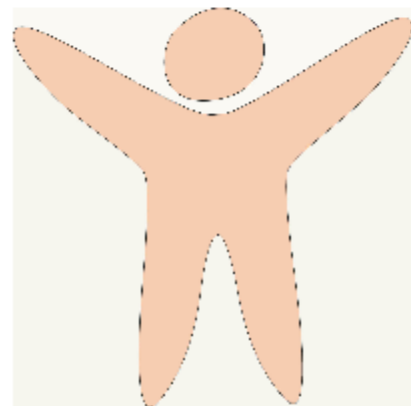
6. Understanding your personal sleep and mood patterns

7. A sleep diary

8. Using the information recorded in your sleep diary

9. Feedback about your sleep

10. Well done...



In this module...

In this module we deal with sleep and its influence on depression. Most depressed people suffer from sleep problems and feel exhausted. They long for a good and refreshing night's sleep. Surprisingly, many people affected by depression do not feel refreshed after having slept. More sleep could make their symptoms even worse.

The aim of this module is to help you check how the time you spend sleeping affects your depression. People are very different in this respect so it is important to see how it works for you. Knowing more about the effects of sleep on your mood could help to improve your symptoms. This could be done by changing the amount of time you spend in bed or asleep. So, in this module you will learn:

- how sleep and mood are related for you personally
- why sleeping less might improve your mood

Homepage

SELF-MANAGEMENT RESOURCES

There are several ways to promote better mental health.

Learn how to help yourself and manage your depression.

Read about self-management and take the self-test

[Take the self-test](#)



[Learn more](#)



YOUR VIEW

Your feedback is very welcome and important to us.

Please help us to improve iFightDepression.com by filling in our short evaluation questionnaire.

RECOGNISING DEPRESSION

If you don't feel right, you can take this self-test to get some answers.

Are you concerned that someone you know may be depressed?

Encourage them to take the test.

IFIGHTDEPRESSION TOOL

The iFightDepression tool aims to help individuals with mild to moderate depression to self-manage their symptoms and to promote recovery. Access to the tool is provided by GPs or mental health professionals who have attended specific training.

GET HELP

If you don't feel right, seeking help is an important first step.

See our 'Get Help' section for contact details for emergency departments, helplines, and GP listings.

Selection of patients

- Who can use the iFightDepression tool?
 - Patients with mild to moderate depression
 - Selection can be made
 - Based on your clinical judgment
 - Screening for depression (WHO 5 and / or PHQ-9)
 - Age \geq 15 years
 - Access to telephone, computer, internet connection and email account

Selection of patients

- The Patient Health Questionnaire-9 (PHQ-9)
 - Nine item depression scale of the Patient Health Questionnaire
 - Assessing symptoms and functional impairment
 - Measuring severity score
 - As well as screening, PHQ-9 will be used for evaluation, automatically administered to patients
 - At first log-in, after 6 weeks, and after three months
 - Benefits
 - Good validity in primary care (Kroenke, Spitzer & Williams, 2002)
 - Will be used over the course of the intervention
 - Sensitive to change (Löwe et al, 2004)
 - Can be self-rated
 - Suitable for adolescents from the age of 13 as well as adults (Richardson et al., 2010)

Score between 5 and 14 indicates mild to moderate depression

PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

NAME: _____

DATE: _____

Over the *last 2 weeks*, how often have you been bothered by any of the following problems?
(use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself in some way	0	1	2	3

add columns: + +

TOTAL:

10. If you checked off *any* problems, how *difficult* have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____

Somewhat difficult _____

Very difficult _____


Extremely difficult _____

STUDY PROTOCOL

Open Access



Rationale and methods of the iFightDepression study: A double-blind, randomized controlled trial evaluating the efficacy of an internet-based self-management tool for moderate to mild depression

Azucena Justicia^{1,2,3,4*} , Matilde Elices^{1,4}, Ana Isabel Cebria^{1,2,5}, Diego J. Palao^{1,2,5}, Jesús Gorosabel⁶, Dolors Puigdemont^{1,7}, Javier de Diego-Adeliño^{1,2,7}, Andrea Gabilondo⁸, Alvaro Iruin⁸, Ulrich Hegerl^{9,10} and Víctor Pérez^{1,2,3,4}

Abstract

Background: During the last decade online interventions have emerged as a promising approach for patients with mild/moderate depressive symptoms, reaching at large populations and representing cost-effective alternatives. The main objective of this double-blind, randomized controlled trial is to examine the efficacy of an internet-based self-management tool (iFightDepression) for mild to moderate depression as an add-on to treatment as usual (TAU) versus internet-based psychoeducation plus TAU.

Methods: A total of 310 participants with major depression disorder (MDD) will be recruited at four different mental-health facilities in Spain. Participants will be randomly allocated to one of two study arms: iFightDepression (iFD) tool + TAU vs. internet-based psychoeducation + TAU. Both interventions last for 8 weeks and there is a 12 weeks follow up. The primary outcome measure is changes in depressive symptoms assessed with the Hamilton Depression Rating Scale. Additionally, pre-post interventions assessments will include socio-demographic data, a brief medical and clinical history and self-reported measures of depressive symptoms, quality of life, functional impairments and satisfaction with the iFD tool.

Discussion: iFightDepression is an easy-prescribed tool that could increase the efficacy of conventional treatment and potentially reach untreated patients, shortening waiting lists to receive psychological treatment. Confirming the efficacy of the iFD internet-based self-management tool as an add-on treatment for individuals with mild to moderate depression will be clinically-relevant.

Trial registration: Registration number NCT02312583. Clinicaltrials.gov. December 4, 2014.

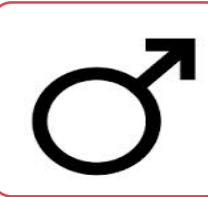
Keywords: Depression, Cognitive behavioural therapy, Internet-based, Self-management, Primary care, Randomized controlled trial



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

Thank you!

