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E-therapy for adults with depressive symptoms: IPT vs. CBT

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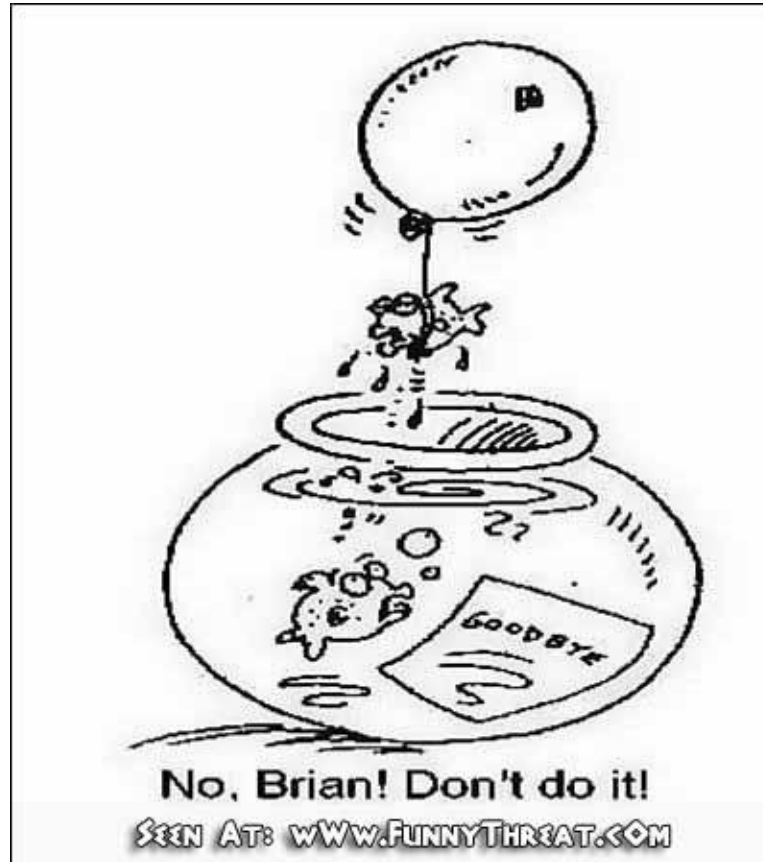


