

Delivering effective mental health care using e-health technologies

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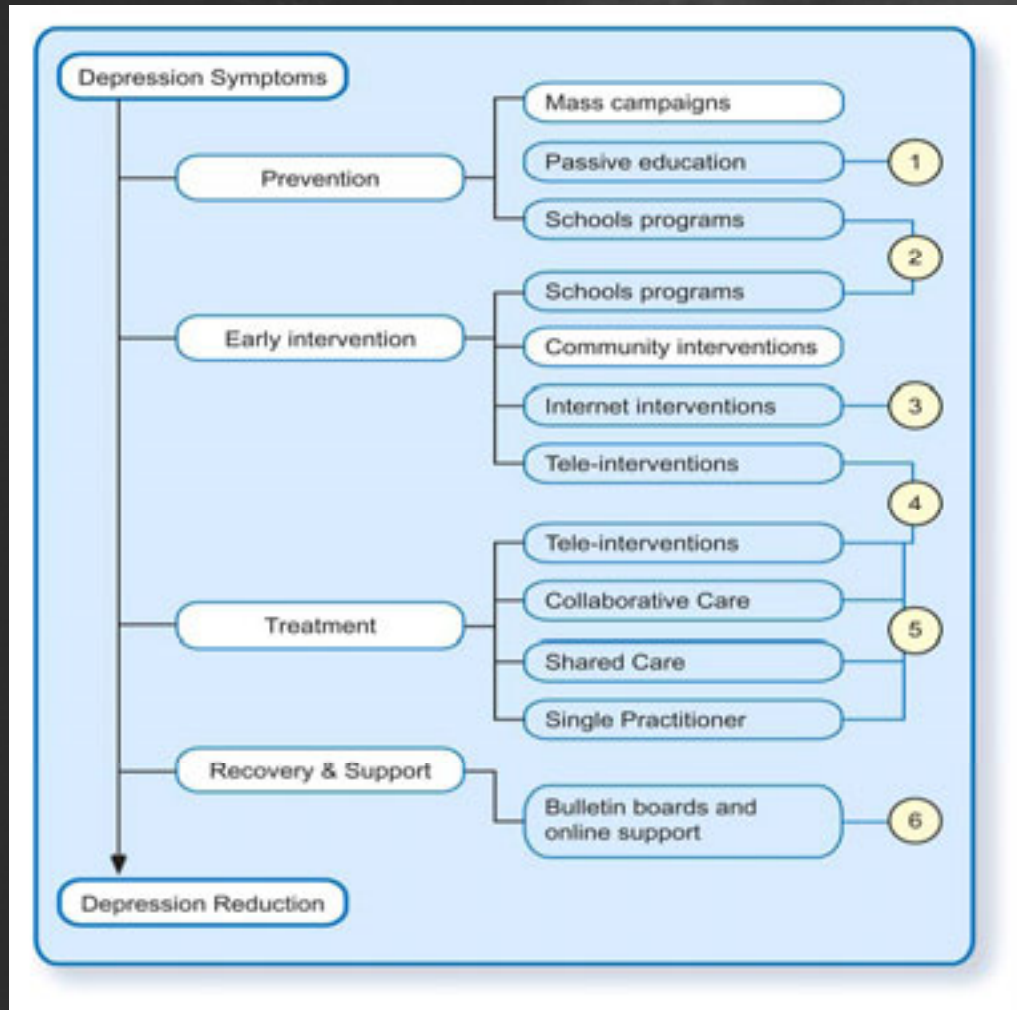
<http://ehub.anu.edu.au>

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Introduction

- This research was supported by the Australian Primary Health Care Research Institute (APHCRI). The research was conducted by a team of researchers from ANU, with support from the APGN
- Aim of research:
 - To determine best methods to deliver depression interventions
 - To determine models of e-health delivery internationally

