

Online Mental Healthcare at the Interapy Clinic

A Naturalistic Study

Jeroen Ruwaard, Alfred Lange, Bart Schrieken
Manon Bouwman, Menno Schrijver & Rinke
Scheijde

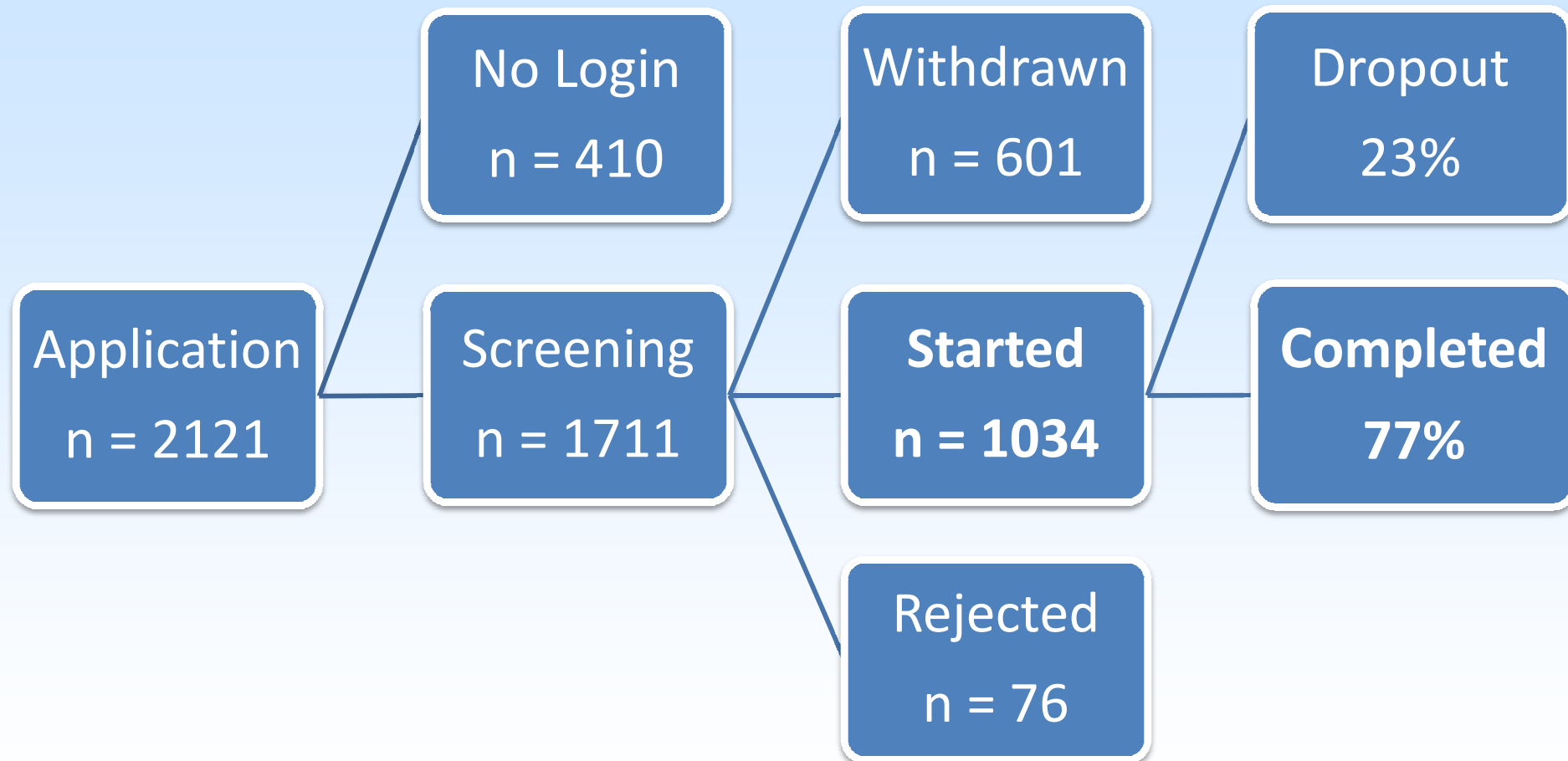
Interapy

- **Method**
 - Online CBT
 - Standardized
 - Guided self-help
- **Treatments**
 - Posttraumatic stress
 - Work-related stress
 - Depression
 - Panic disorder

