

MENTAL HEALTH



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ONLINE CBT MOODBUSTER: EMERGING RESULTS FROM THE PILOT IN BELGIUM

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eMEN seminar Dublin



BELGIAN STATE STRUCTURE



- Complex state structure
- Federal and regional governments
- Slow legislation processes

BELGIAN MENTAL HEALTH CARE



Inpatient residential care



Outpatient community care

Medical model



Biopsychosocial model

BELGIAN MENTAL HEALTH CARE



Initial contact GP



Psychologists

Psychiatrists

Outpatient centres

Psychiatric departments of general hospitals

Psychiatric hospitals



RECENT MENTAL HEALTH DEVELOPMENTS

- Interest in the potential of eMH is rising
- Higher education settings embed eMH in research and in courses
- Policy level: eHealth and eMH among the major agenda points

In 2018, the public authorities introduced the mHealth pyramid

Level 3

I show social-economic evidence and get reimbursed by RIZIV

3

Level 2

I am safely connected

2

Level 1

I am a CE certified medical device

1



MOODBUSTER STUDY

GOALS

- Reveal which factors promote/hinder implementation of eMH
- Improve future implementation of eMH

SETTINGS

- Inpatient residential care settings:
 - Psychiatric departments of general hospitals
 - Psychiatric hospitals



MOODBUSTER STUDY

1. Attitudes of mental health care organizations on eMH
2. Moodbuster implementation – investigate experiences and attitudes of professionals and patients.



MOODBUSTER STUDY

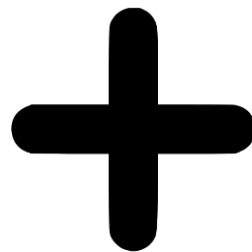
1. Attitudes of mental health care **organizations** on eMH
2. Moodbuster implementation – investigate experiences and attitudes of **professionals** and **patients**.



MENTAL HEALTH CARE ORGANIZATIONS

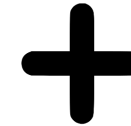
- 27/66 completed the questionnaire – 24 interested
- Interested in the study because
 - Realize increasing importance of eMH applications
 - Want to gain experience with eMH
- Attitudes
 - Applications can be useful, professionals and patients are interested
 - Time is a major constraint for (non)-interested organizations

PART 2: MOODBUSTER IMPLEMENTATION



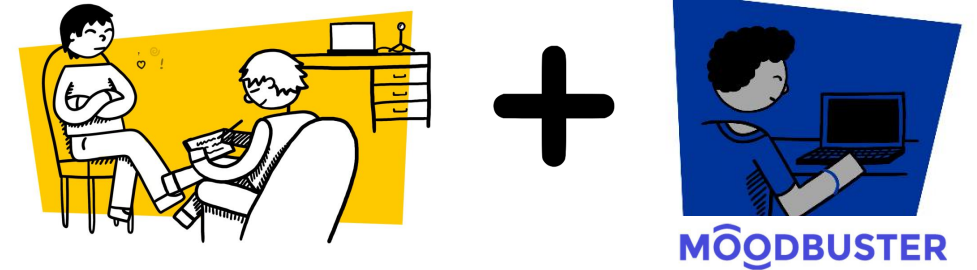
MOODBUSTER IMPLEMENTATION

- Patients and professionals use Moodbuster for 3-4 months
- **Pre- and post-implementation questionnaires**
 - Attitudes on eMH
 - Experiences with Moodbuster
 - Reasons for rejection
- **Goals**
 - Reveal which factors promote/hinder implementation of eMH
 - Improve future implementation of eMH



MOODBUSTER IMPLEMENTATION

- Inclusion numbers differ a lot across hospitals
- Practical aspects/problems
- Time investment to learn to work with Moodbuster
- Specific inpatient settings



THANKS TO



THEMATIC PRIORITY
INNOVATION

Unlocking the power of technology
to improve Europe's mental health.





Interested! Questions? Contact us!

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