

A three year experience with an online intervention for depression in Mexico

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Background

- **World Context:** Meta analyses have demonstrated some evidence of effectiveness of internet delivered interventions for depression relative to controls.

(Griffiths, Farrer & Helen Christensen, 2010; Spek V, Cuijpers P, Nyklicek, 2007; Andersson G. 2006)

- **Mexico:** Helping with depression (*HDep*)

www.ayudaparadepresion.org.mx

- ✓ Launched: March 2009 (4 yrs.)
- ✓ It's one of the first web-based interventions in **Spanish** for depression
- ✓ It's in the process of evaluating its use and using these information to modify it according to people's needs,

- Addressed to women (men use it)
- Is based on: a psycho-educational face-to-face intervention to prevent depression in high-risk women (Lara et al., 2003, 2004).
- It's multimodal and cognitive-behaviourally oriented.
- Completely self-help
- Monitored by a psychologists: 4 hrs. a week: confirms passwords, answers e-mails, check forum...
- Uses Moodle platform



Aim

- To report the use of *HDep* in Spanish Speaking population across a 4 year period.
 - *Profile of users*
 - *Use of the program*
 - *Retention*
 - *Where to go next*

Mexico's population: 112 million

Internet availability

| | f | % |
|--------------------------|-----------|------|
| Households with internet | 7 million | 26.0 |

INEGI, 2012



Ayuda para depresión

¿Es para ti este programa?
 ¿Qué puedes esperar?
 ¿En qué consiste?
 ¿Qué tipo de programa es?
 ¿Cuál es el Contenido?
 ¿Cuál es la dinámica?
 ¿Quieres registrarte?
 ¡NUEVOS USUARIOS!



Es un programa de autoayuda, gratuito e interactivo, por internet, en el que las personas que presentan síntomas de depresión encuentran información, estrategias y actividades que contribuyen a reducir estos síntomas. La interacción se da entre participantes a través de foros.

Aunque el Programa está dirigido a las mujeres, los **HOMBRES** también son **Bienvenidos**

[ACCESO a Usuarios Registrados](#)

Contacto:
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8. Rol de ama de casa

Actividad 26: Como ama de casa me siento



Si eres ama de casa, marca la siguiente actividad. Si no lo eres, continúa con el siguiente tema.

Reflexiona en lo siguiente:

- ¿ Te encuentras satisfecha como ama de casa? Si no,
- ¿ Has pensamientos negativos que contribuyen a esto?
- ¿ La familia participa en las tareas del hogar? Si no,
- ¿ Qué maneras de pensar impiden que te ayudes?
- ¿ Te das tiempo para otro tipo de actividades fuera del hogar que te sean agradables? Si no,
- ¿ Has pensamientos negativos que te impidan hacerlo?

Como ama de casa ¿qué piensas y sientes?

Ahora que hiciste la ejercitación, te invitamos a

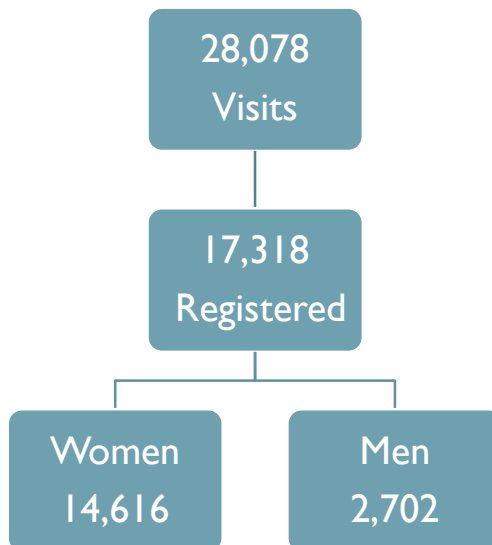
Site description

- 1: Depression facts
- 2: How negative thoughts affect our mood & how to identify and change them.
- 3: Negative thought patterns learned from childhood.
- 4: Everyday stressors, life-events and negative thought patterns.
- 5: Thought patterns and gender roles.
- 6: Social support and pleasant activities
- 7: Violence, addictions and depression.

