E-MENTAL HEALTH (RESEARCH): INSIGHTS INTO OPINIONS AND ATTITUDES OF MENTAL HEALTHCARE ORGANISATIONS IN FLANDERS

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BAPS 14/5/19

Depression as a disease of modernity: explanations for increasing prevalence

HEALTH • MENTAL HEALTH

There's a Startling Increase in Major Depression Among Teens in the U.S.

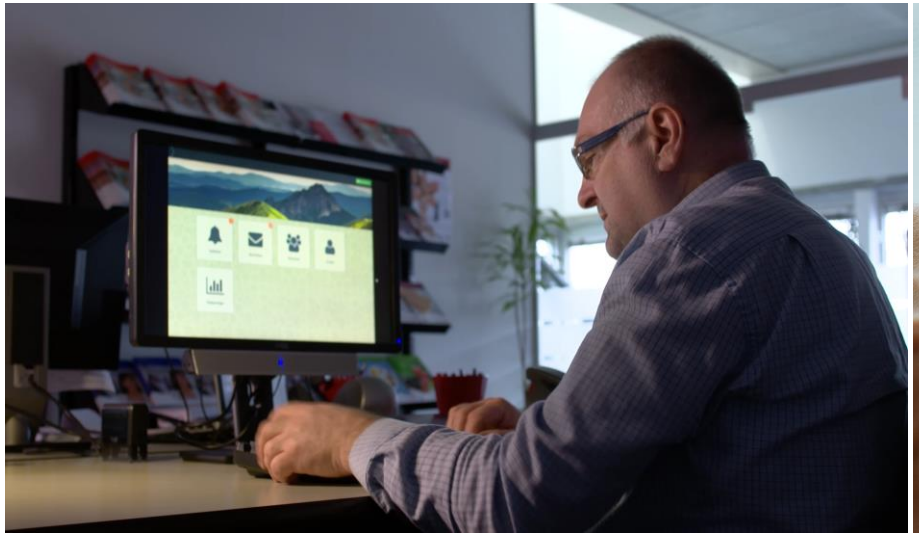
Depression: most common reason for long-term sick leave and disability

Mental disorders account for about 20% of the burden of disease in the European Region,

Depression: main contributor to mental health problems in Europe

One in seven people suffer from a severe mood disorder during their lives. Each year, about 7% of the population suffer from a major depression. This figure rises to over 25% if anxiety and lighter forms of depression are included.

E-MENTAL HEALTH



E-MENTAL HEALTH PROJECT

Goal:
Use technology to improve people's mental health

pulso
Passionate people, healthy organisations
Interreg North-West Europe eMEN
THOMAS MORE

97bpm
2107

+

97bpm
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FLEMISH IMPLEMENTATION STUDY

Implementation

e-mental health application for the treatment of depression

FLEMISH IMPLEMENTATION STUDY

Gain insight in the factors that facilitate or inhibit the use of e-mental health applications

FLEMISH IMPLEMENTATION STUDY

- Psychiatric hospitals and Psychiatric units in general hospitals (N=66)
- E-mental health application for treatment of depression
- In addition to treatment as usual
- Blended

MOODBUSTER
INSTELLINGEN
HELP
UITLOGGEN
HOME
MODULES
STEMMING
BERICHTEN
OEFENINGEN
AGENDA
U HEEFT 0 NIEUWE BERICHTEN
0
UW STEMMINGSGRAFIEK
BEKIJK UW OEFENINGEN
CONTACT UW BEHANDELAAR
GEEN HUIDIGE MODULE
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SAMSUNG
RATE YOUR MOOD
HOW ARE YOU FEELING?
8
SEND>

QUESTIONNAIRE ORGANISATIONS

- “Are you interested in using Moodbuster?”

- Socio-demographics
- Motivation for participation or non-participation
- Previous use of e-mental health applications
- Attitudes towards e-mental health applications

ATTITUDES EXAMPLE QUESTIONS

I am (not) interested in using Moodbuster because

- I believe such apps are useful
- I believe in the added value of such apps
- I believe patients would want to use this
- I believe professionals would want to use this
- I believe using these apps will take little effort
- I have sufficient time for this

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5-point Likert response scale
Complete disagree – completely agree