Introduction





Introduction





Introduction





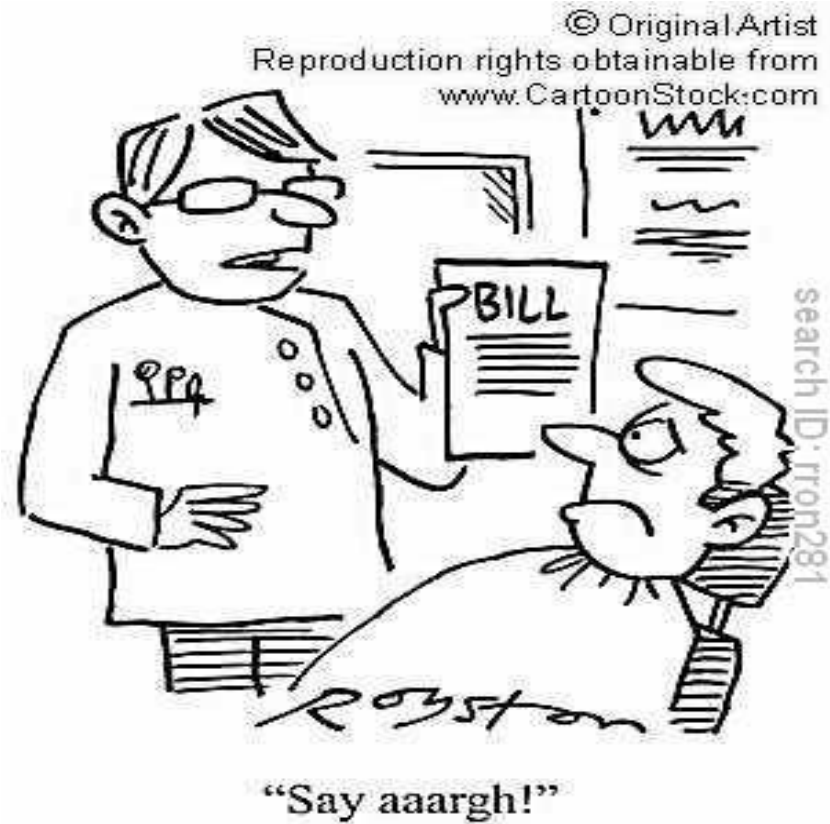
Introduction



"Age? You mean now or when we first sat down?"



Introduction



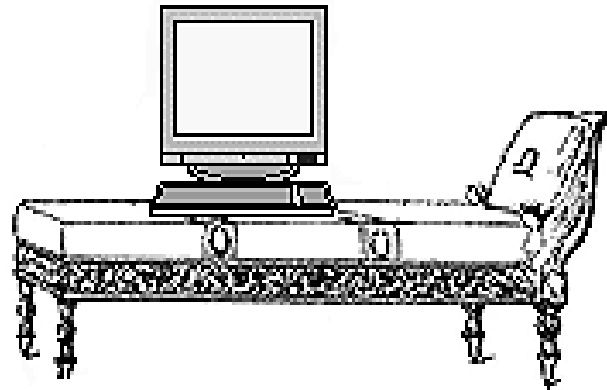


Introduction





Introduction





Introduction



WHY DO YOU FEEL THE WAY YOU DO





Introduction



E-CBT = effective (Carlbring et al., 2009; Christensen et al., 2004; Kaldø et al., 2008; Ruwaard et al., 2009; Spek et al., 2008; Warmerdam et al., 2008)



Introduction





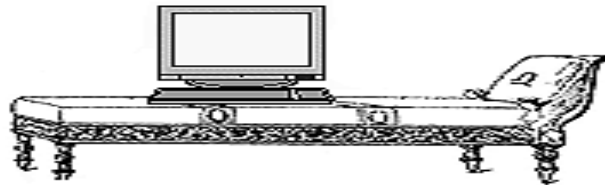
Introduction



Depression: IPT > CBT (de Mello et al., 2005;
Cuijpers et al. 2008)



Introduction



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Aim





Aim

Internet-assisted
Cognitive Behavior Therapy (CBT)
&
Interpersonal Psychotherapy (IPT):



Aim

Internet-assisted
Cognitive Behavior Therapy (CBT)
&
Interpersonal Psychotherapy (IPT):
Compared to
Internet-assisted
CBT MoodGYM (control group)



Aim

Internet-assisted
Cognitive Behavior Therapy (CBT)
&
Interpersonal Psychotherapy (IPT):
Compared to
Internet-assisted
CBT MoodGYM (control group)

- Effectiveness
- Feasibility & adherence
- Moderators, mediators



Design





Design

- Non-inferiority trial
- 3 e-conditions (IPT, New CBT, CBT MoodGYM)
- Fully automated trial, 4 weeks
- Online recruitment and screening
- Determined sample size: 1000
- Inclusion: 18 years or older
- Exclusion: currently under treatment by mental health specialist
- 3 measurements (baseline, after 4 weeks and after 6-months)
- Primary outcome: depressive symptoms
- Intention-to-treat & per protocol analysis



Cognitive Behaviour Therapy

- Ellis (1962), Beck et al. (1964)
- Change your thoughts, change your feelings
- Structured and directive
- Time-limited

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- [Thoughts & mood](#)
- [CBT tools](#)
- [Thinking about thinking](#)
- [Warpy thoughts](#)
- [Assumptions](#)
- [Walk the Warp](#)
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CBT tools

The e-couch CBT toolkit contains three sections to help you tackle your depression:

- 1. Thinking about thinking**
This tool will help you to identify and name warped thoughts, and see how they can lead to depression.
- 2. Changing your thinking**
This tool will help you to learn ways of changing your warped thoughts to improve your mood.
- 3. Changing your behaviour**
This tool will help you to see how changing your behaviour can help to improve your mood.

