

Towards an integrated system of Internet-based self-help modules for common mental disorders

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Overview

- Background: common mental disorders
- A programme to develop a comprehensive system for Internet-based self-help
- Overview of current projects
- Conclusions

Mental disorders

	Last year	Ever
<u>Common mental disorders</u>	<u>19%</u>	<u>37%</u>
Depressive disorder	7.6%	19.0%
Anxiety disorder	12.4%	19.3%
Alcohol related disorder	8.9%	18.7%
<u>Other mental disorders</u>		
Anorexia nervosa	1%	0.7%
Bipolar disorder	1.1%	1.8%
Schizophrenia	0.2%	0.4%

Costs of common mental disorders

Disorder	Per capita costs €	Costs prevalence mln. €	Costs incidence mln. €
Any disorder	3,200	669	262
Mood disorder	5,009	311	105
Anxiety disorder	3,587	405	95
Alcohol-related	1,431	109	22

Smit et al., 2006

Background: common mental disorders

- 3 of the 6 disorders with highest burden of disease are common mental disorders
- Huge economic costs
- Current treatments for depression reduce burden of disease with 10-20%
- Most gains possible in milder disorders
- Maximum of current treatments: 50% reduction
- 'Simple' treatments for milder disorders, and preventive treatments for subclinical disorders
- Internet interventions!

Towards a comprehensive system

- Guided self-help for common mental disorders
- Collaborative project of Vrije Universiteit and Trimbos Institute
- Two principles:
 - Stepped care
 - Integrated
- Stepwise development:
 - Each module tested separately