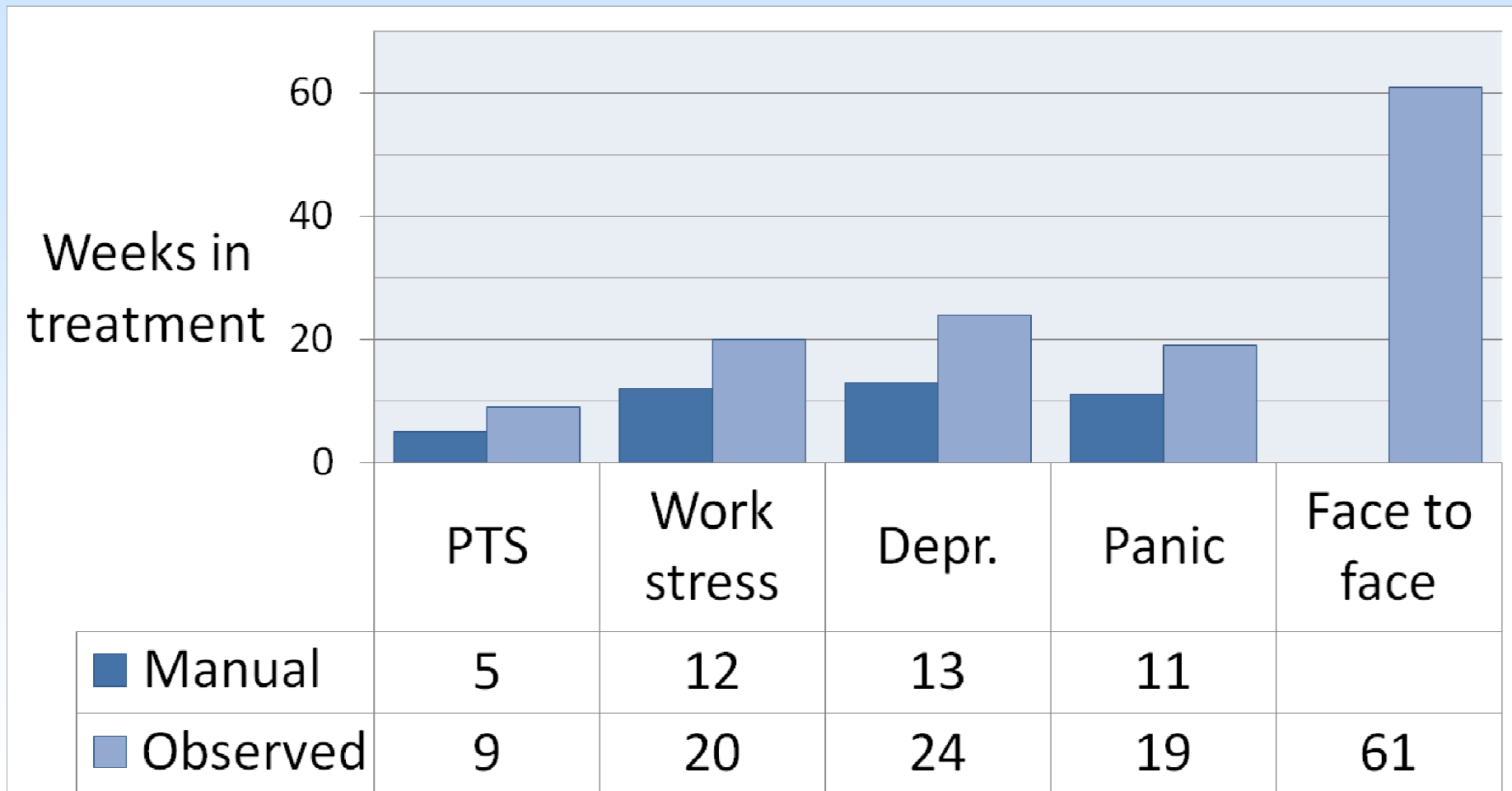
1034 Cases

	N	%
Posttraumatic stress	394	38%
Work Stress	256	25%
Depression	295	29%
Panic	89	9%
Total	1034	100%

Flow Chart



Treatment duration



Primary symptoms ↓

Treatment	Measure	Cohen's d Completers	Cohen's d Intention to treat
PTS	IES-R	1.4	1.0
Work stress	DASS stress; OLBI	1.2	1.0
Depression	DASS depression; BDI	1.9	1.0
Panic	DASS anxiety; PDSS-SR	1.3	0.9
Interapy		1.4	1.0

Recovery

Treatment	Measure	Cut-off	Recovery Completers	Recovery Intention to treat
PTS	IES-R	35	67%	50%
Work Stress	DASS stress	14	67%	54%
Depression	DASS depression	12	71%	42%
Panic	PDSS-SR	8	55%	41%
Interapy			65%	47%

Client Satisfaction

	Mean or %
Treatment 1-10	8.1
Therapist 1-10	8.7
E-contact 1-10	7.9
Missed face to face	33%
Treatment effective	95%
Would recommend treatment	95%

Therapist Variance

- Therapist with > 10 treatments
- 26 therapists, 724 treatments (70%)
- No differences in effectiveness:

	Mean d	SD d	$F_{25,698}$	p
Completers	1.4	.30	1.26	.18
Intention to treat	1.0	.24	1.32	.13

