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eMEN: unlocking the power of technology to improve Europe's mental health

a new strategy for more and better e-mental health

Product showcase

First: what is eMEN?

eMEN is an international e-mental health implementation project.

At the moment, Europe's main challenge in mental health care is the substantial increase in demand for services. This has increased social and economic costs for the society.
So, how do we keep mental health care affordable and accessible?

E-Mental health, focusing on prevention, faster treatment and relapse reduction, answers to that problem. But implementation on large scale has been proven problematic. eMEN is about to change that!

Why is eMEN different from any other e-health project?

eMEN understands the need for a multidisciplinary and international collaboration on all levels of the implementation process to make large scale implementation a success.

With six partner countries eMEN is promoting more affordable, effective and empowering mental health by operationalising a transnational cooperation platform for e-mental health product innovation, development, testing, implementation and exchange of implementation expertise. No more waiting lists, long diagnosis procedures and treatment where it can be avoided. But more prevention, self control, coaching and daily support.

The purpose of this eMEN showcase is to outline the selected e-health solutions for **depression, PTSD and anxiety**.

What e-health product will benefit your organization?

This showcase outlines the selected products of which we think have great potential, even greater benefits and low(er) costs if implemented well. That's where eMEN helps, guiding you towards successful implementation.

- **EMDapp:** EMDR 'game' therapy for people with PTSD
- **Mindwise:** Online therapy for Primary care anxiety and depression
- **MIRROR:** Selftest after experiencing a distressing event (PTSD)
- **Moodbuster:** Online treatment for people with depression
- **SAM app:** Selfhelp app for Anxiety Management
- **SAM screener:** Screener on possible PTSD-symptoms
- **Pesky gNATS:** Cognitive Behaviour Therapy game for children (depression)
- **STOPBLUES:** Depression / suicide prevention intervention for the general population
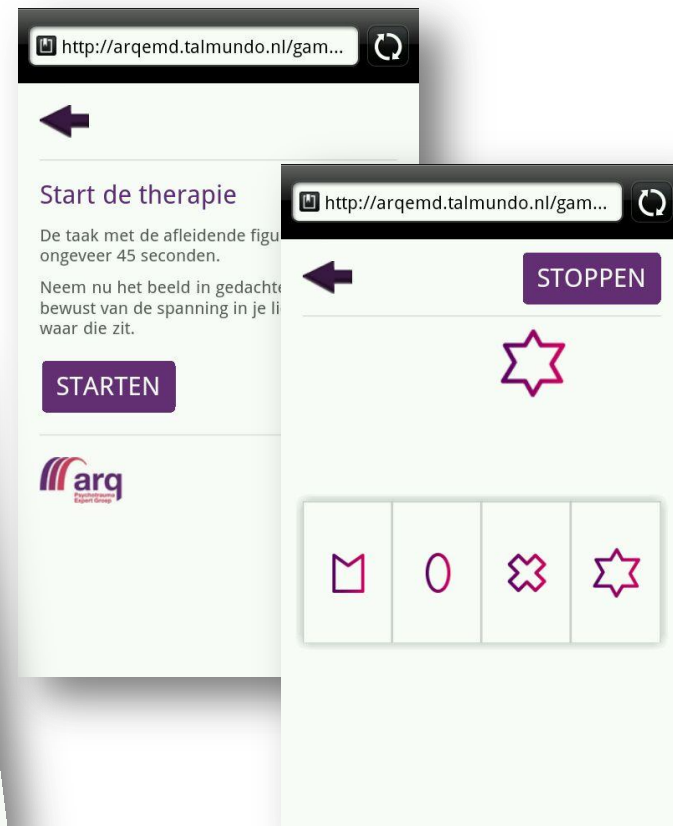
EMD app

EMD app

What is the EMD app?
With the EMD app patients can do a part of their EMDR treatment for posttraumatic stress disorder at home. Patients are asked to think about a traumatic memory, after which they perform a distracting task. Goal of this task is to select the right representation of the presented moving figure. Before and after this task patients are asked to fill in the 'stress thermometer'. It's a blended care app, so it is to be used with guidance of an EMDR therapist.

