

RESEARCH PROTOCOL FOR A BELGIAN, TRANSREGIONAL IMPLEMENTATION STUDY  
USING MOODBUSTERLore Van den Broeck<sup>1, 2</sup>, Bert Bonroy<sup>3</sup>, Fran Timmers<sup>2</sup>, Karolien Baldewijns<sup>3</sup>, Jan Houben<sup>2</sup> & Tom Van Daele<sup>1</sup>

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## BACKGROUND

- Depression is one of the most prevalent mental disorders, with significant social and economic consequences.
  - Limiting its ever-growing impact is considered one of the **biggest challenges** in mental healthcare.
- Innovative and evidence-based e-mental health applications can provide a substantial contribution to make conventional treatment more accessible and affordable.
- Despite widespread general use, we see a very **limited uptake** in mental health care.
- As implementation of e-mental health is influenced by many factors, we aim to **gain insight in factors that promoting or hindering large-scale implementation.**

## IMPLEMENTATION APPROACH

- Targeting 3 Belgian regions
  - Flanders
  - Wallonia
  - Brussels-Capital Region
- Eligible **organizations**
  - Psychiatric units in general hospitals
  - Psychiatric hospitals
- A select number of qualified **MHC professionals** can use it as an addition to treatment as usual for their respective **patients** with depression
- The main outcome measure in this study is **implementation success**, defined as a combination of reach, acceptability, usability and sustainability (not the intention to evaluate clinical effectiveness)
- Pragmatic focus: Limiting efforts related to actual research for organizations & professionals
- Registering **as much information as possible** to obtain a deeper understanding of their grounds for refusal or agreement to participate
  - Non-response/refusal (why not – short questionnaire)
  - Participation (why – questionnaires & focus group interviews)



## MOODBUSTER PLATFORM

- Innovative e-mental health solution for **treatment of depression**
- Based on **CBT**
  - Target thoughts and behaviours that maintain depression through psycho-education, examples, exercises, monitoring and feedback
- Mobile phone app for **ecological momentary assessments**. Prompt patient for self-assessment of mood
- Developed in the EU ICT4Depression Project (EU FP7 project)
- Proven clinically effective in EU-funded E-Compared project
- Fully **compliant with GDPR**, highest standards of security
- Available in five languages (English, Dutch, German, Polish & French)
- 24/7 tech-support for study participants



## DISCUSSION

- We aim to implement Moodbuster, a modular web-based platform in 3 Belgian regions
- Using a mixed-methods approach: understanding of what the implementation project has achieved (**quantitative results**), and how or why these outcomes occurred (**qualitative results**) in order to
  - offer organizations, health care professionals & patients **experiences** with e-mental health
  - gain insight in **factors promoting/hindering** actual use in (Belgian) practice
  - find out possible **regional differences** in adoption of e-mental health

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