 **ict 4 depression**
in Sweden





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Co-workers

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- Hoa Ly
- And the rest of the ICT4depression team, including student therapists

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Aims

- Test the system in a open trial

How we did it

- We were a bit uncertain about the technology
- Hence, we recruited depressed students from our university
- Structured screening interview MINI
- 44 were screened, 40 interviewed, 24 included, 17 completed posttreatment measures
- Treatment was guided

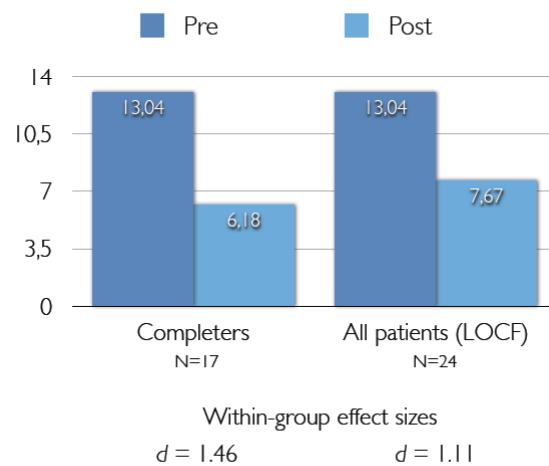
Included

- 11 women (46%), 13 men
- All had a diagnosis of major or minor depression
- Average age 24 years (range 20 to 33)
- In a relationship (37%)
- Computer knowledge, 4.7/5.0
- Smartphone knowledge, 4.1/5.0
- Previous experience from psychological treatment, 42%
- Previous experience from antidepressants, 8.3%; Current medication: 1 person

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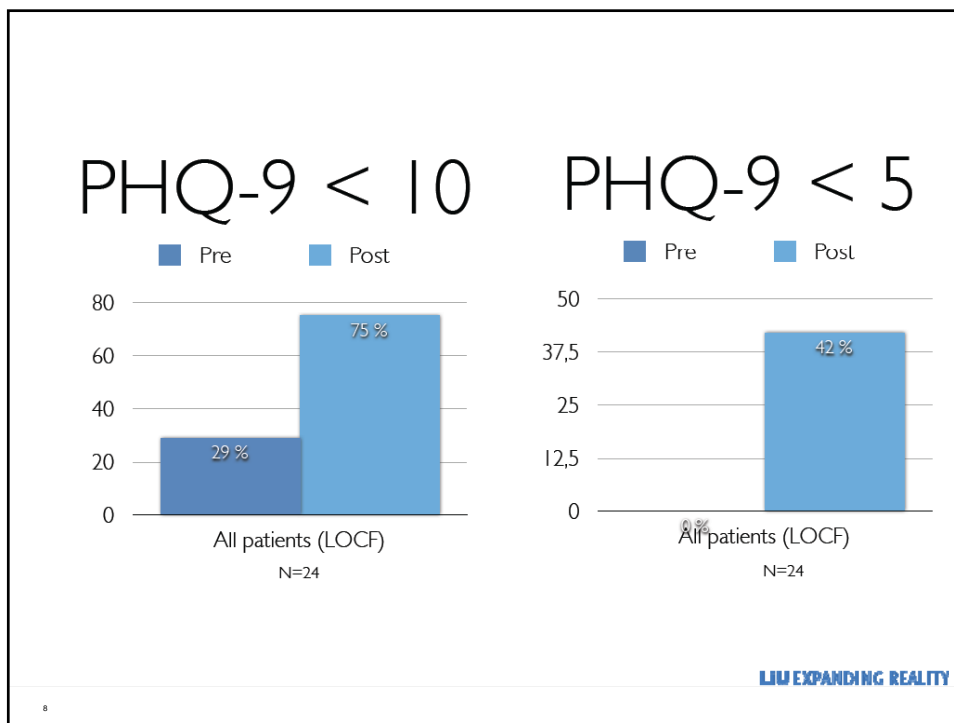
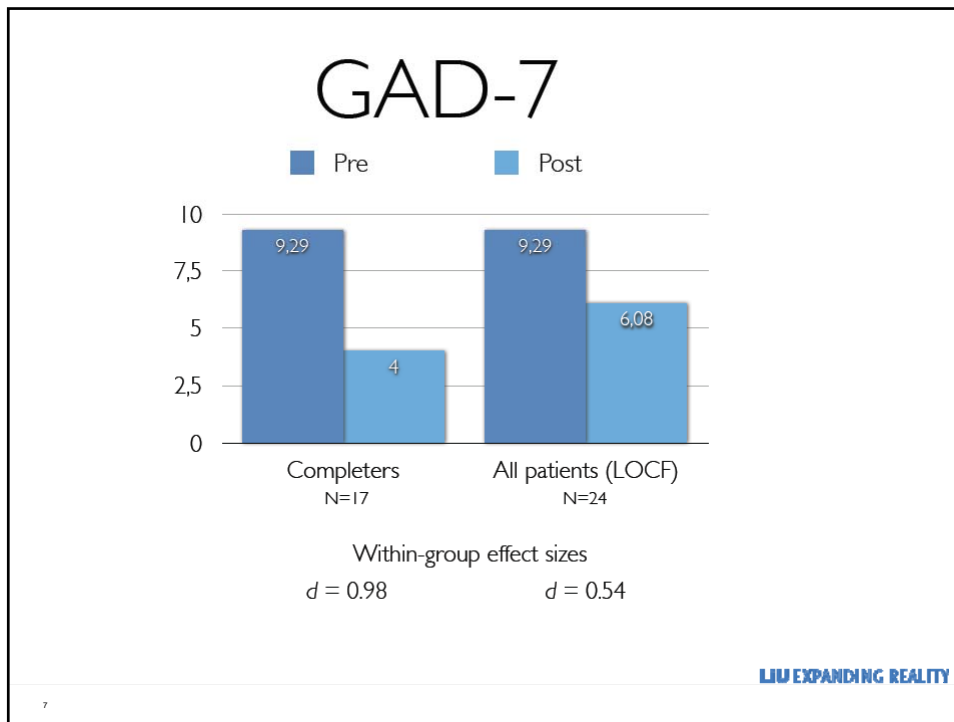
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Conclusion



Appears to work

Some issues with
technology

At this stage the support
from a clinician (eg GP) may
be important

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