In Sum

- **Applied online psychotherapy feasible**
 - 1034 cases
 - Acceptable treatment dropout
 - Short treatment durations
 - Large effects
 - Satisfactory recovery
 - High client satisfaction
 - Good treatment integrity

www.interapy.nl

research@interapy.nl

Randomized Controlled Trails

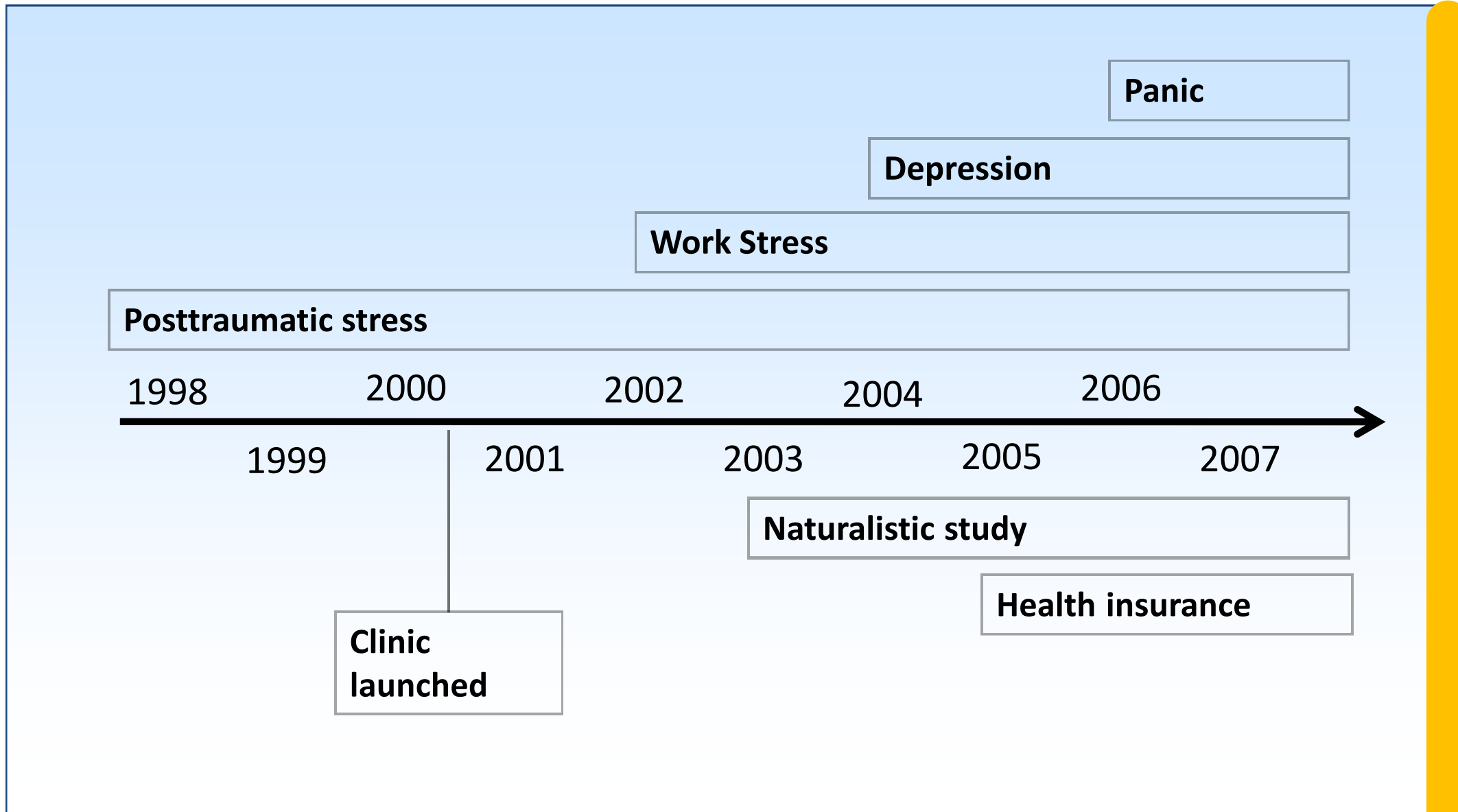
Treatment	RCT	Cohen's d effect size
Posttraumatic stress	Knaevelsrud (2007)	1.1
Work stress	Ruwaard (2007)	0.6
Depression	Lange (2004)	1.1
Panic disorder	Lange (2007)	0.8
Interapy		0.9

PTS: Effect sizes

Study	<i>N</i>	Intrusion <i>d</i>	Avoidance <i>d</i>	Depression <i>d</i>	Anxiety <i>d</i>
Lange et al. (2001)	25	1.09	0.93	1.19	0.54
Lange et al. (2003)	101	1.32	1.07	1.30	0.86
Wagner et al. (2006)**	55	1.08	1.06	0.81	0.75
Knaevelsrud et al. (2007)**	96	1.00	0.67	0.58	0.70
Naturalistic (in prep)*	386	1.50	1.30	0.70	0.60

