



NHMRC CENTRE OF RESEARCH EXCELLENCE
in MENTAL HEALTH and SUBSTANCE USE



iHeLP

Internet-delivered Healthy Lifestyles Treatment among
Smokers with Comorbid Mental Health Problems

Medicine

National Drug and Alcohol Research Centre

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Financial conflicts: My work is the subject of publishing contracts in the US and the NHS in the UK. Although I have received no remuneration to date, I may in the future. I have not received any equity or payments related to the work discussed today.

“A national disgrace”

***National Mental Health Commission. A Contributing Life, the
2012 National Report Card on Mental Health and Suicide
Prevention (2012)***

- Life expectancy shorter
- CVD: single largest cause of the death
- High rates of behavioural risk factors for CVD

Multi-component interventions: feasible, effective, and more efficient (Spring et al 2010)



Healthy Lifestyles 2.0

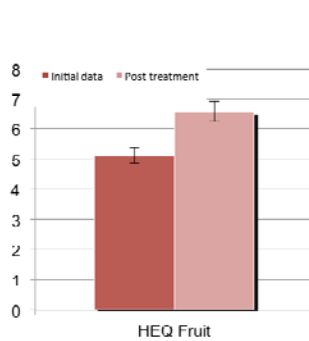


Figure 1. Change in fruit consumption

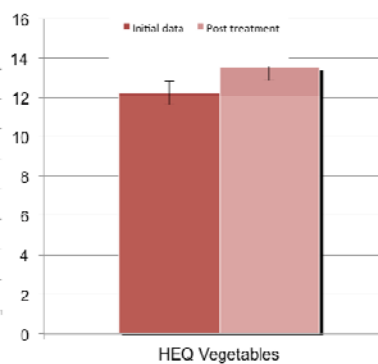


Figure 2. Change in vegetable consumption

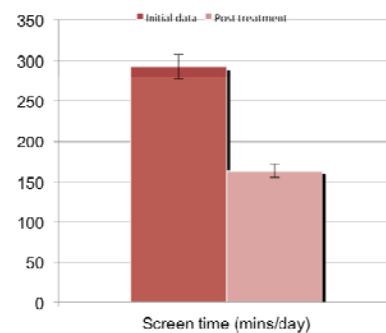


Figure 3. Change in screen time

Hlp healthy lifestyles program

Resource Room Welcome Practice Person (HLAU1001012)

Module Videos

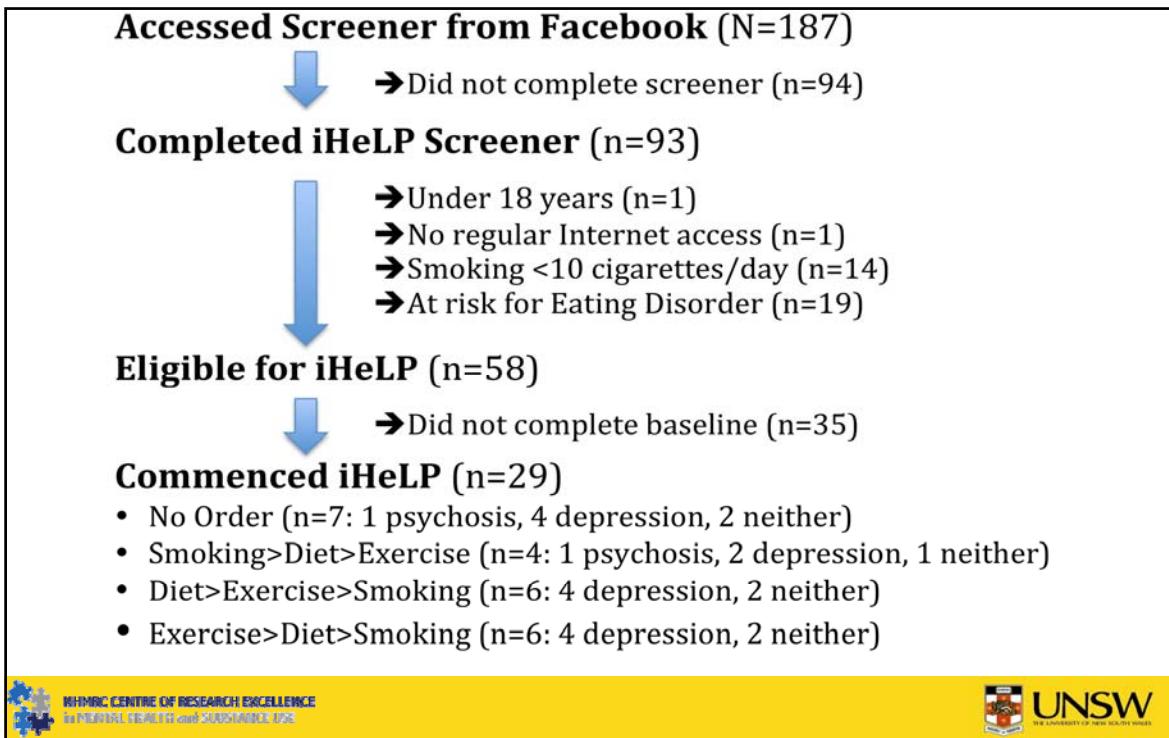
- Setting the Scene
- Smoking
- Getting Active
- Eating Well