What's its purpose?
- The distracting task is performed until the stress level is decreased to a minimum. This app further follows all the important steps of the EMDR therapy.
- This app gives patients a more active role, while they perform part of their treatment at home. Therefore it can shorten therapy length per patient.

Who is the developer?
The application is developed by Arq.

http://arqemd.talmundo.nl/gam...

Geloofwaardigheidsthermom
eter
Terwijl je kijkt naar dat beeld in je hoofd, hoe geloofwaardig voelt de uitspraak "Ik kan het aan om naar het beeld te kijken" op een thermometer met 7 punten, waarbij 1 betekent 'volledig ongeloofwaardig' en 7 'volledig geloofwaardig'?

1 2 3 4 5 6 7

VERDER

arq

http://arqemd.talmundo.nl/gam...

Start de therapie
De taak met de afleidende figu
ongeveer 45 seconden.

Neem nu het beeld in gedachte
bewust van de spanning in je li
waar die zit.

STARTEN

arq

http://arqemd.talmundo.nl/gam...

STOPPEN

Who can benefit?
Patients with PTSD (when EMDR is recommended) can benefit from this EMDR app therapy

Benefits for patients and professionals
- Easy to understand/navigate/use
- Available 24/7
- Empowers user to take more control of their symptoms and thoughts
- Therapist training manual for the blended version is available

Characteristics
- This app gives patients a more active role, because they actively confront themselves with their stress-provoking memories at home. Therefore it can shorten therapy length per patient and decrease avoidance.
- It can be combined with other PTSD applications. For example in combination with the Support coach (PTSD coach) for aftercare when the EMDR therapy is completed.
- Customize options:
  - Adjustment to daily practice: it is possible to adjust the app, so it matches the specific use in the organization; e.g. logo, introduction texts, information about the organization and its treatments

Research and pilot process / possibilities

- Potential to use in every clinical practice where EMDR therapy is given.
- At this point a RCT is performed on the 1.0 version by Arq.

For the 2.0 version interesting questions can be:

- Do patients with PTSD perceive working with the app as useful?
- Can the app prevent drop out?
- Does working with the app result in faster symptom reduction?
- Is working with the app more effective than TAU in terms of more symptom reduction, e.g. a greater decrease in avoidance behavior?

The improvements made in the eMEN project include:

- Improving look and feel
- Response to end user feedback on version 1.0
- Add charts, so results can easily be viewed and interpreted by patients and professionals.
- Translation into different languages.

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arq
Psychotrauma
Expert Groep

I'm interested!
Available:
https://play.google.com/store/apps/details?id=org.arq.emd

For more details or sign up: Reina Fennema,
r.fennema@arq.org

What is Mindwise?
The Mindwise programmes for adults and adolescents are founded on CBT psychological models for the treatment of anxiety and depressive disorders. Both programmes are largely based on CBT interventions described in two key works:

- Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression.* New York: Guilford.
- Clark, D. A., & Beck, A. T. (2009). *Cognitive Therapy of Anxiety Disorders – Science and Practice.* Guilford Press: London.

The Mindwise programme for adolescents is also based on CBT practices and procedures that have been adapted to suit adolescents (Clarke & DeBar, 2010; Kendall & Peterman, 2015).

What is the purpose?
In both Mindwise programmes, clients learn skills for monitoring and modifying cognitions, behaviour, and affective states associated with anxiety and depressive disorders by completing computer-based tasks. All of the computer-based tasks derive from CBT programmes which have been shown in randomized controlled trials and meta-analyses of such trials to be clinically effective (Ebert et al., 2015; Spek et al., 2007).

Who can benefit?
Adults (18+ years) and adolescents with mild-to-moderate mental-health presentations in primary care.

Characteristics
- The Mindwise app is a web-based product built on Moodle, a free and open-source software learning management system for laptops, tablets and smartphones.
- It is easy to understand, navigate and use.
- Is available 24/7 on any web-based device.
- Is proven to be effective, safe and of consistent quality.
- It is updated regularly, based on users' feedback.
- It empowers users to take more control of their recovery.

Who is the developer?
Mindwise for Adults and Mindwise for Adolescents were designed and developed by the Health Service Executive (HSE) in Ireland over the past two years.