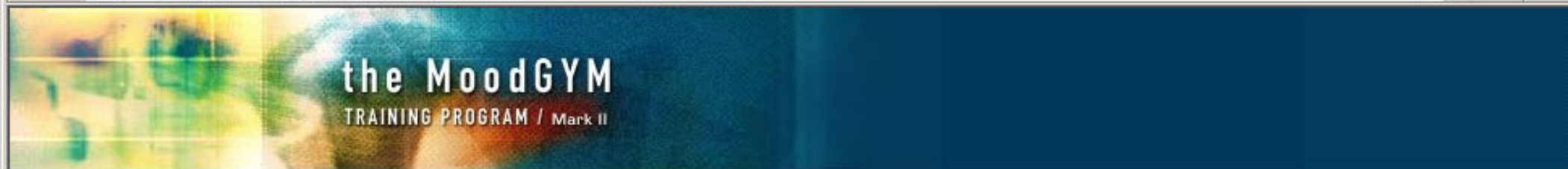
The Primary Care Framework



Six individual reviews were undertaken across this framework

The internet is an effective and feasible platform for delivering prevention programs

- Prevention at a population level is feasible using the web platforms
- Direct and indirect evidence for the effectiveness
- Unique features in terms of dissemination, cost, engagement



MEET THE CHARACTERS

Click on the thumbnails below to learn about the characters in MoodGYM.



Meet ELLE who is gorgeous looking, talented, good at work, attractive to men but feels like a fraud. Feels one day, *people* are going to find out that she really is stupid, untalented, unintelligent, emotionally void, ugly etc. It is only a matter of time. Maybe we are all a bit like ELLE sometimes.

[View your Depression and Anxiety Quiz answers](#)

[View your Warpy Thoughts Quiz answers](#)

FEELINGS

THOUGHTS

UNWARPING

DE-STRESSING

RELATIONSHIPS

← BACK NEXT →

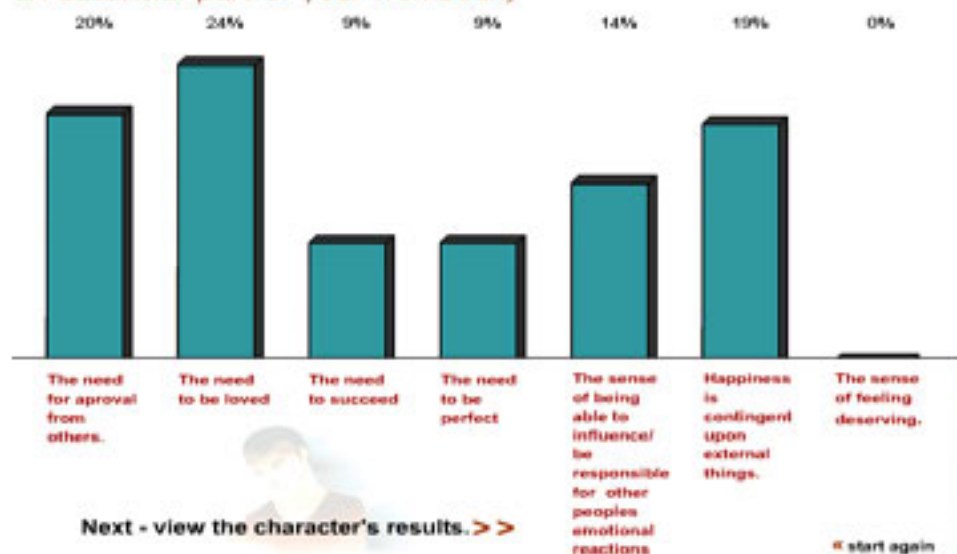
TOP ▲

the MoodGYM

training program

WARPY THOUGHTS TEST

(MoodGYM recommends you complete this quiz at least once as it is an essential part of your workbook)



- MODULE
- MODULE
- MODULE
- MODULE
- MODULE
- MODULE
- NEXT >
- BACK <

Prevention trial was based on successful study of 18-50 year olds using MoodGYM.