Tools

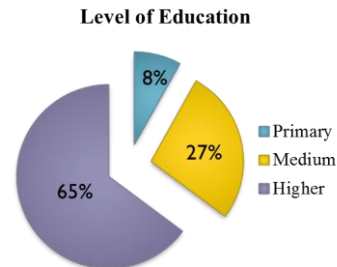
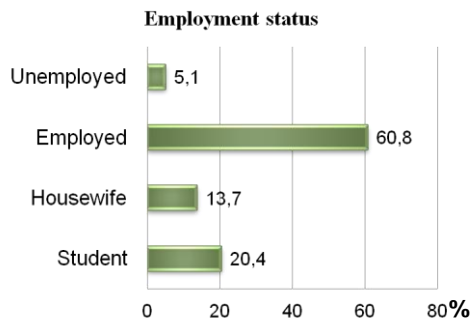
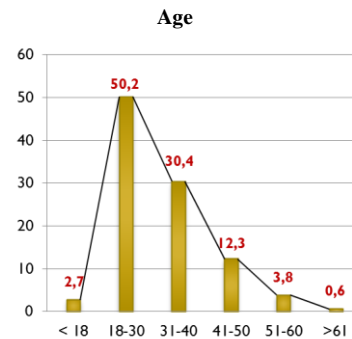
- Interactive assessments
- Recorded massages (relaxation exercise)
- Chats, Forums, Blogs with other participants
- A personal workbook that records users' personal insights and experiences w/program

RESULTS

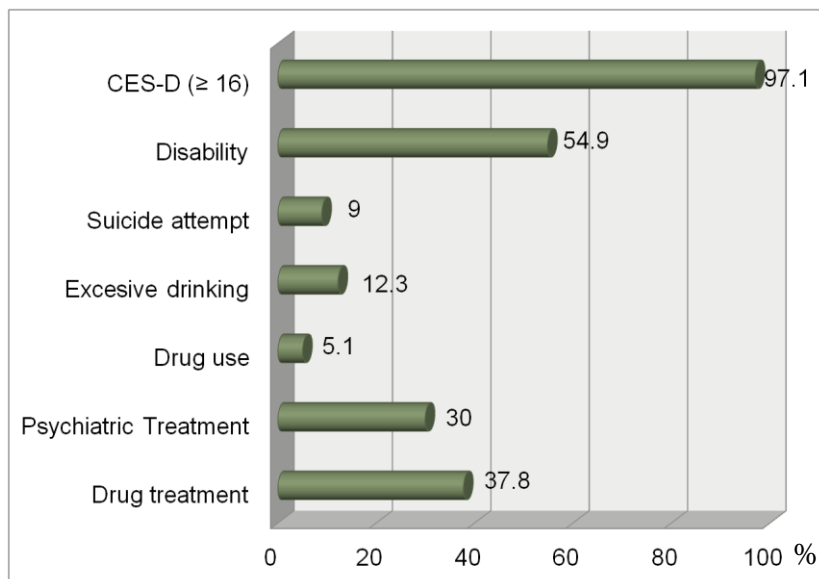


Sociodemographics

| N= 17318 | | % |
|-----------------------|-----------------|------|
| Sex | Females | 84.4 |
| | Males | 15.6 |
| Country | Mexico | 95.0 |
| | Other countries | 5.0 |
| Marital Status | Single | 63.0 |
| | Partner | 36.5 |

