

INTERNET GUIDED SELF-HELP FOR TURKISH MIGRANTS IN THE NETHERLANDS WITH DEPRESSION

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THE NETHERLANDS

- 17 million citizens
- 20% minorities:
 - 1st & 2nd generation migrants
 - 55% non-Western
- Turkish population almost 400.000
- 60s, 70s: Guest workers



TURKISH MIGRANTS

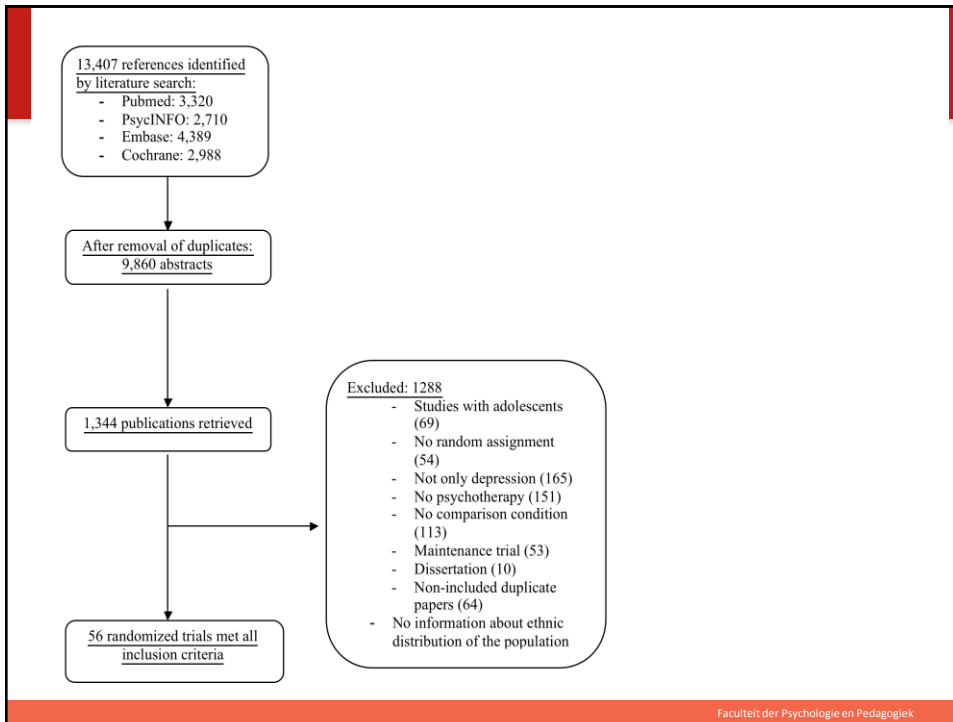
- 1/3 psychological complaints (de Wit et al., 2008)
 - Turkish women increased risk of depression
- Mental health care service uptake low
 - High threshold
 - Cultural barriers
 - Language

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Effectiveness of psychotherapy for depression for ethnic minorities (Unlu, B., Riper, H., van 't Hof E, Cuijpers, P. (submitted 2013))

- Little is known about the effectiveness of psychotherapy in ethnic minorities.
- Recent meta-analysis assessed the relative effects of psychotherapy in ethnic minorities, by examining whether the proportion of ethnic minorities was a moderator of the effect size of psychotherapy.

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Effectiveness of psychotherapy for depression for ethnic minorities (Unlu, B., Riper, H., van 't Hof E, Cuijpers, P. (submitted 2013))

	N_{comp}	g	95% CI	I^2_b	NNT	Point estimate	of slope 95% CI	Z	p
All studies	77	0.50	0.41 - 0.58***	61.64***	3.62				
Outliers removed ^d	66	0.46	0.39 - 0.53***	29.96*	3.91				
HAM-D only	30	0.66	0.48 - 0.85***	72.11***	2.78				
BDI only	32	0.73	0.60 - 0.87***	47.61**	2.54				
<i>Subgroup analyses</i>									
All ethnic minorities						-0.00	-0.00 - 0.00	-1.65	0.099
0 - 24.9%	57	0.49	0.40 - 0.59***	59.97***	3.68				
25 - 49.9%	11	0.41	0.28 - 0.55***	9.05	4.39				
≥ 50%	9	0.56	0.19 - 0.93**	82.67***	3.25				

Results show that psychotherapy is equally effective in ethnic minorities as in native populations (moderate effect).

E-MENTAL HEALTH

- Online interventions *Alles Onder Controle (AOC)* effective reducing depressive symptoms (van Straten e.a. 2008, Warmerdam e.a. 2010)
 - Effective among native Dutch
 - But:- no migrants reached and recruited
- 80% Turkish population online
- Adaptation of AOC
- Little known effectiveness

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“EVERYTHING UNDER CONTROL”

- Problem-solving Therapy
- Self-help with online guidance by coach
- 5 Lessons = 5 Weeks
- Core: regain control over problems and life in a structured way

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CULTURAL ADAPTATION

- Cultural sensitivity in:
 - Language
 - Presentation of psychological problems
- Culture-specific cases and problems
- Examples of persons with similar problems
- Two websites: Dutch & Turkish language
 - www.allesondercontroletr.net
 - www.herseykontrolaltinda.net