Psychoeducation: BluePages An evidence-based treatment site

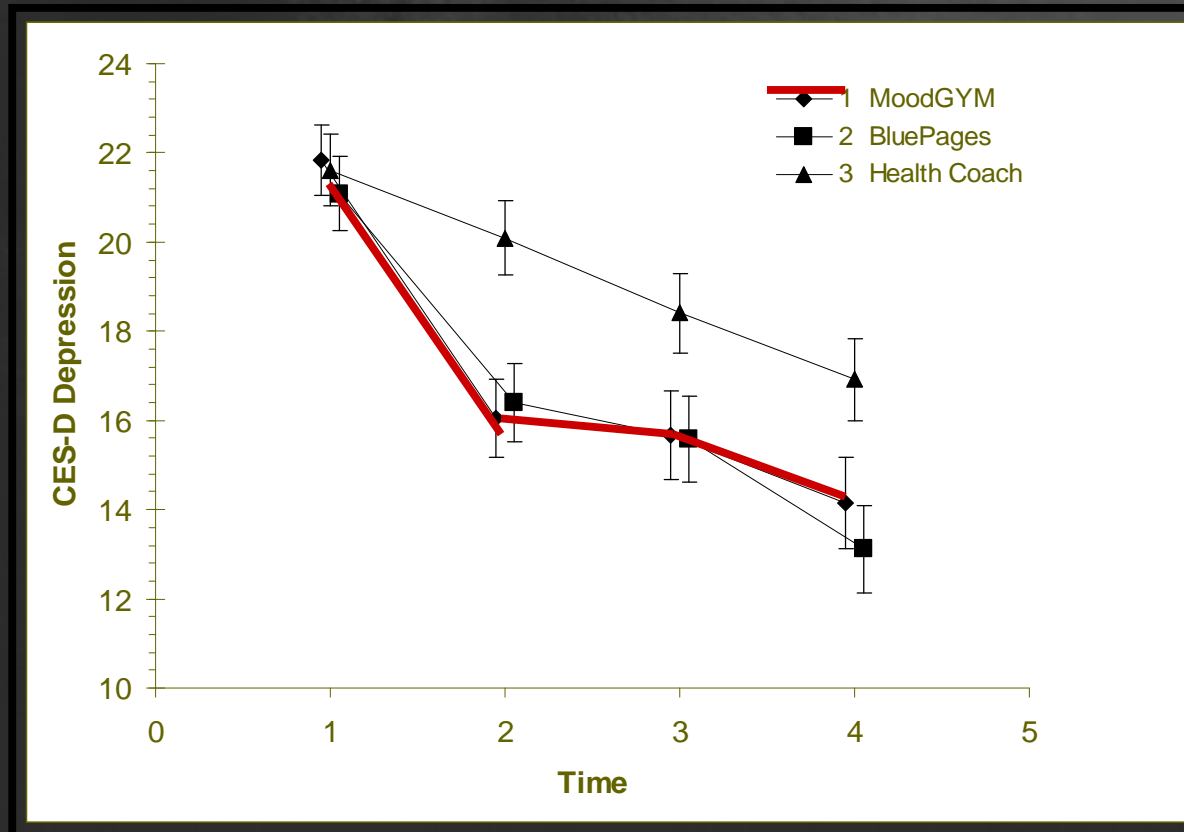


Web-delivered CBT: MoodGYM

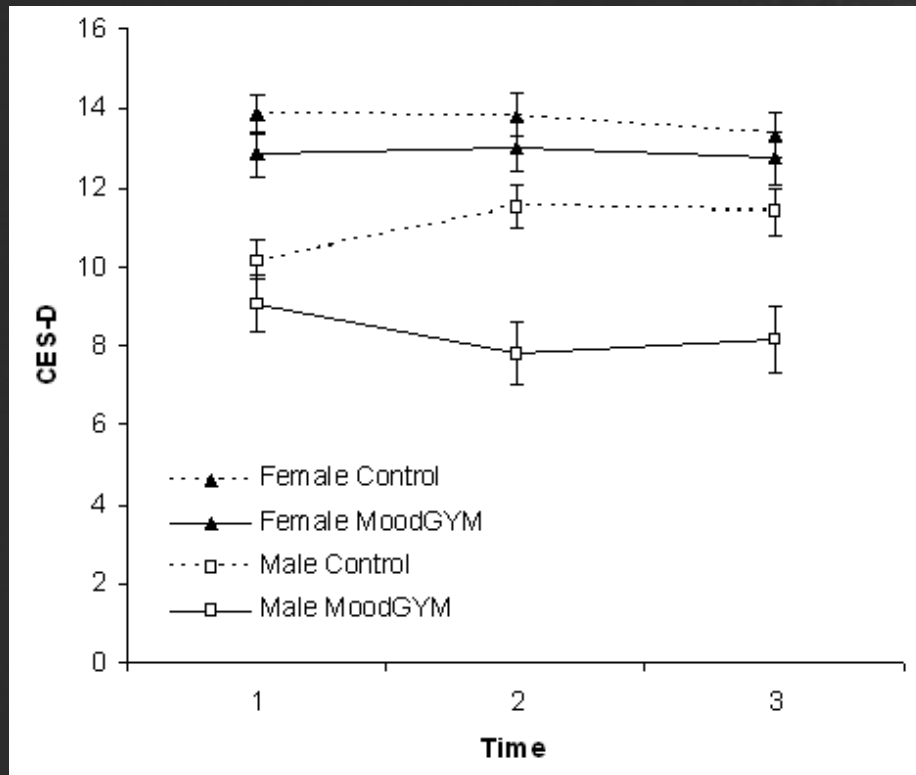


Attention placebo: Survey questions

