

HOW DO WOMEN WITH DEPRESSIVE SYMPTOMS USE AN ON-LINE SELF-HELP PROGRAM?

Ma. Asunción Lara,
Araceli Aguilar, Patricia Fuentes

Instituto Nacional de Psiquiatría Ramón de la Fuente (INPRF), Mexico

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Background

- www.ayudaparadepresion.org.mx
- (Helping with depression)
- Mainly addresses women
- Is based on a previously developed and assessed psycho-educational face-to-face intervention delivered to prevent depression in high-risk women (Lara et al., 2003^a, Lara et al., 2003b Lara et al., 2004) .
- It is multimodal and cognitive-behaviourally oriented.

- The program was **designed to reduce depressive symptoms** —with the aim of preventing depression in those at risk (and to reduce its severity in those already suffering from the disorder).
- It has been available since March 2009
- This is one of the first web-based intervention programs in **Spanish** for depression.

Aim

- To **document** how Mexican women respond to an on-line intervention for depression; site usage, women's characteristics, depressive symptoms, and subjective evaluation of the intervention.
- To describe what is unique about the site
- Could it be a useful resource for delivering a prevention/ low intensity treatment for Mexican women in the community?

Why for Women?

Depression: “some time in their lives”

□ **Women:**

Major depressive episode: 10.9%

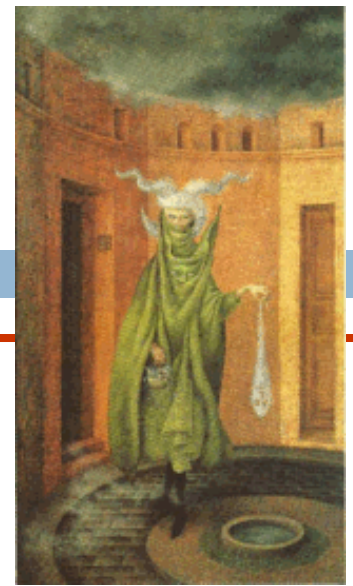
Minor depressive episode: 1.0%

□ **Men :**

Major depressive episode: 5.7%

Minor depressive episode: 1.1%

(Medina Mora et al. 2007; 2009)



How many get treatment?

Females: 11.6%
Males: 13.4

Women's social status & gender roles

The traditional passive, submissive role in women is still fairly prevalent in Mexico, where their social status and wellbeing continues to be low for many of them.



Women's depression is more often linked to difficult relationships, men's to work issues

This traditional role is associated with higher levels of depressive symptoms

(Allan y Gilbert, 1997; Lara, 1993)

Domestic Violence and CSA are Linked to Depression

Life prevalence violence rates from a National Survey

- Rape: 6.3%
- Sexual abuse: 9.3%
- Beaten up by partner: 10.7

Medina Mora et al., 2005

Childhood sexual abuse in pregnant women with depressive symptoms

- 31% experienced CSA before the age of 17
- 55% thought it had a very severe effect on them