This week we'll focus on the way thoughts can affect your mood - we'll think about thinking.

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How to tackle negative thinking

Recognising warpy trends

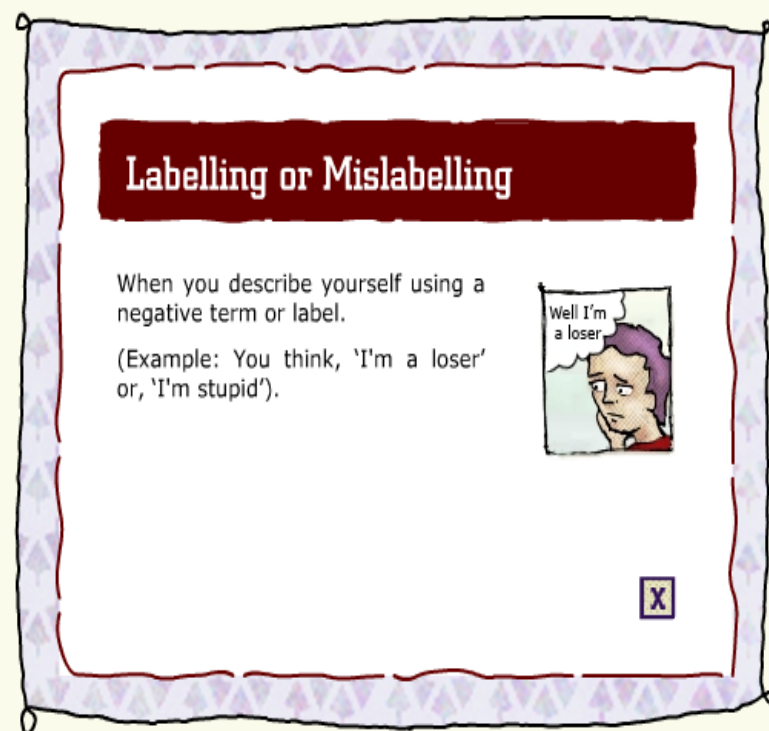
When you are feeling depressed your thinking can be distorted or biased towards the negative. This negative thinking often doesn't match the facts or reality of your situation. Here we will refer to this kind of thinking as **warpy**.

Because you may be unaware of your negative or warpy thoughts, they are often considered to occur automatically. Warpy thoughts can influence you without your knowing. It is as though there is an invisible judge or fearmonger sitting in your head who automatically pounces on your mistakes or puts a negative spin on things!

Catching yourself thinking negatively and recognising particular warps in your thinking are important steps in shifting your mood in a more positive direction and in tackling depression.

Common warps

Below are some common warpy thinking styles. Click on each to read more:

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Week 2

- How I'm feeling
- [Introduction](#)
- [Walloping the Warp](#)
 - [An example: Rudi](#)
 - How Rudi can wallop his warps
- Warp Walloping examples
- Wallop my own Warp
- Take another perspective
- Action testing
- My action test
- Reframing thoughts