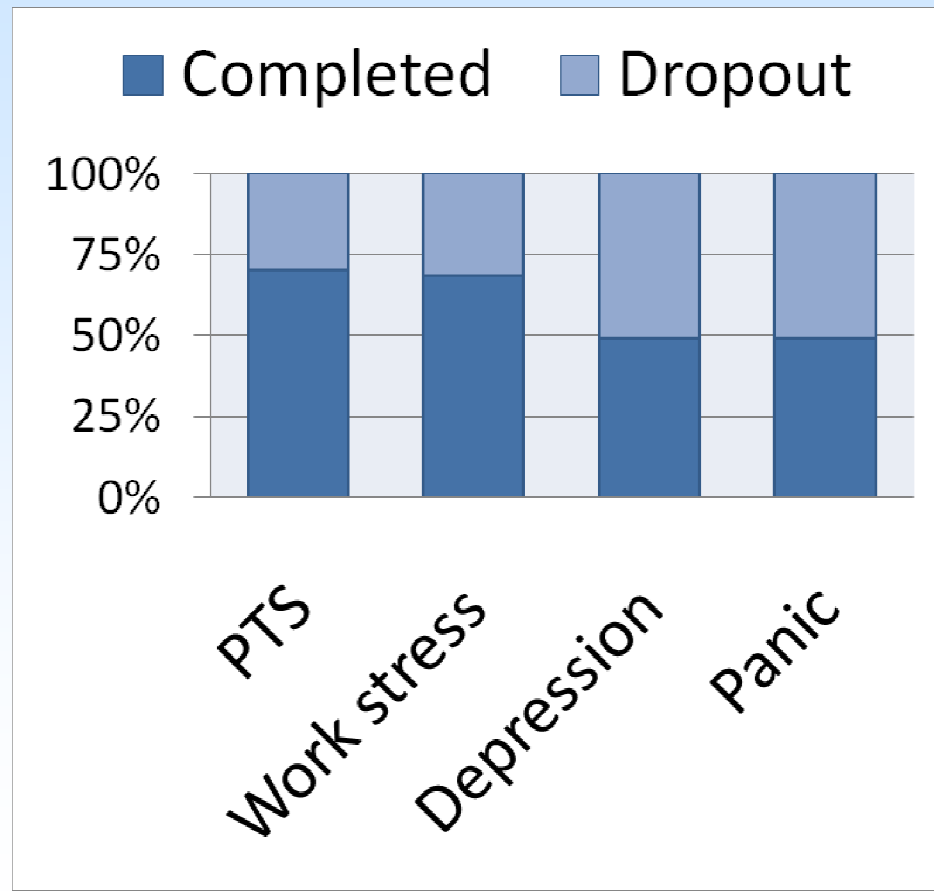
* uncontrolled effects; ** intention-to-treat analysis