Online Mental Health Stepped Care

information

tailor made advice

question & answer

peer to peer

self help & self help+

treatment choice

brief interventions

treatment

condition management

care support

← Prevention ——— Treatment ——— Care →

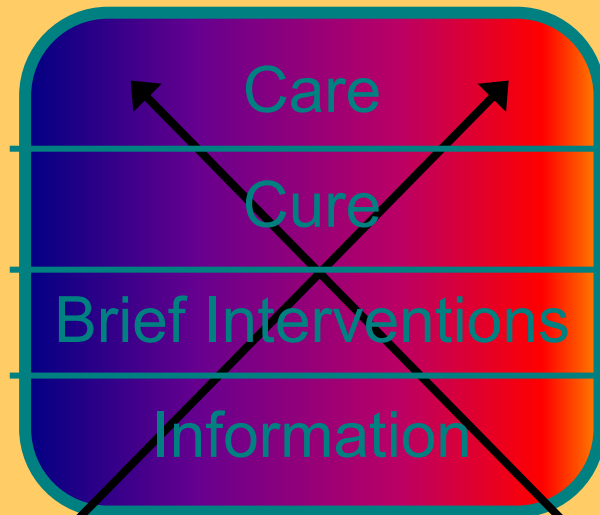
Integrated Stepped Care

regular

integrated

internet

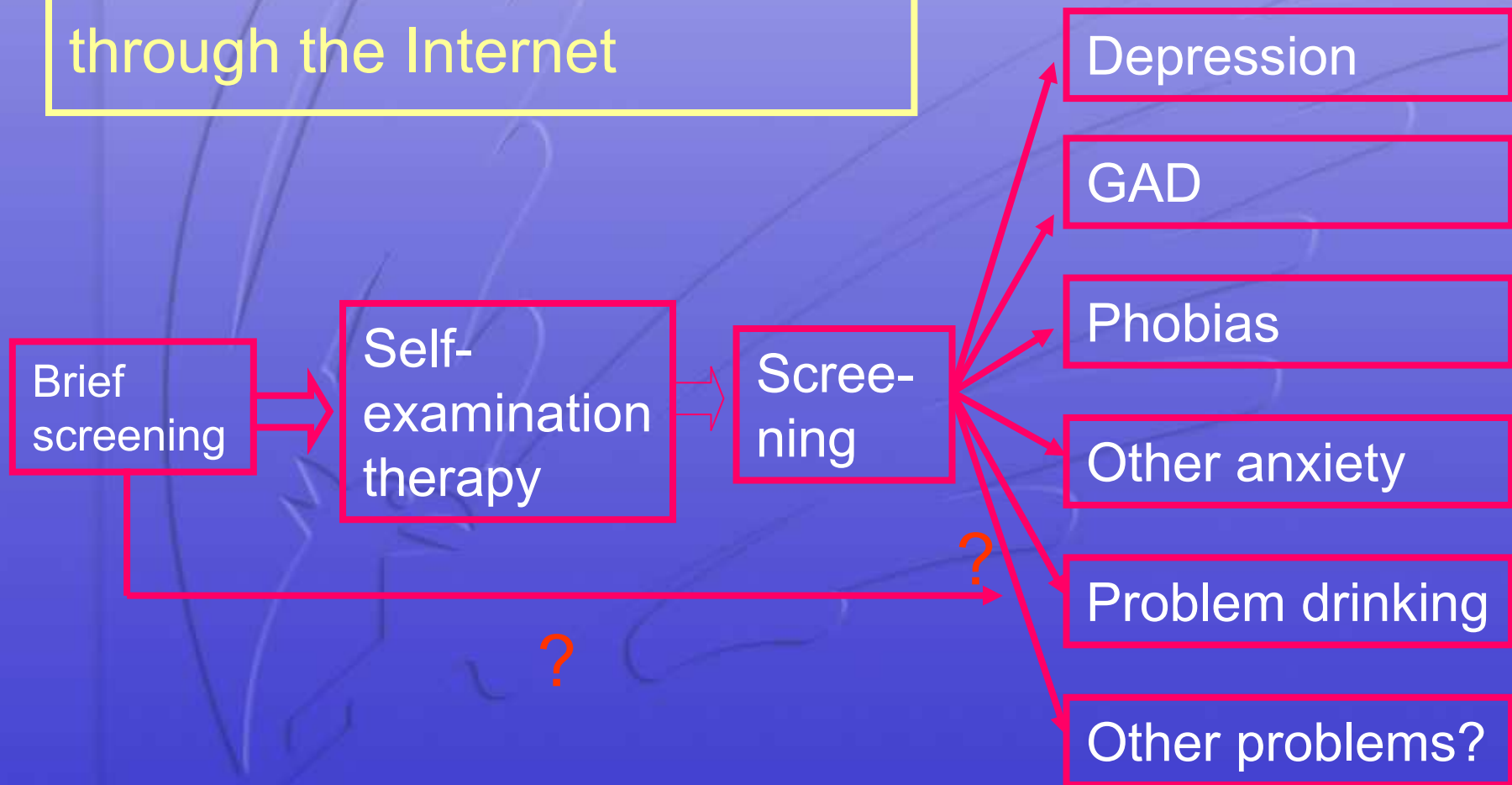
communication channels:
face-to-face,
telephone, TV,
print



communication channels:
synchronous / a
synchronous, chat,
voice / video,
interactive TV, forum,
E-mail, SMS, PDA,
website



Stepped-care guided self-help for common mental disorders through the Internet



Modules

- Available
 - Self-examination therapy (VU)
 - CBT for depression (Trimbos)
 - Problem drinking (Trimbos)
- Now developing:
 - Panic/phobias
 - Other anxiety disorders
- Maybe: other mental health problems (worrying; sleep problems; self-esteem)

Overview of current projects

- 3 RCTs on the effects of Internet-CBT for depression: adults and elderly
- Problem drinking (Heleen Riper)
- RCT on self-examination therapy (Annemieke van Straten)
- Internet-based CBT for phobias in mental health care
- Internet-CIDI
- Screening system: new PhD student

Internet CIDI

- Internet offers new possibilities for reducing length / skipping
- Is it possible to do a diagnostic Interview?
- Three approaches:
 - Listening to 100 tapes with CIDI interviews
 - Manual of the CIDI
 - Other questionnaires
- Result: an “Internet CIDI”
- Validation study in Autumn 2006

Towards a screening system

- PhD student (Pim Cuijpers, Isaac Marks)
- Basic system is available (Marks, Gega, 2005)
- No diagnoses, but clinically relevant symptoms
- Comparison of screening system to:
 - Set of self-report instruments
 - Diagnostic interview (150 subjects)

Conclusions

- Several problems:
 - Too big?
 - Finances
 - Stepped care?
 - Only mood, anxiety, substance use or also other problems?
 - Etc.
- But, the result will have many advantages!