Lara et al., Unpublished

CSA and domestic violence increase the risk of depression

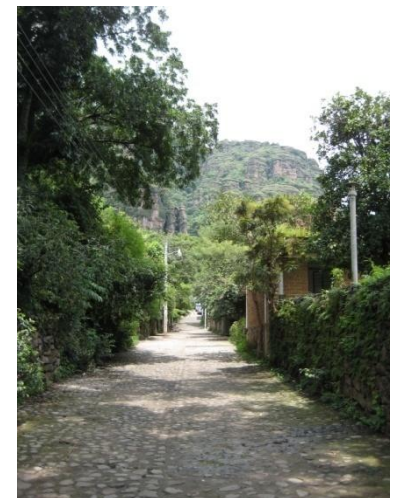
Mexico's population: 107 million

Internet availability

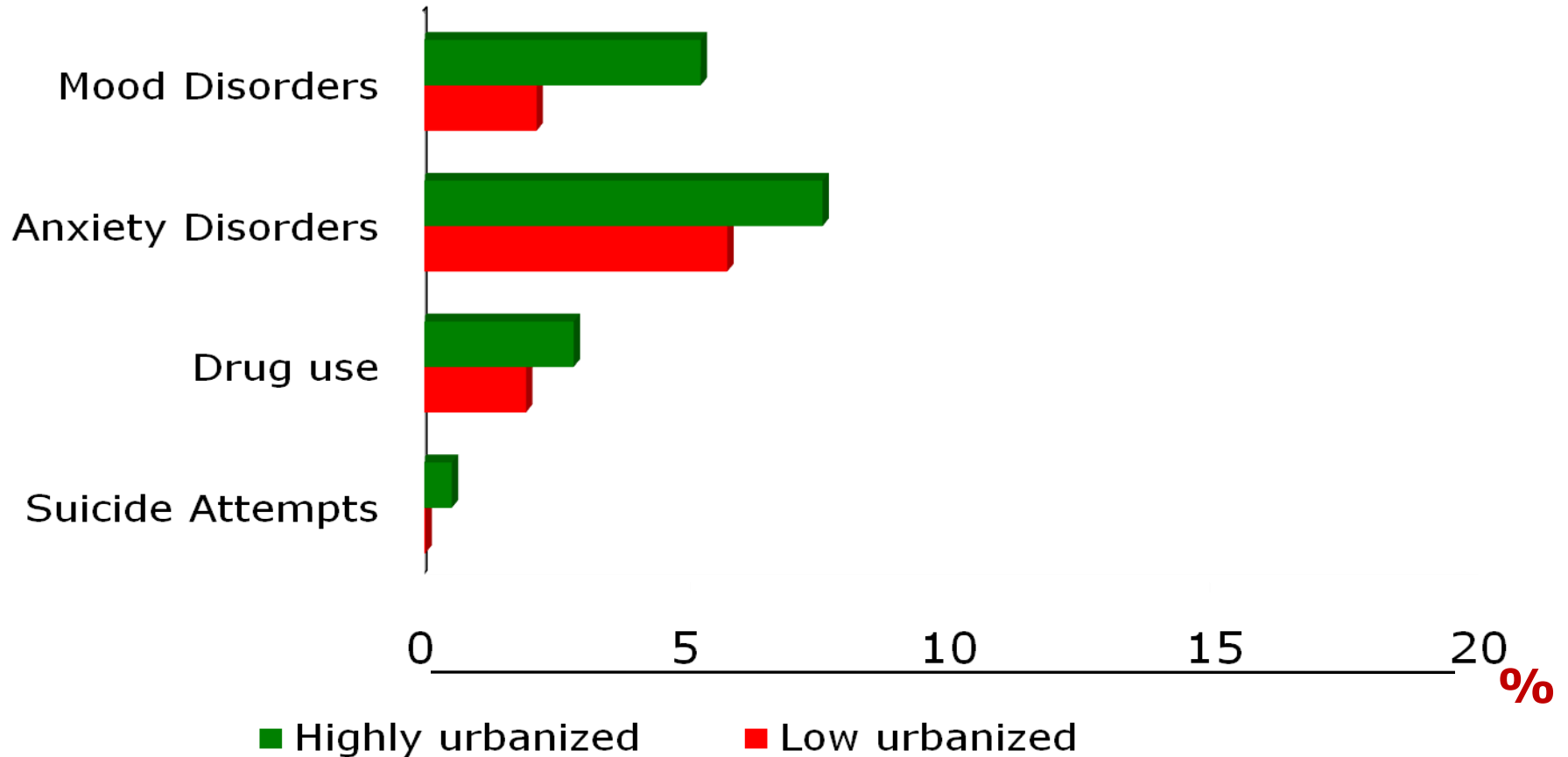


	f	%
Households with internet	7 million	25.7
Sex:		
Males		52.9
Females		47.1
Level of education:		
Primary		21.5
Secondary		22.5
High school		25.7
Higher education		30.2

INEGI, 2008



Twelve month prevalence of mental disorders and urbanization levels.





Ayuda para depresión dirigida a mujeres

Inicio

¿Es para ti este programa?

¿Qué puedes esperar?

¿En qué consiste?

¿Qué tipo de programa es?

¿Cuál es el Contenido?

¿Cual es la dinámica?

¿Quieres registrarte?

Nuevos usuarios

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



Usuarios Registrados

Usuario

Password

Recordarme ☐

Entrar



8. Rol de ama de casa

Módulo 5

- [1. Mujeres y depresión](#)
- [2. Aprender a ser mujer](#)
- [3. La adolescencia](#)
- [4. Relación de pareja](#)
- [5. Maternidad](#)
- [6. Depresión posparto](#)
- [7. Menopausia](#)
- [8. Rol de ama de casa](#)
- [9. Mujeres y trabajo](#)
- [10. Cuidadoras de otros](#)
- [11. Patrones de pensamiento](#)
- [12. Transforma pensamientos](#)
- [13. Refuerza pensamientos](#)
- [14. Resumen/Foro](#)
- [15. Chat](#)

Actividad 26: Como ama de casa me siento



Si eres ama de casa, realiza 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,
- ★ ¿hay pensamientos negativos que contribuyan a esto?
- ★ ¿Tu familia participa en las tareas del hogar? Si no,
- ★ ¿qué maneras de pensar impiden que te ayuden?
- ★ ¿Te das tiempo para otro tipo de actividades fuera del hogar que te sean agradables? Si no,
- ★ ¿hay pensamientos negativos que te impidan hacerlo?