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Mindwise

2017 Primary Care roll-out plan for Mindwise for Adolescents.

- Key part of Stepped care service for teenagers
- Mindwise is a therapist-assisted on-line CBT app for use by service user between consultations.
- National roll-out across 9 Community Health Organisations (CHOs)
- Approval sought across regional research Ethics Committees
- 114 assistant psychologists (APs) recruited to support new service.
- Testing plans include: EU Guidelines on assessment of reliability of mobile health apps

Conclusion

- Mindwise for Adolescents is based on the successful pilot of Mindwise for Adults.
- The initial assessment will cover a period of two years (2017-2019)
- Mindwise programme launch in 2017; eMEN completed in 2019.

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Mindwise

I'm interested!
For more details: Shari McDaid;
smcdaid@mentalhealthreform.ie

MIRROR

Stichting Centrum'45 | Partner in arq Psychotrauma Expert Groep

What is MIRROR?
MIRROR is an online self test that can be taken after experiencing a distressing event and related complaints.

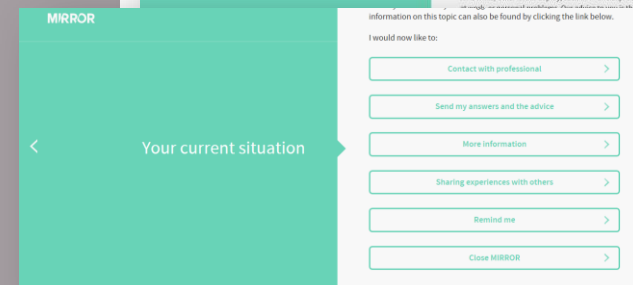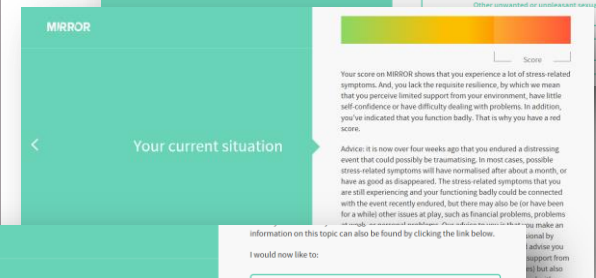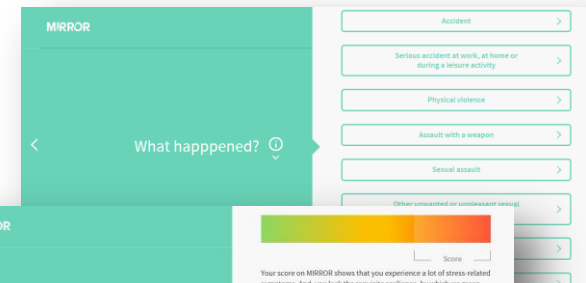**MIRROR has a stepwise approach.**
1. The situation is assessed by asking several questions about PTSD complaints, resilience and functioning.
2. MIRROR gives tailored feedback in the form of a graphic with personal advice.

The main weight factors within the advice algorithm are:
severity of complaints / duration of complaints / level of functioning.

What is the purpose?
MIRROR gives insight into your situation. Your answers provide the basis for personal advice. Also, MIRROR can point you toward more information and possibilities to share experiences with others. If desired MIRROR can also bring you into contact with a support person.

Who can benefit?
Anyone who experienced one or more distressing events and suffers from related complaints. MIRROR can also be used for someone near you who experienced a distressing event.

Benefits for patients and professionals
- 24/7, anonymous, free, tailor made
- Referral to adequate (self) support or first-line support
- Self-monitoring, self-education, self-recovery
- Quick screening of PTSD complaints and resilience after shocking events and resulting information
- Easy way for referral to your organization or self-help
- Directly available for patients, no intermediate necessary
- After a short training GPs, caseworkers, social workers, welfare workers and psychologists can use it.
- Available in Dutch and English; Easy to add additional languages (build in language function)
- Easy customizable to target group and surroundings; I.e. Colour, logo, links to specific support options

Who is the developer?
MIRROR is designed and developed by Centrum '45 and the Arq Foundation.

