



Internet use among people with common mental disorders

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Background

- Anxiety + depression
 - Prevalent
 - High burden of disease
- Internet interventions
 - General population
 - Primary care
 - Mental health care
- Increasing the numbers of patients treated with effective interventions:
 - Internet treatments might be a solution

Do people with anxiety / depression use the Internet?

Yes: they have a need for information

No: they are not motivated due to depression/anxiety

General population 2006

	Access internet	Daily use	Health info
total	85	75	54
Men	86	80	47
Woman	84	70	61
12-25 yrs	95	79	40
25-45 yrs	91	76	60
45-65 yrs	83	73	57
65-75 yrs	50	56	48
Lower edu	76	68	43
Average edu	88	73	59
Higher edu	95	86	58

NESDA data

Netherlands Study of Depression and Anxiety

- Naturalistic prospective cohort study
- Baseline + follow up at 1,2,4,8 years
- Includes: depression + anxiety
- Current or in the past
- Healthy controls
- 18 – 65 years

Data today

- N = 2687
- Baseline data
- 16% depression (MDD)
- 16% anxiety (ANX)
- 24% MDD + ANX
- 44% no current MDD / ANX = `healthy`
- Somatic diseases

NESDA - demographics

	healthy	MDD	ANX	Both
Not Dutch	4%	7%*	4%	7%*
18-35 yrs	5%	6%	6%*	10%*
36-50 yrs	54%	58%	60%	66%
51-65 yrs	41%	36%	34%	24%
Low edu	33%	39%*	37%*	35%*
Average edu	29%	33%	32%	41%
High edu	38%	28%	31%	24%

Do you use a PC?

	healthy	MDD	ANX	Both
No	10%	9%	13%	16%*
Yes	90%	91%	87%	84%
Total	100%	100%	100%	100%

PC use

- Logistic regression analyses: odds ratio
- Controlled for:
 - Country of birth + age + education

Healthy	ref
MDD	1.01
ANX	0.68*
Both	0.59*

Mental health information?

Last year

	Healthy	MDD	ANX	Both
Yes	5%	14%*	12%*	16%*
No	95%	86%	88%	84%
Total	100%	100%	100%	100%

Mental health information

- Logistic regression analyses: odds ratio
- Controlled for:
 - Country of birth + age + education

Healthy	ref
MDD	2.81*
ANX	2.26*
Both	3.22*

Somatic health information?

Last year

	Healthy	heart	DM	RA
Yes	18%	26%	22%	23%
No	82%	74%	78%	77%
Total	100%	100%	100%	100%

In summary

- 85% access to Internet
- People with ANX use PC less often, people with ANX+MDD least
- About 15% searches for mental health info
- People with MDD + ANX most
- People with somatic diseases search more often for information

Conclusion

Do people with MDD / ANX use the Internet?

Yes: they have a need for information

No: they are not motivated due to depression/anxiety

Yes

- Especially most severe
- But still limited group
 - Might have searched earlier in course of disease
- Dutch data