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Walloping the Warp

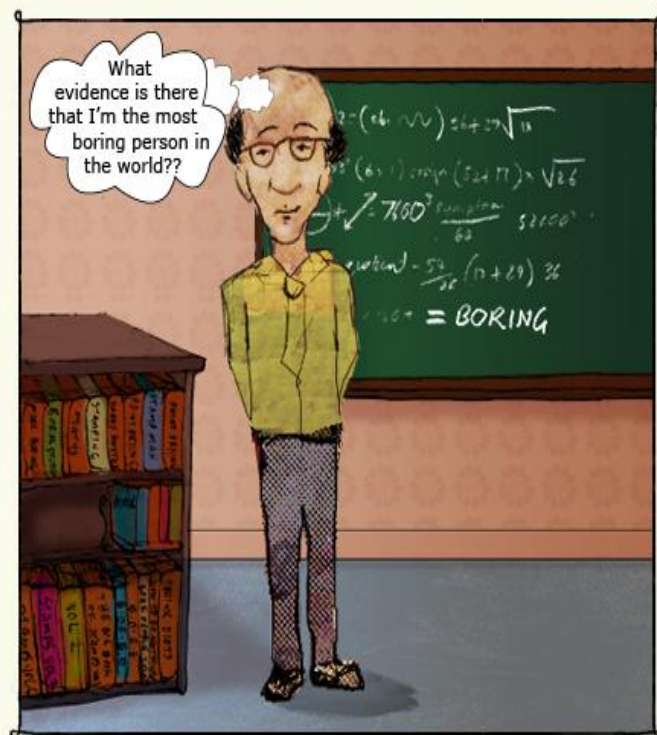
Take the following situation from an earlier example:

Situation	Warpy Thoughts
I was out with friends. Nobody said much to me.	Everyone thinks I'm boring. I don't belong. Nobody understands me.

We'll call this person Rudi. What do you think of his conclusions? Do you think he is really considered boring by others, doesn't belong and isn't understood?

How can Rudi be sure that he has interpreted the situation correctly?

Some questioning is needed...





Play again





Interpersonal Psychotherapy

- Developed by Klerman et al. (1984)
- Interpersonal stress
- Interpersonal functioning
- Structured
- Time-limited



Week 1

- [How I'm feeling](#)
- [Introduction](#)
- [How does IPT work?](#)
- [My stressful events](#)
- [Feedback](#)
- [IPT areas](#)
- [Importance of relationships](#)
- [My relationship diagram](#)
- [Quality of relationships](#)
- [Expectations](#)
- [Changing the circumstances](#)
- [Resolving the dispute](#)
- [Summary of the steps](#)
- [Resolving my disputes](#)

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IPT: Areas of focus

There are four main areas of focus for improving social relationships using IPT:

1. [Role Disputes](#)
2. [Problems making relationships](#)
3. [Role Changes](#)
4. [Grief](#)

This week we'll be looking at the first area - Role Disputes.



Internet-assisted IPT -week 1

Change Your Circumstances - Role
disputes - IPT Program Week 1



- [How I'm feeling](#)
- [IPT areas](#)
- [Problems making relationships](#)
- [Improving relationships](#)
 - [Seek out social interaction](#)
 - [Assertiveness skills](#)
 - [Deal with anger](#)

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How can I improve my relationships?

IPT recommends the following to improve your relationships:



[Seek out social interaction.](#) Think about taking up some of the activities you used to do. Another strategy is to learn about methods for making friends and the tricks for small talk.



[Don't stop yourself doing things just because you fear the consequences.](#) Sometimes you have to stand up for yourself.



[Take a risk](#) that might lead to rejection. It can also lead to acceptance.



Develop [assertiveness skills](#).



Learn to [express anger](#). It's normal to be angry sometimes. It can be a sign that someone is bothering you or might be imposing on you.



- [How I'm feeling](#)
- [IPT areas](#)
- [When circumstances change](#)
- [What are role changes?](#)
- [Managing role changes](#)
- [Transgressions](#)
- [My role changes](#)

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Role Changes

What if circumstances change?

