

First International

# E-Mental Health Summit 2009

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## E mental health in primary care

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Duin

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# Color your Life

## Online self-help

For people with mild depression

- 8 lessons – 30 min
- information, short films homework

- Reduce negative thoughts
- Joyful activities
- learn to think positive
- To be more assertive

- Adults from 18 year
- Cognitive Therapy



# Purpose of the project

- To investigate future opportunities for implementation of Colour Your Life in primary care
- To present factors influencing the implementation
- To provide helpful recommendations for the implementation of e-health in primary care



## Methods

- First: Survey among 400 professionals in the Dutch primary care
- Secondly: Two pilot sites, followed by Process Evaluation



## Results of the survey

- Response rate 23%

### **Expected benefits caregivers**

- Alternative for medication 53%
- First step intervention 70%
- Alternative for waiting lists 56%



# Expected benefits for clients

- Effect of the intervention are not depended on 'click' therapist
- Empowerment clients
- Anonymity
- Easier to involve partners at home
- Easier to combine with a job or daily activities



# Results pilots Drivers

- People with mild depression
- GP's: Alternative First step intervention
- Therapist: People on waiting lists
- Therapist & Nurses: Combination with face-to-face sessions, People can do it on there own time



## Results pilots barriers

- GP's: Indication, lack of time and routine
- Therapists: No face-to-face contact, loss of income
- Nurses and therapists: Feels like sending people away
- Nurses: Too much multi problems



# Recommendations

- Focus on: Getting used on help on a distance, change of culture
- Indication criteria for this First step intervention
- Regular financing
- Training on the job
- Different versions of Color Your Life (email support and modules)



# Thank you for your attention