Efficacy

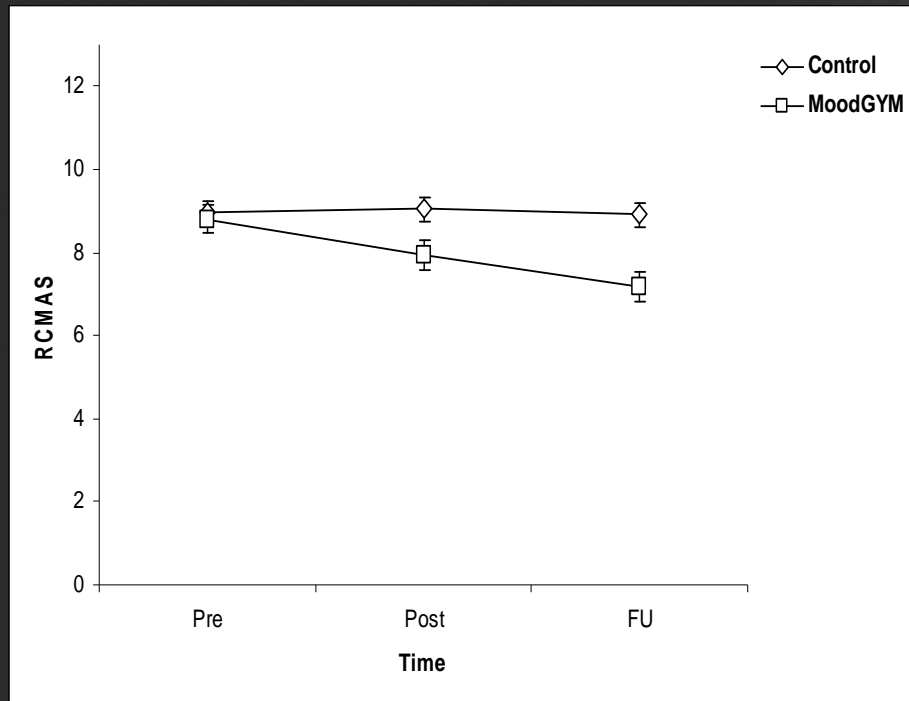


Universal intervention: Depression



At six months, significant reduction in depression scores for males (but not for females). Calear et al., submitted