Timeline

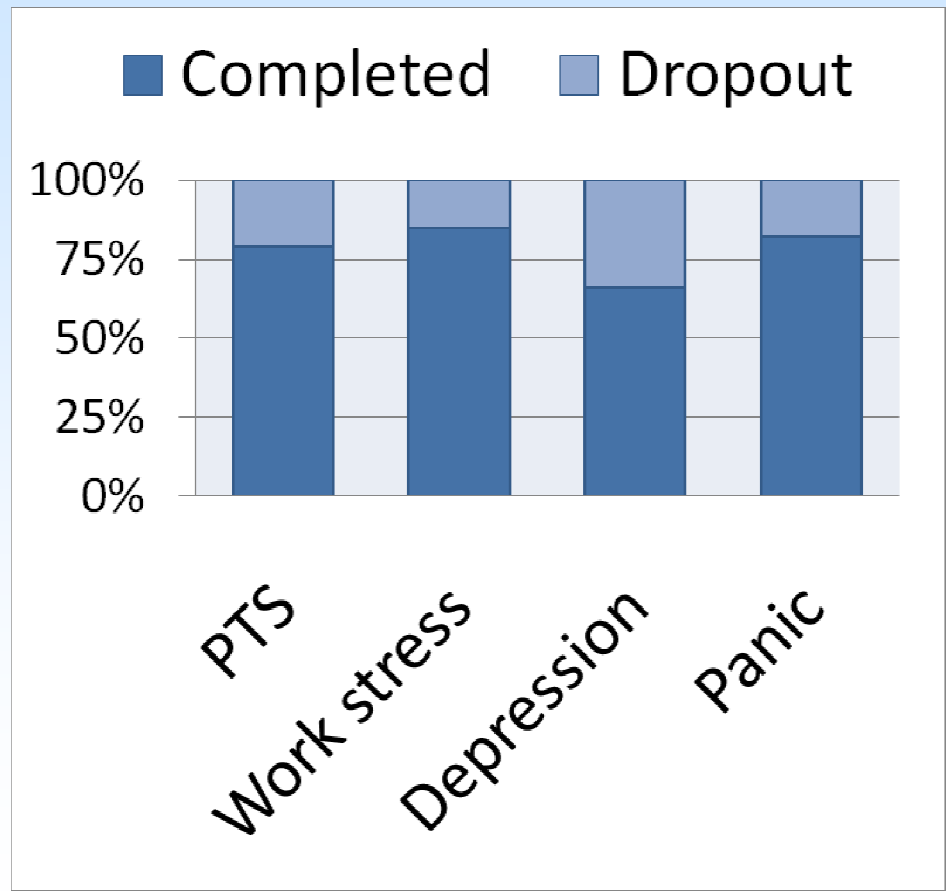


Dropout

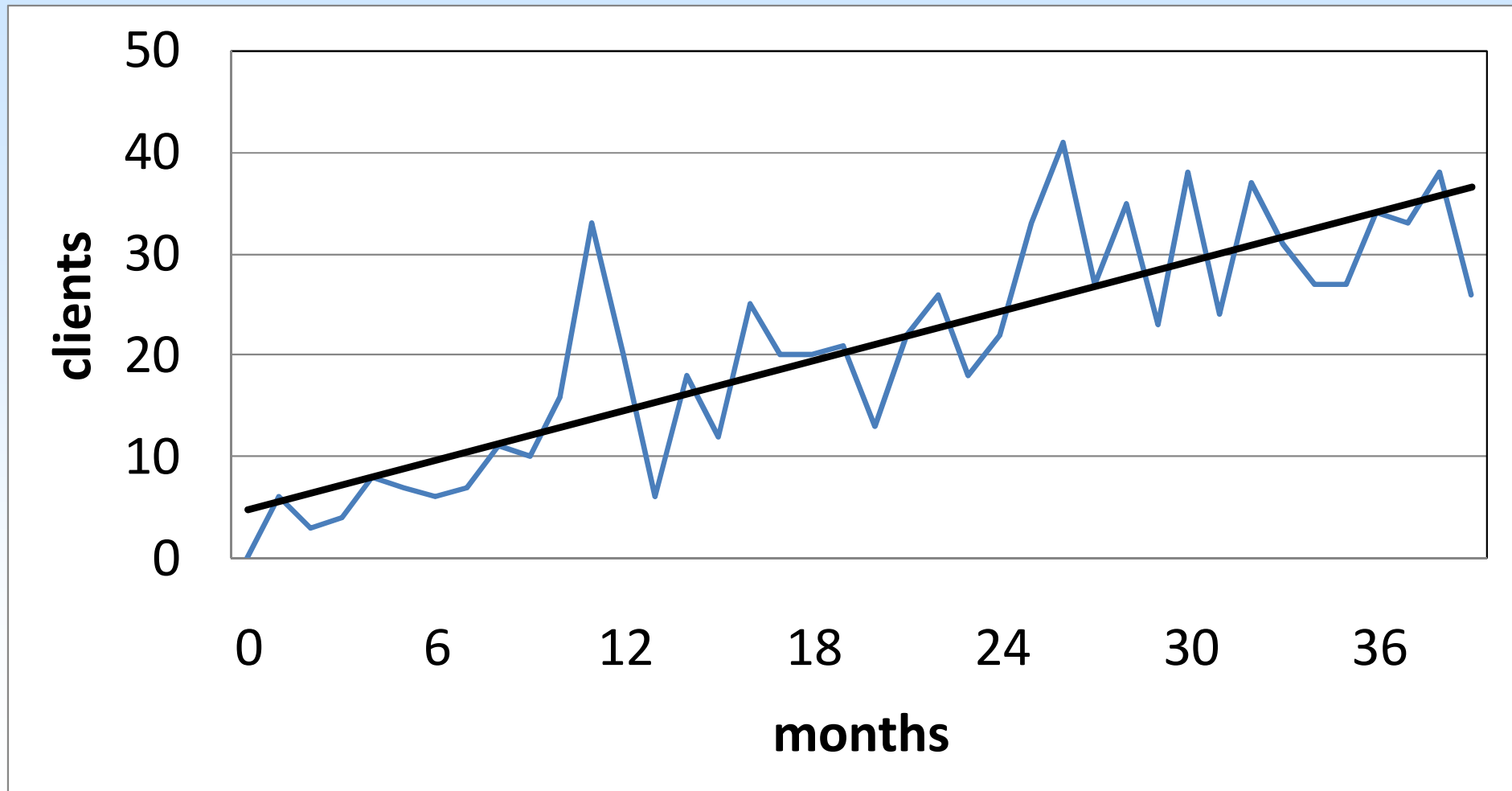
Screening



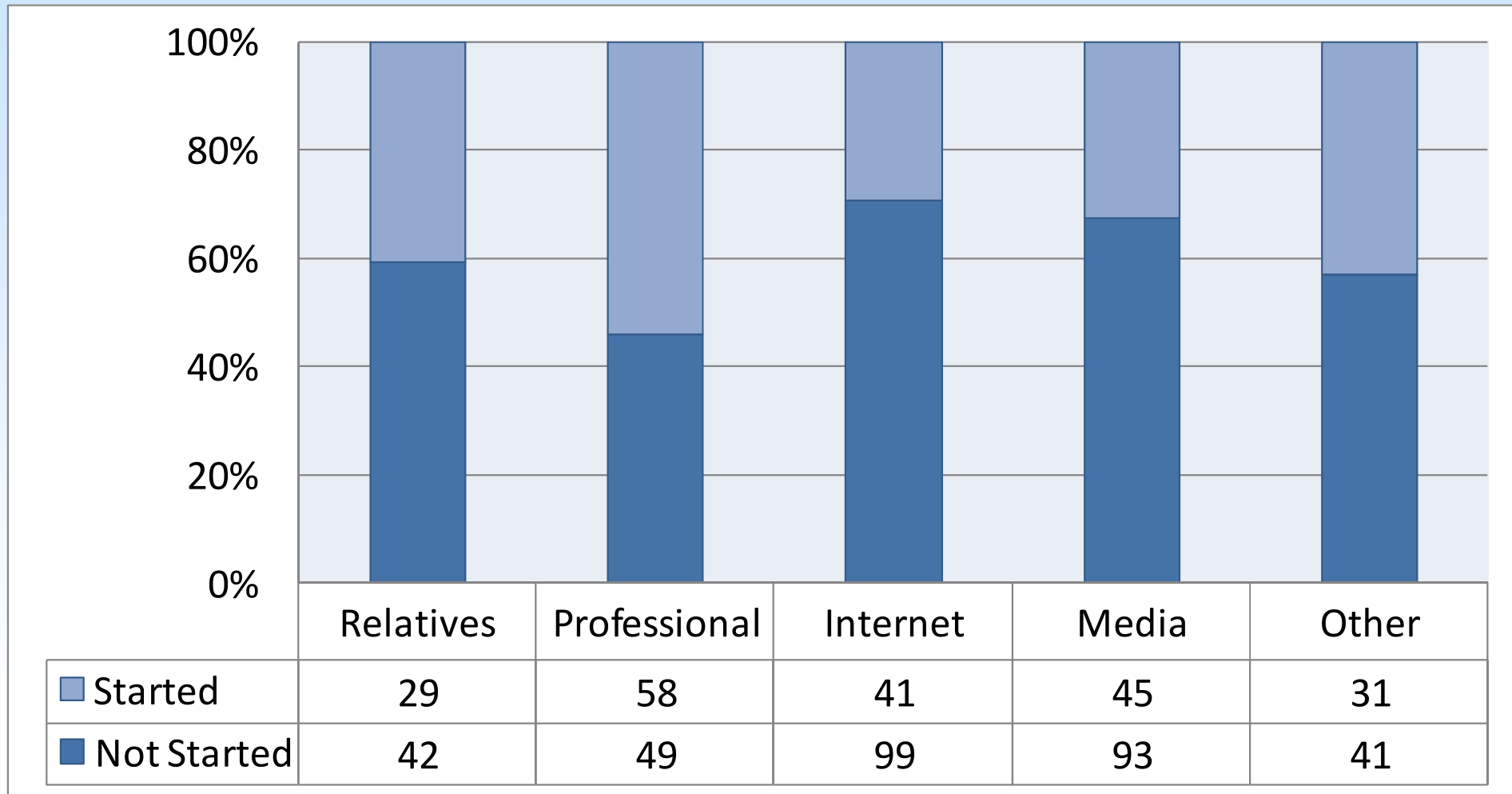
Treatment



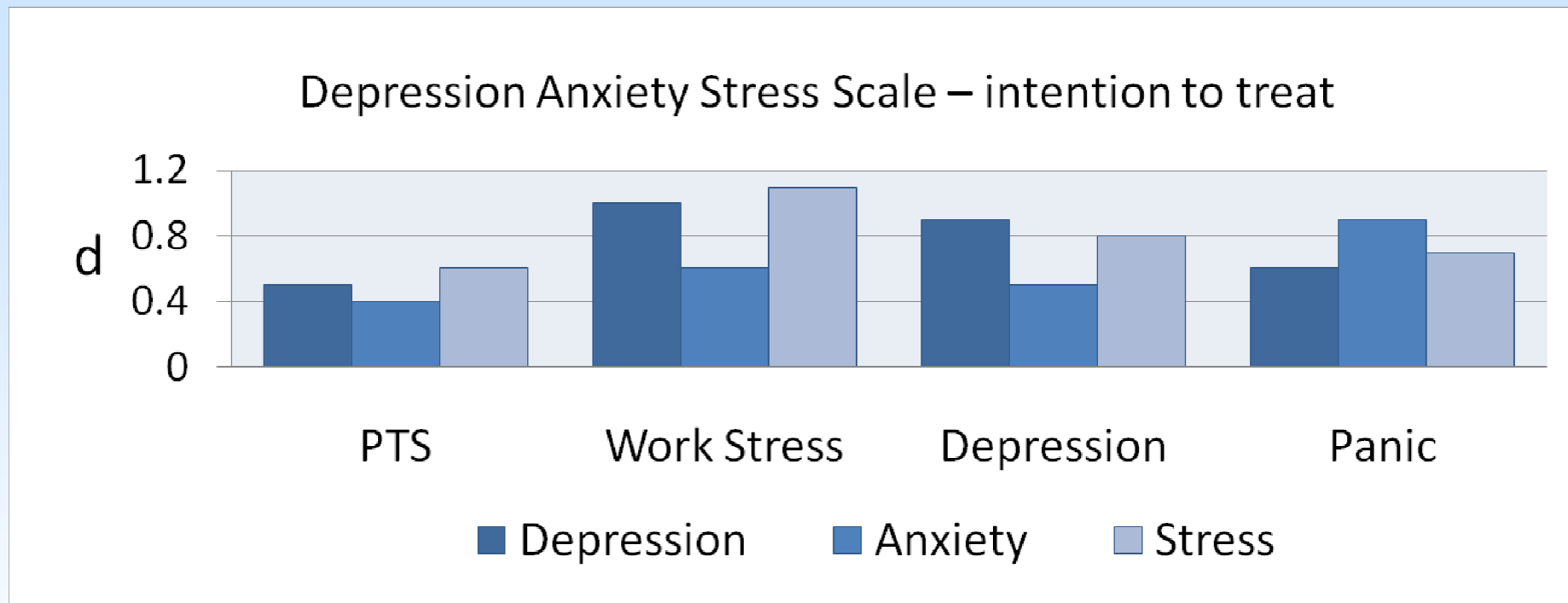