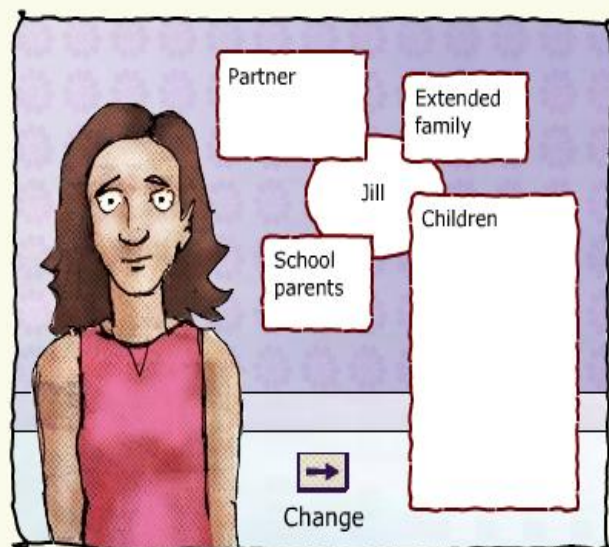
If circumstances change, relationships will change.

Remember Jill? You may have met her before. She is a full-time mother and is very involved with her children and partner.

We can represent Jill's relationships by using boxes below, with bigger boxes representing her most important relationships. She is represented by the circle.

Jill is currently thinking about taking a part-time job.

Click the arrow below to see how Jill's relationships might change with these change of circumstances:



[View text description](#)

If she takes a job she might find that the size of her boxes change to reflect new relationships. Her relationships with her children will continue to be valued, but Jill might have to forgo relationships with extended family because of the new responsibilities she has to her workforce role.

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- [IPT areas](#)
- [Dealing with grief](#)
 - [Acceptance of grief](#)
 - [Talking & comfort](#)
 - [Keeping connections](#)
 - [Journal writing](#)
 - [Look after your health](#)
 - [Enjoyable activities](#)
 - [Stay in touch](#)
 - [Common blocks](#)
 - [Coping with holidays](#)
- [IPT summary](#)

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Things which can help with grief

Staying in touch with trusted people/friends

It can feel very lonely being in people's company, especially when you've lost someone very important to you. However, it's better to stay connected to people you like and trust. This is especially important in helping to prevent depression.



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Workbook

- [Exercises & diaries](#)

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- [This week's program](#)

Workbook

Your e-couch Workbook is where you can practise the skills that you learn on the e-couch site.

As you work through the e-couch toolkits the exercises and diaries you complete will become available here.

This means that you can click straight into your Workbook to record your experiences and thoughts.



The Workbook exercises and diaries which you have uncovered are listed as links below:

Depression IPT Toolkit

[Recent Stressful Events](#)

[My Relationships](#)

[My Relationship Diagram](#)

[The Quality of My Relationships](#)

[Resolving Role Disputes](#)

[Coping with Role Changes](#)

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Unguided internet-assisted self-help: advantages