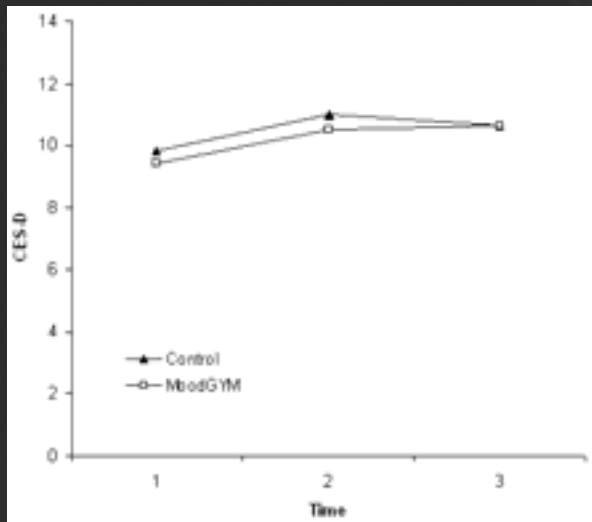
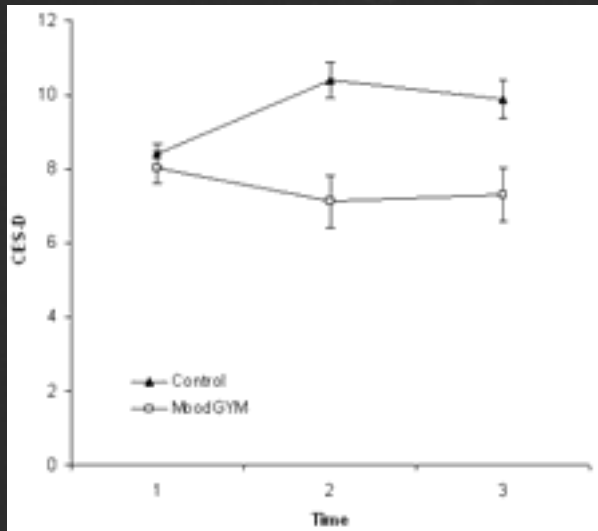
Universal intervention: Anxiety



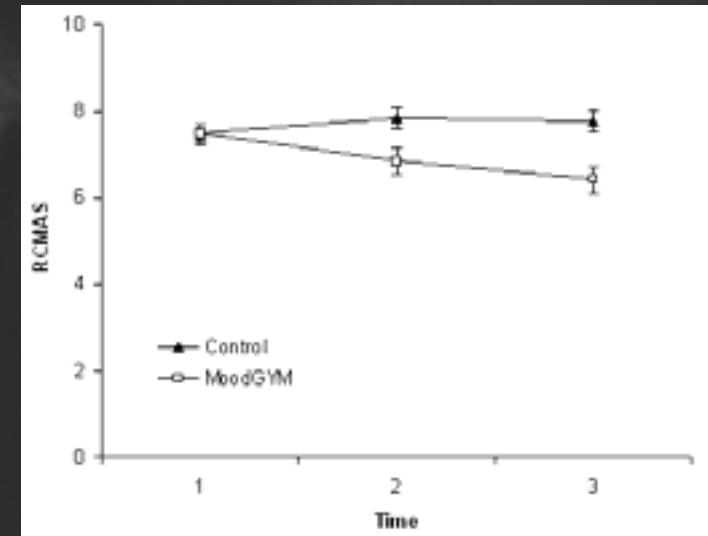
At six months, significant reduction in anxiety for young men and women
Calear et al., submitted

Excluding those with 'caseness'