Each month more clients apply



Pretreatment dropout x route

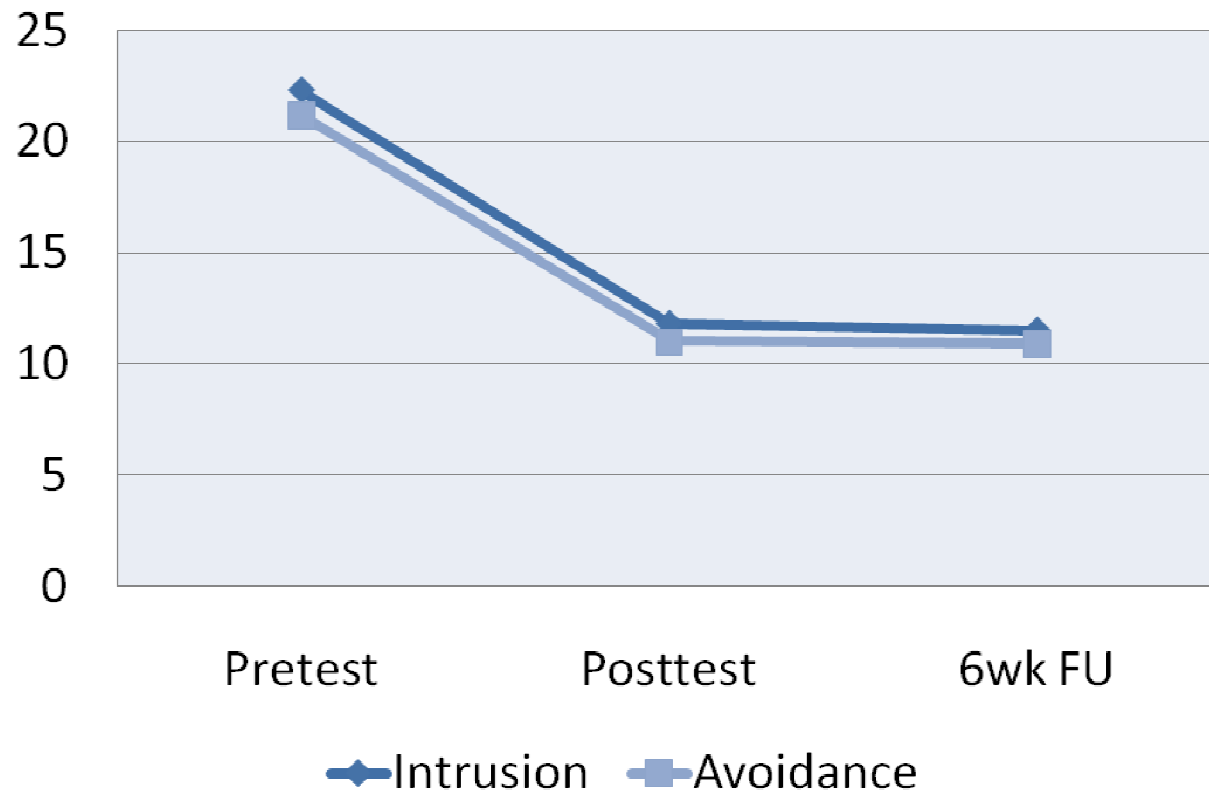


Δ Psychopathology



	Completers	Intention to treat
effect size d	1	.7