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MIRROR

Research options

The algorithm of MIRROR is based on multidisciplinary evidence-based guidelines on psychosocial care after shocking events, main criteria for PTSD of the DSM-5/ICD-11 and best practises. Further research could address validation of the question: Does MIRROR achieve better/quicker guidance to self support or professional care compared to conventional methods?

Pilot implementation

- Choose follow up information and referral options that MIRROR offers after the self test part of MIRROR
- Customize implementation: i.e. integrating with and in your organisation and work process
- Train involved professional(s)

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MIRROR

I'm interested!

Demo: http://centrum45.mirrorapp.org/

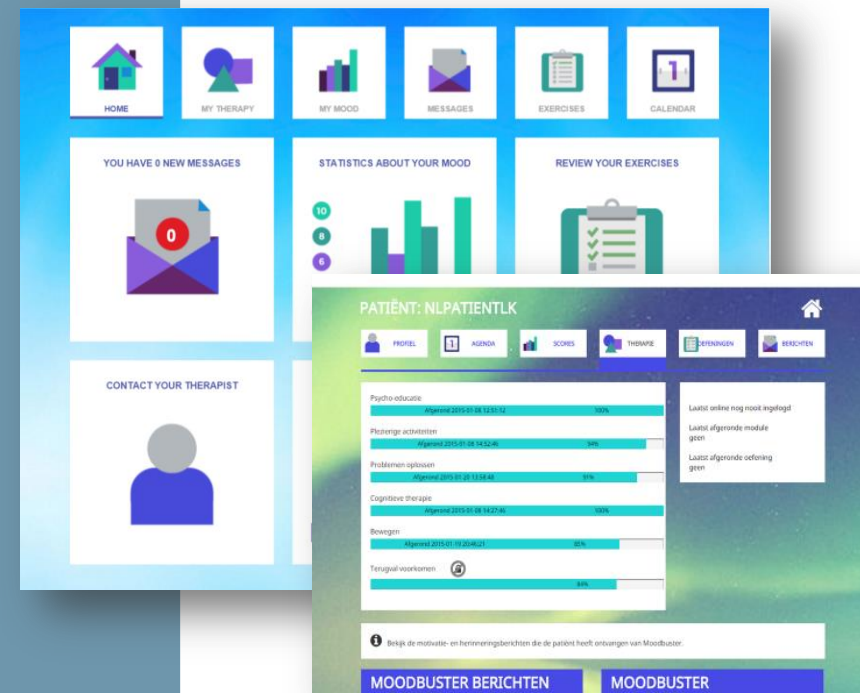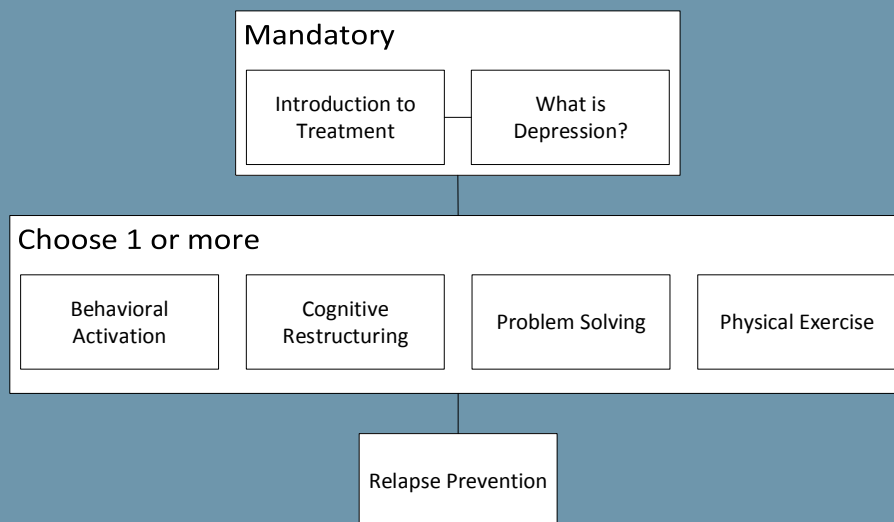For more details or sign up: Manon Boeschoten
m.boeschoten@centrum45.nl

What is Moodbuster?
Online treatment platform to be used for online and blended Cognitive Behavioural Therapy combined with a mobile component for people with depression. The mobile application monitors your mood, activities, sleep and social contacts.