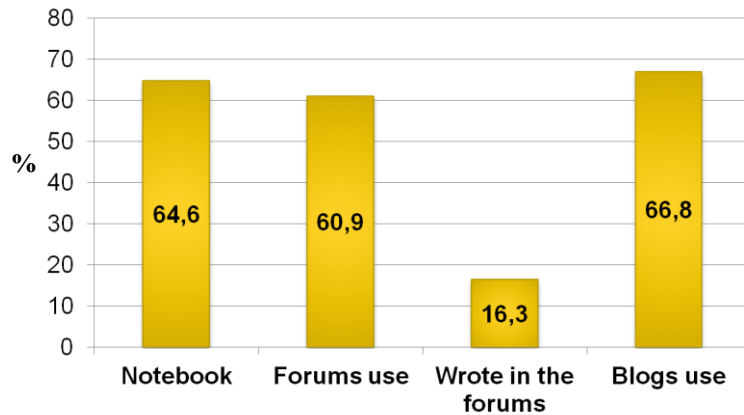


Psychological profile (N= 13969-16564)



Use of the program

N= 14960



Modules assessment

Participants evaluating modules*

| | |
|-----------------|---------|
| Module 1 | n= 6872 |
| Module 2 | n= 1111 |
| Module 3 | n= 274 |
| Module 4 | n= 204 |
| Module 5 | n= 61 |
| Module 6 | n= 72 |
| Module 7 | n= 57 |

* It's not required to answer questionnaires to move on

Participants' evaluation across the 7 modules (Range of means across all responses)

| | Scale (1-5) |
|-------------------------------------------------|-------------|
| 1. It helped me know what to do to lift my mood | 3.7 – 4.6 |
| 2. Information was useful | 4.0 – 4.6 |
| 3. Activities were useful | 3.9 – 4.5 |

Use of Forums

03-04-2009 to 09-04-2009 / 11-10-2012 to 01-31-2013

Qualitative analysis of Posts (N=1451)

Main categories

Reflection

Disclosure

Emotional Support

Advice/information

Depressive symptoms

HDep

Changes in depressive symptoms

| | Initial N= 16564 | Intermediate N= 592 | Final N= 191 |
|-----------------------------------|---------------------|------------------------|-----------------|
| | % | % | % |
| CES-D \geq 16 | 97.1 | 79.2 | 63.0 |
| CES-D \leq 15 | 2.9 | 20.8 | 37.0 |

Predictors of Retention (Logistic regressions)

| Entered to at least one module | | |
|--------------------------------|-------|-----------|
| | OR | CI |
| > 30 years | 1.08* | 1.00-1.16 |
| Women | 1.19* | 1.07-1.30 |
| Disability | 1.15* | 1.07-1.24 |
| Suicidal ideation | 1.10* | 1.00-1.22 |

| Entered to at least two modules | | |
|---------------------------------|-------|-----------|
| | OR | CI |
| Women | 1.28* | 1.02-1.61 |
| Disability | 1.15* | 1.07-1.24 |
| Housewife | 1.80* | 1.2-2.50 |
| Employed | 1.14* | 1.03-1.2 |

| Final evaluation of CES-D | | |
|---------------------------|-------|-----------|
| | OR | CI |
| > 30 years | 1.37* | 1.07-2.40 |
| Women | 1.66* | 1.13-2.42 |

* $p \geq 0.05$

Participants' final evaluation of the program (N=79)

Did it help you lift your mood?

| | % |
|-----|------|
| Yes | 94.9 |
| No | 5.1 |

Conclusions

- High number of entries but many dropouts
- Users have high levels of depressive symptoms and may have other disorders
- People that stay do an average of 2.2 modules
- People that stay like the content & find activities useful
- Forums: source of social support
- Predictors of retention: >30, female, presenting disability, suicidal ideation, housewife, employed
- We are not retaining men & younger people

Where to go next

- Make changes in the design of the intervention
 - Reducing the length of intervention leaving out modules not used
- Focus on increasing retention:
 - Investigating why people withdraw at different points
 - Find out users' expectations from the intervention
 - What works for different types of people
- Assess effectiveness using RCT

- Thank you