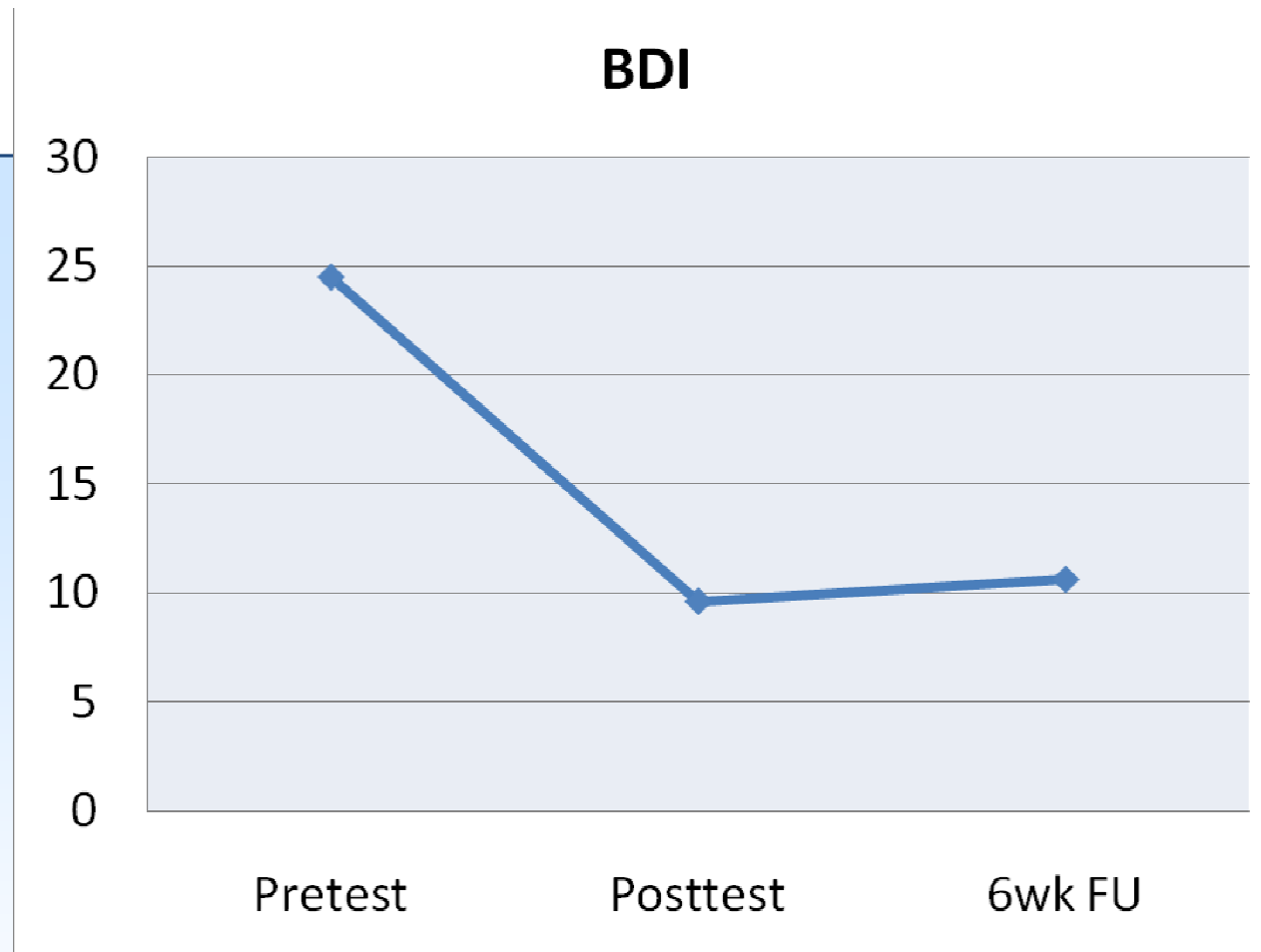
Impact of Event Scale



Core PTS symptoms reduced

Intrusion pre-post $d = 1.5$

Avoidance pre-post $d = 1.3$



Severity of depression reduced
pre-post $d = 1.9$

Reliable Change

Treatment	Measure	N	N Improved	% Improved
PTS	IES-R	302	195	65%
Work Stress	Dass stress	201	95	47%
Depression	Dass depr.	169	126	75%
Panic	PDSS-SR	59	30	51%
Interapy		731	446	60%