Como ama de casa ¿qué piensas y sientes?

Abre mi cuaderno de trabajo

Ahora que hiciste tu ejercicio, te invitamos a

Continuar

Site description

M O D U L E S

- 1: Depression facts
- 2: How negative thoughts affect our mood & how to identify and change them.
- 3: Negative thought patterns learned from childhood and how to deal with them.
- 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 and Forums with other participants
- A personal workbook that records users' personal insights and experiences w/program
- Reminder e-mails to: a) those that don't log in for over a week and, b) two weeks after first reminder if they still don't log in (18% responded positively to them)

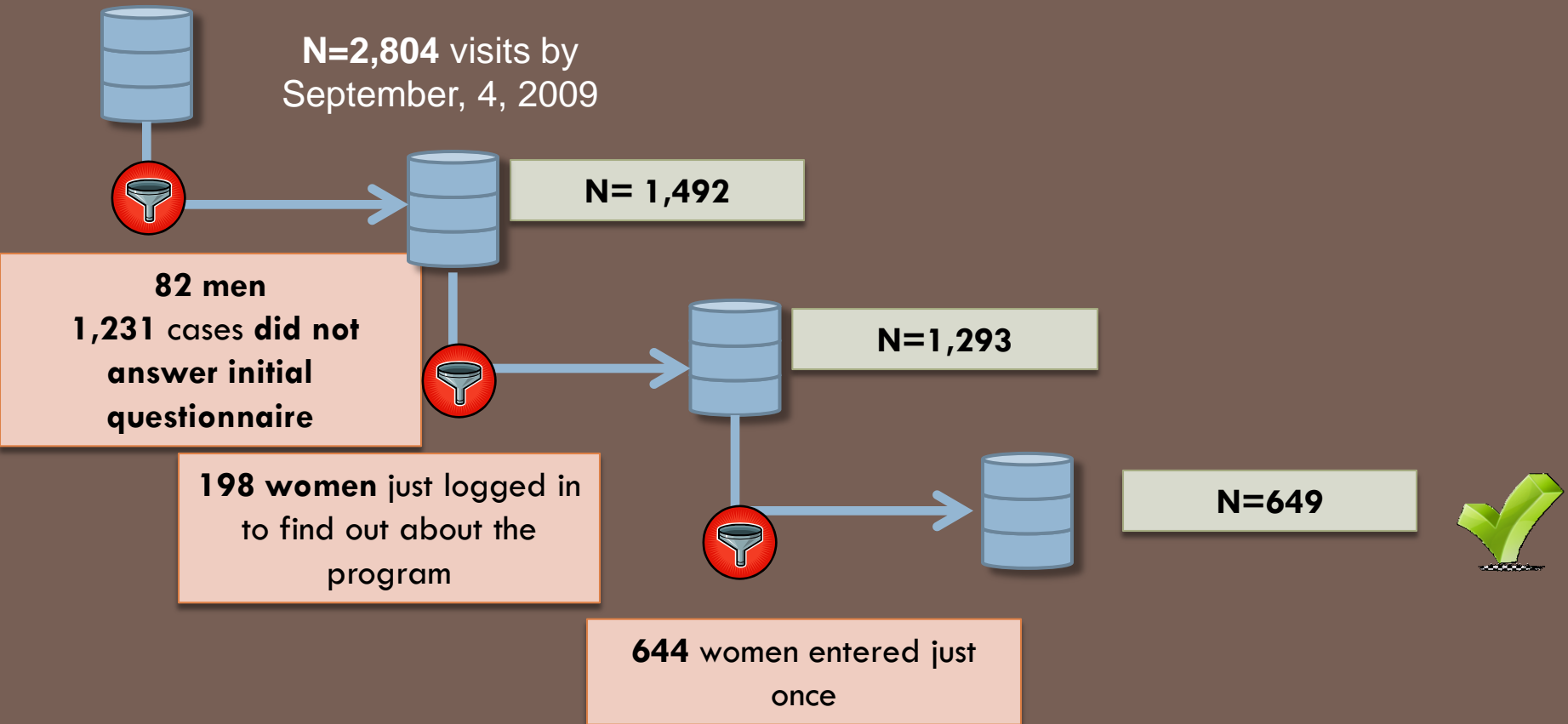
Method



Sample

- Data from all visitors were recorded over the first six months (March 4 – September 4, 2009).