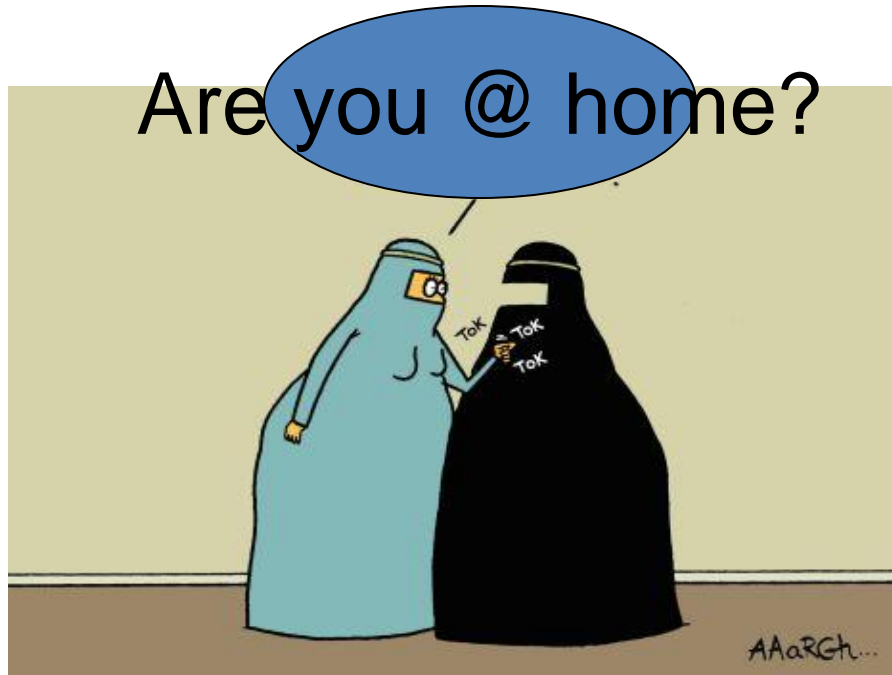
Advantages





Advantages

Are you @ home?



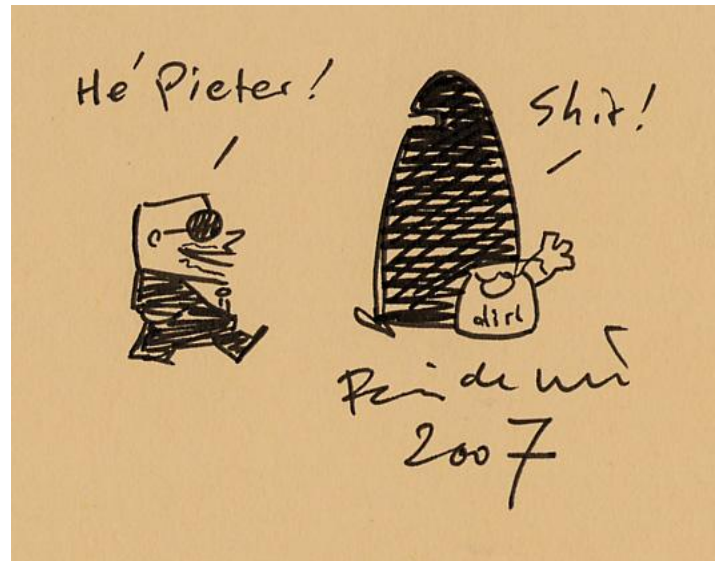


Advantages





Advantages





Advantages





Disadvantages





Disadvantages

FAILURE

Nothing has ever failed quite as hard as you just did.

failblog.org

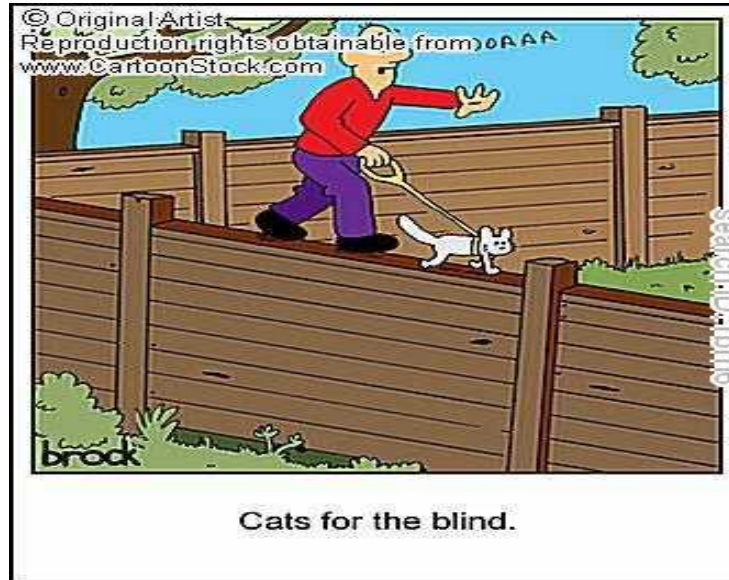


Disadvantages





Disadvantages



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Questions?

Thank you for your attention

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