RESULTS SO FAR

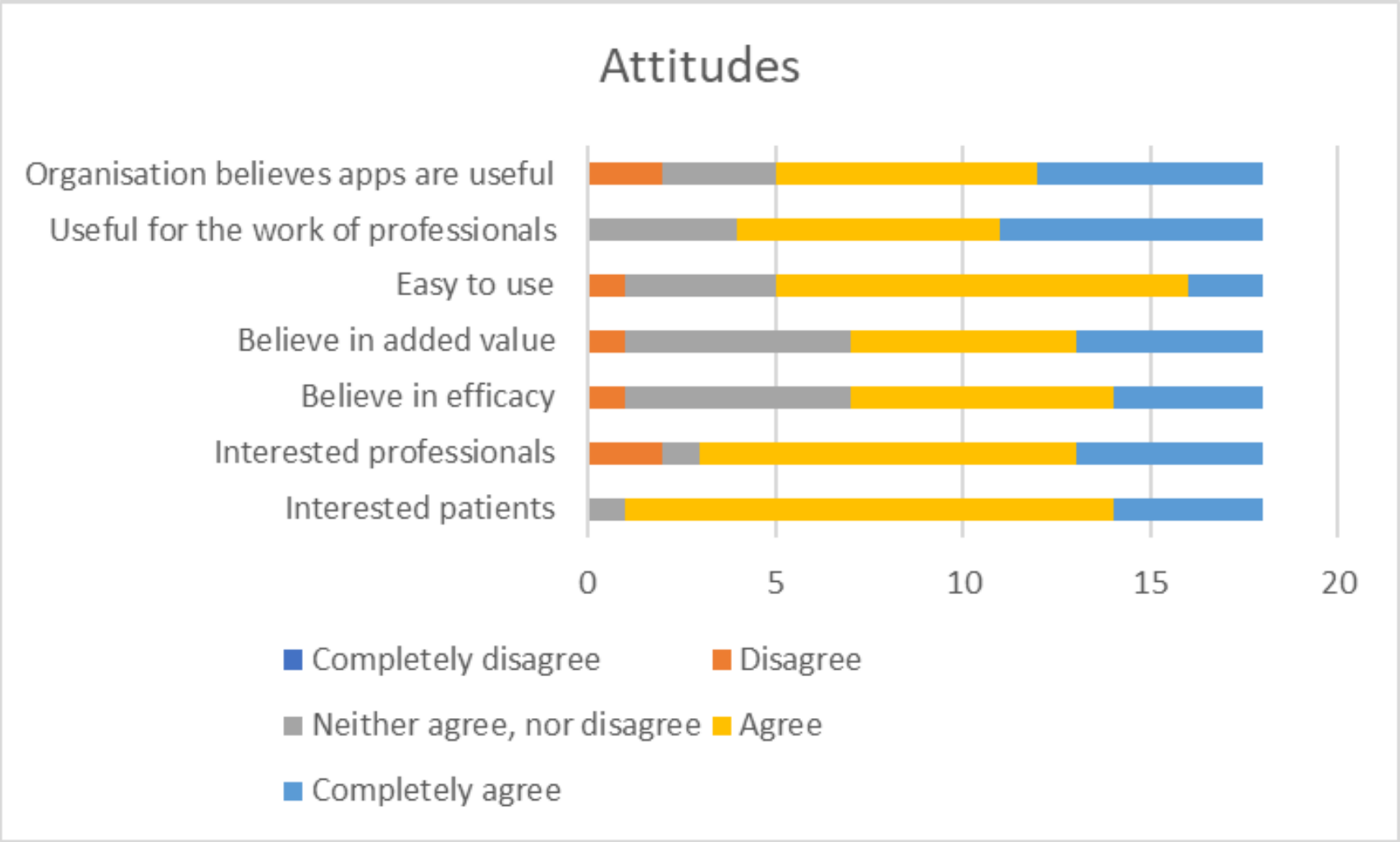
- 66 organisations contacted
- **20 completed questionnaires**
  - 18 interested – 2 non-interested
- **19 telephone answers**
  - 7 interested – 2 non-interested
  - 10 no time/reorganisation