Classification of Participants



Participants' profile (N=649)

	%
➤ Lived in Mexico	94
➤ Aged 18-50	92
➤ Without a partner	57
➤ With children	56
➤ With a paid job	74
Student	11
➤ >10 years of education	88
➤ Not under psychological/psychiatric treatment	58

Depression symptoms

	Start N=629 (%)	Middle N=64 (%)	End N=25 (%)
CES-D < 16	4.9	26.6	52.0
CES-D ≥ 16	8.4	41.3	8.0
CES-D ≥ 24	86.6	42.2	40.0

* CES-D mean comparison, initial - intermediate: $t=8.4$; $p<.000$

** CES-D mean comparison, initial - final : $t=4.01$; $p<.001$

Participation in Activities (N=649)

	%
Read forums	42
Wrote to forums	32
Used workbook*	83
Average modules reviewed**	X = 2.74 DS = 1.4

*Initial CESD predicted the use of work-book

** Age predicted number of modules visited

*** Could not predict Final CES-D from the use of the program or demographics

What goes on in the Forums

Exchange experiences and achievements, provide mutual support, ask, give advice and cheer themselves up.

Their depression

I have suffered depression since childhood, together with suicide attempts and constant malaise...

Causes of their depression

Inheritance: *In my case, both my father and my mother contributed certain features, not only in the way they raised me...*

Childhood: *I have been depressed since childhood, I had a neurotic mother...things got worse when I was a teenager...*

Partner: *I married a jealous, aggressive man who became an alcoholic...*

Gender: *There is a lot of pressure from the male sex for us to play the role of slaves...*

Forums

Feedback/advice

- The fact that you have assumed responsibility for yourself is very important...*
- Keep your spirits up, women! We have already won this battle!*
- ...I suggest you change therapist...*

Identification

I am surprised to see myself reflected in those at this forum.

Forums



Treatment

They share their therapeutic experiences, various kinds of psychotherapy, reading, courses, and organizations where they can get help.

Questions/requests

I am going through a very difficult time and I would urgently like to talk to someone with a very open mind...

Evaluation of program

I am really pleased this kind of programs exists on the Internet, since it is a tool to help you progress...

Forums

What I learned

Module 1:

-I was able to put a name to what I had been feeling...

Module 2:

...transform negative thoughts into positive ones and repeating that every day seemed a bit stupid to me initially. But I started doing it and it produced the desired effect for some time. Now thinking about it, it makes sense... if thinking negatively can depress us, why not the other way round?

Participants' evaluation of each module*

	Scale (1-5)
1. It helped me know what to do to lift my mood	3.9 – 4.6
2. Information was useful	4.0 – 4.7
3. Activities were useful	4.0 – 4.6

*They were introduced 3 months after the start of the program

Participants' final evaluation of the program (N=26)

Did it help you lift your mood?

	%
Yes	84.6
No	15.4

Did it have an influence on your problems or on the way you see your life?

	%
A lot	50.0
Some	30.7
A little	11.5
None	7.6

Conclusions

Profile

- ✓ Medium and high educational attainment
- ✓ Working women
- ✓ Most of them with a possible diagnosis of clinical depression
- ✓ High percentage in treatment

Effectiveness

- ✓ Results are consistent with a reduction in symptoms, but too few cases & no controls to conclude

Forums

- A third of the women actively participated in them, interchanged experiences and gave each other support. A very helpful tool.
- The information we get from forums indicates that women find the program useful and are pleased with it.
- What effect does participating in them have on depressive symptoms?

Participants' assessment

- They find the modules and the program as a whole useful, as information, practical activities and in improving their mood

- It is a feasible resource to deliver a prevention/ low intensity treatment to the general population
- With the data we obtain from the site, we cannot follow-up participants more closely, we need to improve the type of data we get.
- More effective ways to disseminate it.
- Need to find a means to get more participants to answer the initial questionnaire and intermediate assessments.
- Would some interaction/follow-up improve use of the program, maintaining high cost effectiveness?
- We have to move to next step: RCT to assess effectiveness.



□ Thank you