What is the purpose?
Moodbuster is based on Cognitive Behavioural Therapy and aimed at targeting the thoughts and behaviours that maintain the depression through psycho-education, examples, exercises, monitoring and feedback.

Hybrid treatment structure:

Mandatory
- Introduction to Treatment
- What is Depression?

Choose 1 or more
- Behavioral Activation
- Cognitive Restructuring
- Problem Solving
- Physical Exercise

Relapse Prevention

Who can benefit?

People with depression or depressive symptoms

Benefits for patients and professionals

- Easy to understand/navigate/use
- Available 24/7
- Empowers user to take more control of their situation
- Therapist training manual for the blended version is available

Characteristics

- Therapist need to have experience with Cognitive Behavioral Therapy
- The Moodbuster application has been translated into five languages (English, Dutch, German, Polish, French)

Who is the developer?

Moodbuster has been developed in the EU
ICT4Depression project (EU FP7 project)

Research and pilot process / possibilities
Currently tested as a blended treatment for people with depression in an RCT in five countries.

The online intervention and mobile application are currently integrated into one treatment programme but can be used as separate applications.

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MOODBUSTER

I'm interested!
For more details or sign up:
Annet Kleiboer: a.m.kleiboer@vu.nl

What is the SAM screener?
The SAM screener (Smart Assessment on your Mobile of PTSD) is an online easily accesible questionnaire which gathers essential diagnostic information on possible PTSD-symptoms and related psychopathology

What is the purpose?
Assessment of PTSD-symptoms and related psychopathology of people after experiencing a distressing event

Who is the developer?
SAM is designed and developed by AMC, Interapy and Arq Psychotrauma Centre during the Inpreze project which was funded by Kansen voor West / ERDF.

You have been through a frightening event, many people will experience some reactions like you, such as nightmares…..
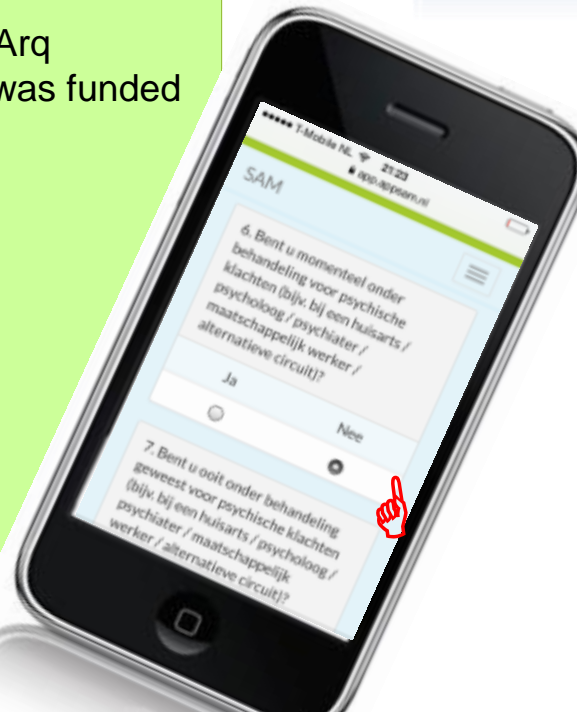
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sam

Who can benefit?
Anyone who experienced one or more distressing events and suffers from related complaints.

Characteristics
- Gathers essential diagnostic information on possible PTSD and psychopathology <u>in 15 minutes</u>
- Simple accesible questionnaire by safe link in e-mail
- <u>Usable on any personal e-device</u> smartphone, tablet or PC
- Can give direct feedback on the severity of complaints
- Output: according to DSM-5
- Diagnostic information for professional in advance of consult
- Saves visit(s) to clinic