QUESTIONNAIRE RESULTS

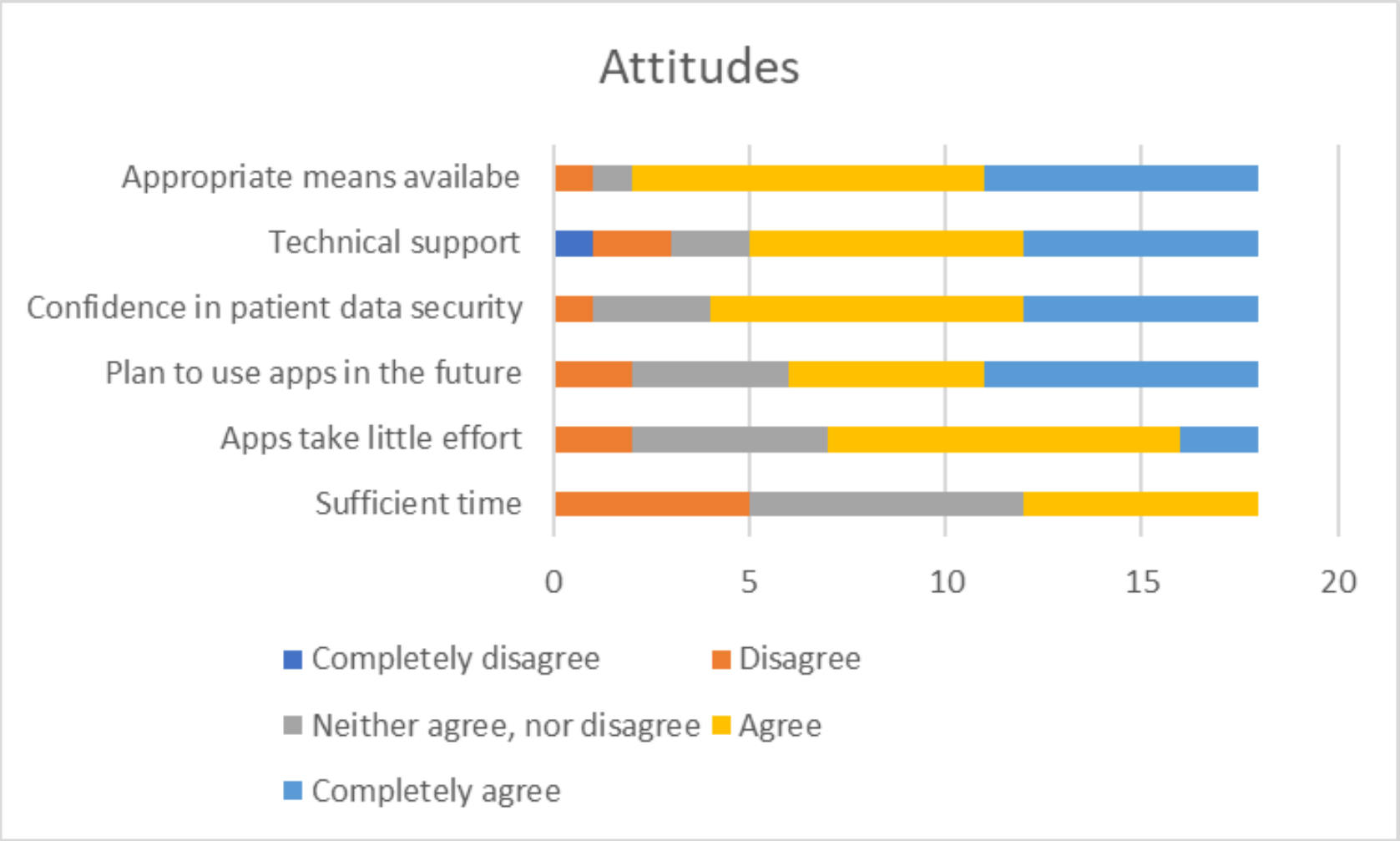
- 10/18 organisations have no previous experience with e-mental health

- Reasons interest in the study
  - Realize increasing importance of online help in future mental healthcare
  - Want to gain experience with e-mental health
  - Want to expand treatment possbilities
  - Continuity of care after residential care

QUESTIONNAIRE RESULTS



QUESTIONNAIRE RESULTS



CONCLUSIONS ORGANISATIONS

- Difficult process reaching all organisations (ongoing)
- So far 39 answers/66

- Relatively many interested organisations (25/66)
- Only 4 not interested
- Time issue (10/66)

FUTURE WORK: ACTUAL IMPLEMENTATION

- Actual implementation of Moodbuster in 4 organisations
- Patienst and professionals use Moodbuster

- Period September – December 2019

- Questionnaires and focus groups
- Gain insights in factors that facilitate or inhibit the use of e-mental health application in mental healthcare

Project lead
Oyono Vlijter (ARQ, Netherlands)

Partner countries
UK, Ireland, France, the Netherlands, Germany

Belgian partners

Thomas More TP
Thomas More Mobilab
Pulso

SLIDES AVAILABLE HERE! WWW.E-MENTALHEALTH.BE/BAPS

INTERESTED? QUESTIONS? CONTACT US!

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