Activity Boxes

- Pros and Cons
- Costs of Smoking
- SMART Goals
- Activity Summary

Eligibility Criteria

- Current smoker (≥ 10 per day)
- 18 years and over
- Regular access to the Internet
- Mental Health Grouping
 - No depression ($DASS \leq 9$) or psychosis
 - Current depression ($DASS \geq 14$)
 - Psychotic disorder



Credibility/Expectancy Questionnaire (Deville & Borkovec, 2000)

- We would like you to indicate how much you believe, right now, that online treatment can help people manage...
 - 9-point Likert scale
 - (1=not at all, 4-5=somewhat, 9=very)

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| Expectations of Online Treatment for Smoking, Exercise, Diet | Mean (SD) |
|--|--------------|
| How logical does iHeLP seem to you? | |
| Ineligible (n=40) | 5.47 (2.08) |
| Eligible, not participating (n=35) | 4.72 (2.25) |
| Participating (n=23) | 5.57 (1.93) |
| How successful do you think iHeLP would be? | |
| Ineligible (n=40) | 5.34 (1.76) |
| Eligible, not participating (n=35) | 4.56 (2.03) |
| Participating (n=23) | 5.04 (1.61) |
| How confident would you be in recommending iHeLP to a friend? | |
| Ineligible (n=40) | 5.47 (2.20) |
| Eligible, not participating (n=35) | 4.41 (2.43) |
| Participating (n=23) | 4.96 (1.77) |
| By the end of treatment, how much improvement do you think could occur? | |
| Ineligible (n=40) | 60.3% (2.55) |
| Eligible, not participating (n=35) | 48.4% (3.00) |
| Participating (n=23) | 57.8% (2.22) |

| Expectations of Online Treatment for Smoking, Exercise, Diet | Mean (SD) |
|--|--------------|
| How logical does iHeLP seem to you? | |
| No depression/psychosis (n=11) | 4.86 (1.86) |
| Depression (n=16) | 5.93 (2.06) |
| Psychosis (n=2) | 5.50 (0.71) |
| How successful do you think iHeLP would be? | |
| No depression/psychosis (n=11) | 4.57 (1.81) |
| Depression (n=16) | 5.29 (1.59) |
| Psychosis (n=2) | 5.00 (1.41) |
| How confident would you be in recommending iHeLP to a friend? | |
| No depression/psychosis (n=11) | 4.71 (2.06) |
| Depression (n=16) | 5.00 (1.80) |
| Psychosis (n=2) | 5.50 (0.71) |
| By the end of treatment, how much improvement do you think could occur? | |
| No depression/psychosis (n=11) | 55.7% (2.57) |
| Depression (n=16) | 57.1% (2.20) |
| Psychosis (n=2) | 70.0% (1.41) |

Baseline Smoking Characteristics

| Domain | Mean (SD) |
|--|--------------------|
| Cigarettes per day | |
| No depression/psychosis (n=11) | 18.00 (8.27) |
| Depression (n=16) | 24.29 (10.98) |
| Psychosis (n=2) | 20.00 (3.54) |
| Fagerstrom Nicotine Dependence Score* | |
| No depression/psychosis (n=11) | 6.18 (1.89) |
| Depression (n=16) | 7.56 (1.26) |
| Psychosis (n=2) | 5.00 (0.00) |
| Weekly spend on cigarettes (\$ AUD) | |
| No depression/psychosis (n=11) | \$94.43 (\$35.55) |
| Depression (n=16) | \$96.34 (\$45.46) |
| Psychosis (n=2) | \$110.00 (\$42.43) |

Baseline Dietary Habits

| Domain | Mean (SD) |
|---|-----------------|
| Vegetable servings/day (recommended 5) | |
| No depression/psychosis (n=11) | 2.71 (1.80) |
| Depression (n=16) | 2.36 (1.45) |
| Psychosis (n=2) | 2.50 (3.54) |
| Fruit servings/day (recommended 2) | |
| No depression/psychosis (n=11) | 0.86 (0.69) |
| Depression (n=16) | 0.71 (0.73) |
| Psychosis (n=2) | 0.00 (0.00) |
| Past week sitting (minutes) | |
| No depression/psychosis (n=11) | 246.60 (230.03) |
| Depression (n=16) | 427.27 (198.65) |
| Psychosis (n=2) | 240.00 (84.85) |

Baseline Physical Activity Habits

| Domain | Mean (SD) |
|--|-----------------|
| Past week vigorous activities (minutes) | |
| No depression/psychosis (n=11) | 205.00 (249.99) |
| Depression (n=16) | 322.00 (676.16) |
| Psychosis (n=2) | 120.00 (169.71) |
| Past week moderate activities (minutes) | |
| No depression/psychosis (n=11) | 242.73 (311.42) |
| Depression (n=16) | 288.00 (374.84) |
| Psychosis (n=2) | 150.00 (212.13) |
| Past week walking (minutes) | |
| No depression/psychosis (n=11) | 184.91 (219.08) |
| Depression (n=16) | 127.33 (178.67) |
| Psychosis (n=2) | 260.00 (311.13) |



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12-week Improvements – first 15 participants

- Significant reductions in smoking
 - 20.76 cpd down to 14.25 cpd
- Significant reductions in sitting time
 - 304.62 mins down to 198.00 mins
- Significant improvements in:
 - Vegetable serves/day: 2.52 up to 3.42
 - Fruit serves/day: 0.52 up to 2.02



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Conclusions

- Multi-component interventions promising
- Similar approaches seem to work in similar ways in both general and mental health populations
- People will engage with an online intervention targeting healthy lifestyles issues
- Much more work needs to be done

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