Closed digital loop: from invitation client to validated report on dashboard professional
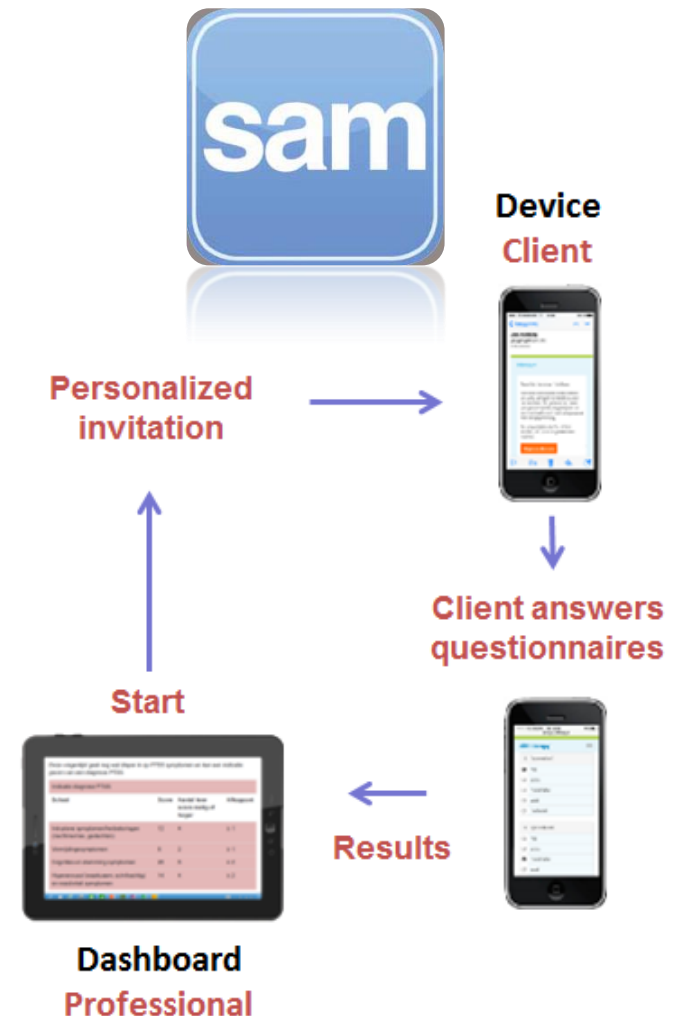
Research and pilot process
Validated for screening and effect measurement in AMC study
- Research predictive validity
- Research short version of SAM

I'm interested!

For more details or sign up:
Bart Schrieken: schrieken@interapy.nl

PESKY GNATS

What is Pesky gNATs?

The App is designed to help children to apply the Cognitive Behaviour Therapy (CBT) ideas they learn in session with their therapist, to their everyday life at home. It includes weekly CBT tasks, mindfulness and relaxation skills, a gNAT gallery, and three gNAT related mini-games that are unlocked when the young person completes their between session tasks!

The gNATs in the game's title is a play on words animating a key concept of CBT, Negative Automatic Thoughts (or NATs) as gNATs or little flies. Pesky gNATs progresses by teaching a young person to manage their anxious or depressed mood by understanding and applying the general cognitive model. That is, in exploring the "gNATs Island" 3-D game world they learn that gNATs lower our mood or make us anxious and in turn negatively influence our behavior, but can be changed leading to improvements in mood and behavioural functioning.

What is the purpose?

Pesky gNATs aims to make the complex adult oriented ideas of Cognitive Behaviour Therapy accessible to younger children.

Who can benefit?
Children of 9 years and older who experience clinically significant anxiety or low mood

Characteristics
- A mobile application & a website
- Available on iOS and Android
- English

Who is the developer?
Pesky gNATs is designed and developed by Handaxe CIC, a not-for profit Community Interest Company founded by David Coyle and Gary O'Reilly.

Research and pilot process / possibilities

Research at the School of Psychology, University College Dublin evaluates the development of the content in our technologies to ensure they appropriately and successfully translate psychological content that supports good mental health and evaluates their clinical outcome. Two recent studies on our CBT computer games are:

Content development:

Tunney, C., Cooney, P., Coyle, D. & O' Reilly, G. (2016) 'Mindful Gnats: Comparing Young People's Experience of Technology-Delivered versus Face-to-Face Mindfulness and Relaxation'. British Journal of Psychiatry, 210, 284–289. doi: 0.1192/bjp.bp.115.172783

Clinical Outcome:

Cooney, P., Jackman, C., Coyle, D., & O' Reilly, G. (2017). Computerised cognitive–behavioural therapy for adults with intellectual disability: randomised controlled trial. British Journal of Psychiatry, 210, 1–8. doi:10.1192/bjp.bp.117.198630

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For more details or sign up:
Prof. Gary O' Reilly, Director, Tel: +353-1-716 8636
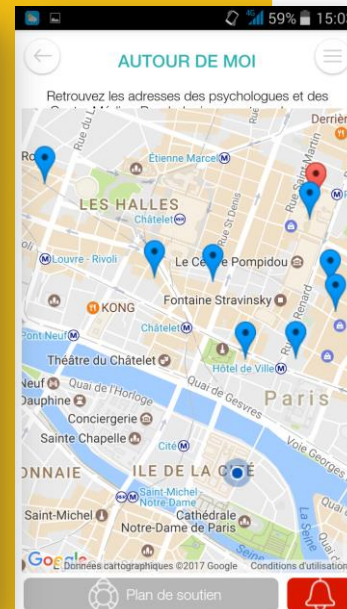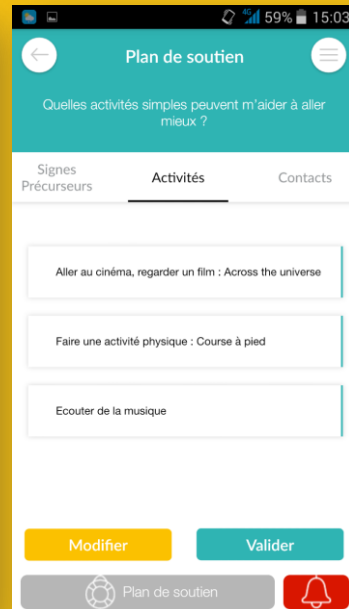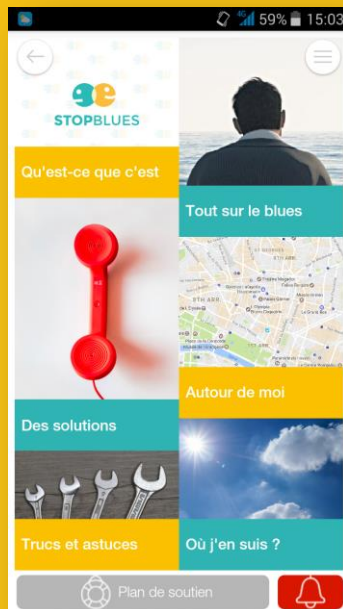www.PeskyGnats.com

What is STOPBLUES?
STOPBLUES is a web-based and mobile suicide / depression prevention intervention for the general population.

What is the purpose?
- Break isolation
- Inform
- Reduce stigma
- Provide a map to find local help and support
- Self-assessment
- Primary and secondary prevention

Who can benefit?
Anyone >18 years old with smartphone/computer and internet access who experiences uneasiness.

Characteristics
- A mobile application & a website
- Accessible 24/7
- Available on iOS and Android with offline functionalities
  - Totally free
- Available in French solely but easy to translate
- No training required for professionals

Who is the developer?
STOPBLUES has been conceived in the framework of the research project Printemps of the French National Institute of Health and Medical Research (Inserm), with the support of the French national action plan against suicide.

It is currently being developed by VO2 Group (the prototype should be ready by July 2017).

Research and pilot process / possibilities

STOPBLUES will be subject to a rigorous assessment based on the involvement of local health actors and stakeholders (municipalities and GPs - key actors in suicide prevention).

A cluster-randomized parallel group controlled intervention study will take place in at least 36 voluntary French cities.

I'm interested!
Available: https://www.stopblues.fr/

For more details or sign up:
French National Institute of Health and Medical Research (Inserm), Research Lab Urc Eco printemps@urc-eco.fr

Stay informed about the eMEN project on LinkedIN: eMEN_EU.

Interested in using one of the selected products? Or do you want to know more about the possibility we offer for connecting wearables?

Please feel free to contact us!

Oyono Vlijter, eMEN project leader, + 31 6 242 80 229 or o.vlijter@arq.org

EMD app