For depression, effect present for young men only, with NNT=14

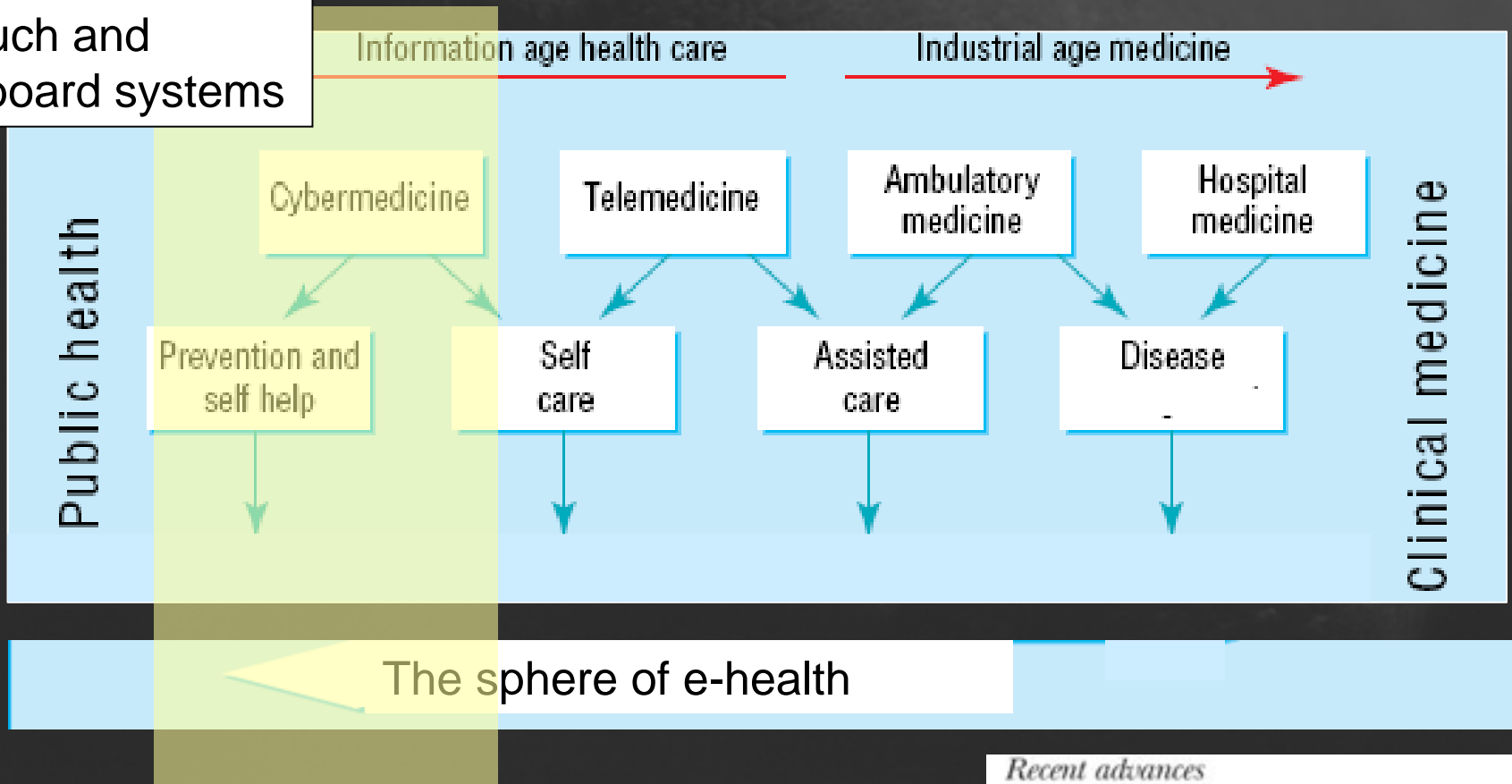


For anxiety, effect present for both young men and women



Model 1: Standalone fully automated systems that offer prevention, self help and self care