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SCREENSHOT “ALLES ONDER CONTROLE TR”

The screenshot shows the website 'Alles onder controle TR' with the subtitle 'praktisch je problemen en zorgen overwinnen'. The top navigation bar includes 'afmelden Burcin Unlu', 'print', and 'veelgestelde vragen'. Below the navigation bar, there are links for 'lessen', 'werkboek', 'berichten (0)', and 'cursusbeheer'. The main content area features a large orange banner with 'les 1' and a logo for 'vrije Universiteit amsterdam'. Below the banner, there are links for 'vooraf', 'les 1', 'les 2', 'les 3', 'les 4', 'les 5', and 'tot slot'. There are also links for 'uitleg', 'voorbeelden', and 'opdrachten'. At the bottom of the banner, there is a link for 'wat vind ik echt belangrijk? | zorgen en problemen | wel of niet oplosbaar?'.



Zorgen en problemen

Angst of somber zijn zorgen voor veel vervelende gedachten. Je kunt dan niet meer aan iets anders denken. En daardoor voel je je vaak nog meer somber.

Maar waar pieker je dan over?

Deze week schrijf je alles op wat je dwars zit of waar je je zorgen over maakt. Je mag alles opschrijven wat je kunt bedenken. Groot of klein probleem, dat maakt niet uit. Neem iedere dag 10 minuten de tijd om de lijst te aan te vullen.

Ga verder met [wel of niet oplosbaar >>](#)

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FEASIBILITY PILOT RANDOMIZED CONTROLLED TRIAL

- Inclusion:
 - Depressive symptoms: CES-D \geq 16
 - 18 years / older, Turkish background
 - Access to PC/E-mail
- Exclusion: suicidality (MINI > low risk)
- Experimental group: direct access
- Control group: 4 months wait list
- N = 96

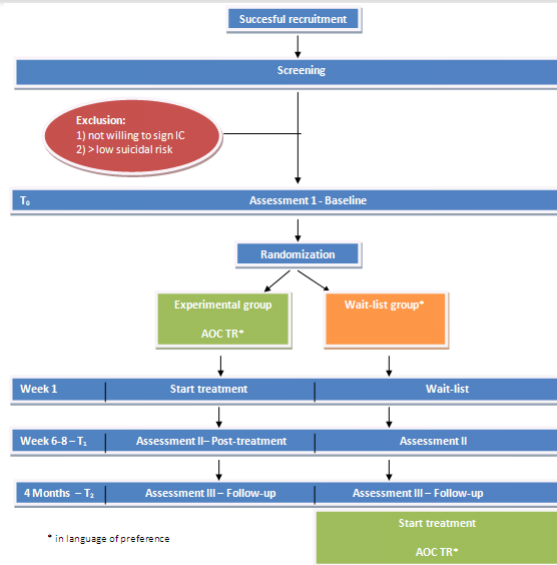
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INSTRUMENTS

- **Depressive symptoms:**
 - CES-D (Center for Epidemiologic Depression Scale)
- Symptoms of **anxiety:**
 - HADS (Anxiety Scale of the Hospital Anxiety and Depression Scale)
- **Somatic symptoms:**
 - SCL-90-R (Somatization subscale of the Symptom Checklist-90-Revised)
- **Acculturation:**
 - LAS (Lowlands Acculturation Scale)
- **Quality of life:**
 - EQ5D (EuroQol Questionnaire)
- **Satisfaction:** 5 questions about intervention

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RESEARCH PROCEDURE



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RECRUITMENT

- Newspaper / Magazines / Brochures
- Twitter
- Turkish Forum / Online Platforms
- Clinics / Mental health care
- Facebook!!!!!!!

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RESULTS

- 221 applicants in total:
 - 125 excluded
 - 16 < 16 CESD
 - 64 suicidal ideations/plans
 - 39 no informed consent
 - 6 declined to participate
 - Randomization: 49 intervention group
47 control group

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PARTICIPANTS

- Mean age: 35.2 (SD=9.3)
- 61.5% (n=59) women
- 90.6% (n=87) born in Turkey
- 88.5% (n=85) preferred the Turkish language
- 78.1% recruited by facebook

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ATTRITION

- n=40 (41.7%) did not complete the post-test
- n=59 (61.5%) did not complete follow-up
- Reasons high attrition unknown
- Post-test: no differences in attrition rates
- Follow-up: the experimental group had a higher attrition rate than the control group ($\chi^2(1) = 6.1, p = .01$).

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STUDY OUTCOMES

- Pre-test: no differences
- Post-test:
 - **Itt:** experimental group less depressive complaints than control group (Cohen's $d=0.35$; $p = .05$ / $p=.06$ MI)
 - **Completers only (n= 54):** experimental group less depressive complaints than control group (Cohen's $d=0.72$; $p < .01$)

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STUDY OUTCOMES

- **Clinically significant change:**
 - Higher improvement and recovery rates in experimental group (24.9%) than control group (5.7%; $p = .01$)

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DISCUSSION

- Guided self-help on the Internet is an effective treatment
- Internet is an innovative way to reach and treat ethnic minorities
- Treatment in ethnic language is important
- More attention to high attrition rates
- More attention for effective psychotherapy among ethnic minorities

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QUESTIONS

Thank you for your attention