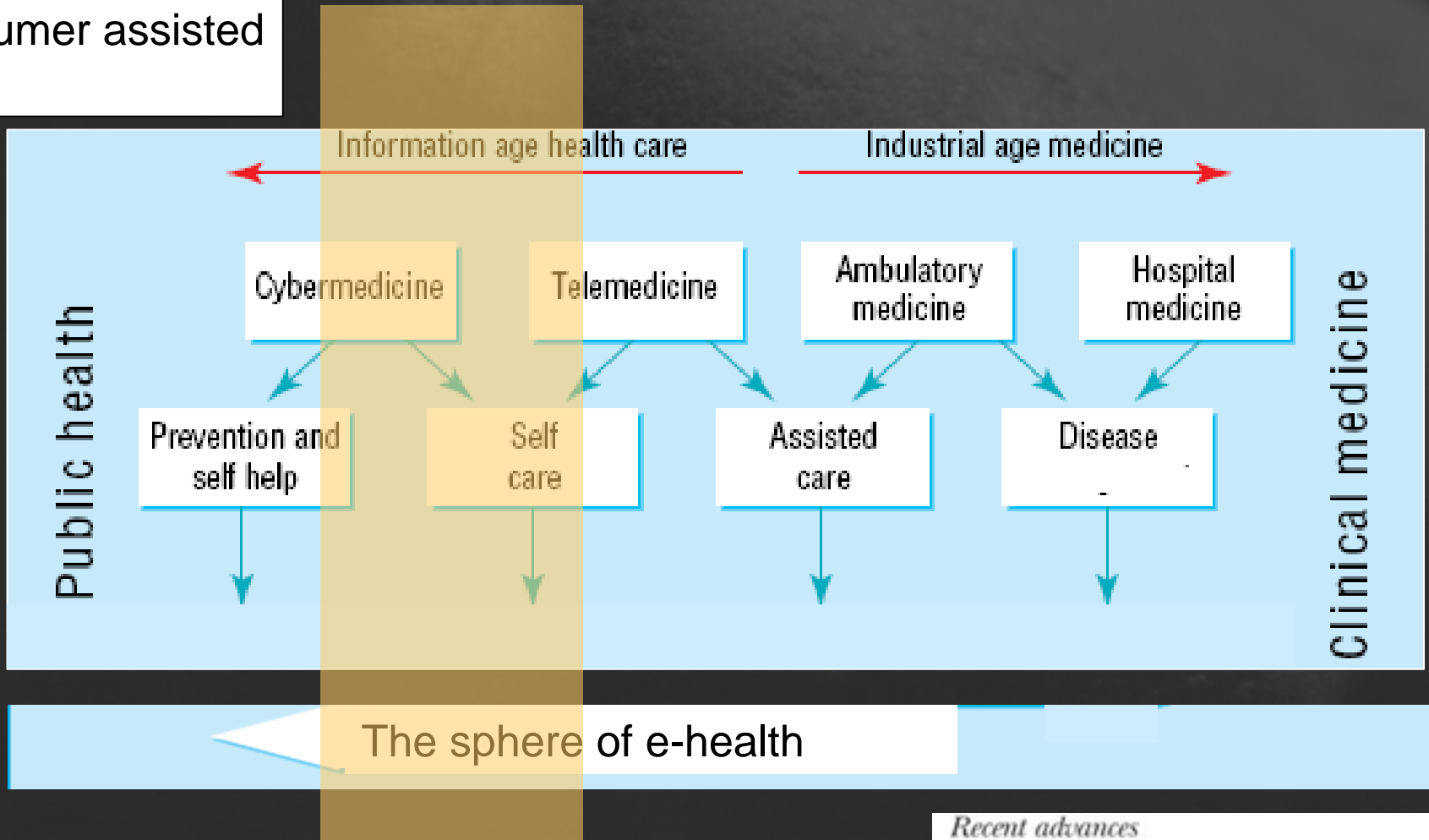
ANU's MoodGYM e-couch and blueboard systems



- Person comes to the website/s
- Chooses among a number of programs (fully automated) MoodGYM, e-couch for anxiety and depression.
- The person may email and will receive referral and support by health professional.
- May join a moderated bulletin board for support

Model 2: Consumer assisted care

Consumer assisted care



- Person comes to the website/s or to directly to the service
- A consumer volunteer assists the person to use evidence based websites and programs
- Support is provided

Self Help Services - Microsoft Internet Explorer provided by CAS

http://www.selfhelpservices.org.uk/

mental health problems to get help UK

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Self Help Services

recruitment | volunteer | vacancies

Self Help Services

- home
- about
- latest news
- groups
- computerised cognitive behavioural therapy
- one to one therapy
- complementary therapy services
- consultancy
- primary care mental health user participation
- contact us



Welcome to Self Help Services

Self Help Services is a user-led, mental health charity (charity No. 1122063, company No. 4034050) that is housed within Big Life Group - a collection of social businesses and charities.

We believe that people can help themselves through helping others.

New service launching Feb 2009: Structured relapse prevention group in Trafford

Click here if you would like to download:

- [Self Help Services at a Glance Word Document.](#)
- [Self Help Services Exec Impact Summary Report.](#)
- [Self Help Services Impact Report.](#)
- [Self Help Services Organisational Structure.](#)

Done

Self Help Services - Microsoft Internet Explorer provided by CAS

http://www.selfhelpservices.org.uk/uk/

mental health problems to get help UK

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Self Help Services

recruitment | volunteer | vacancies

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- contact us



Computerised Cognitive Behavioural Therapy

Select the area that you are interested in watching CCBT for further information.

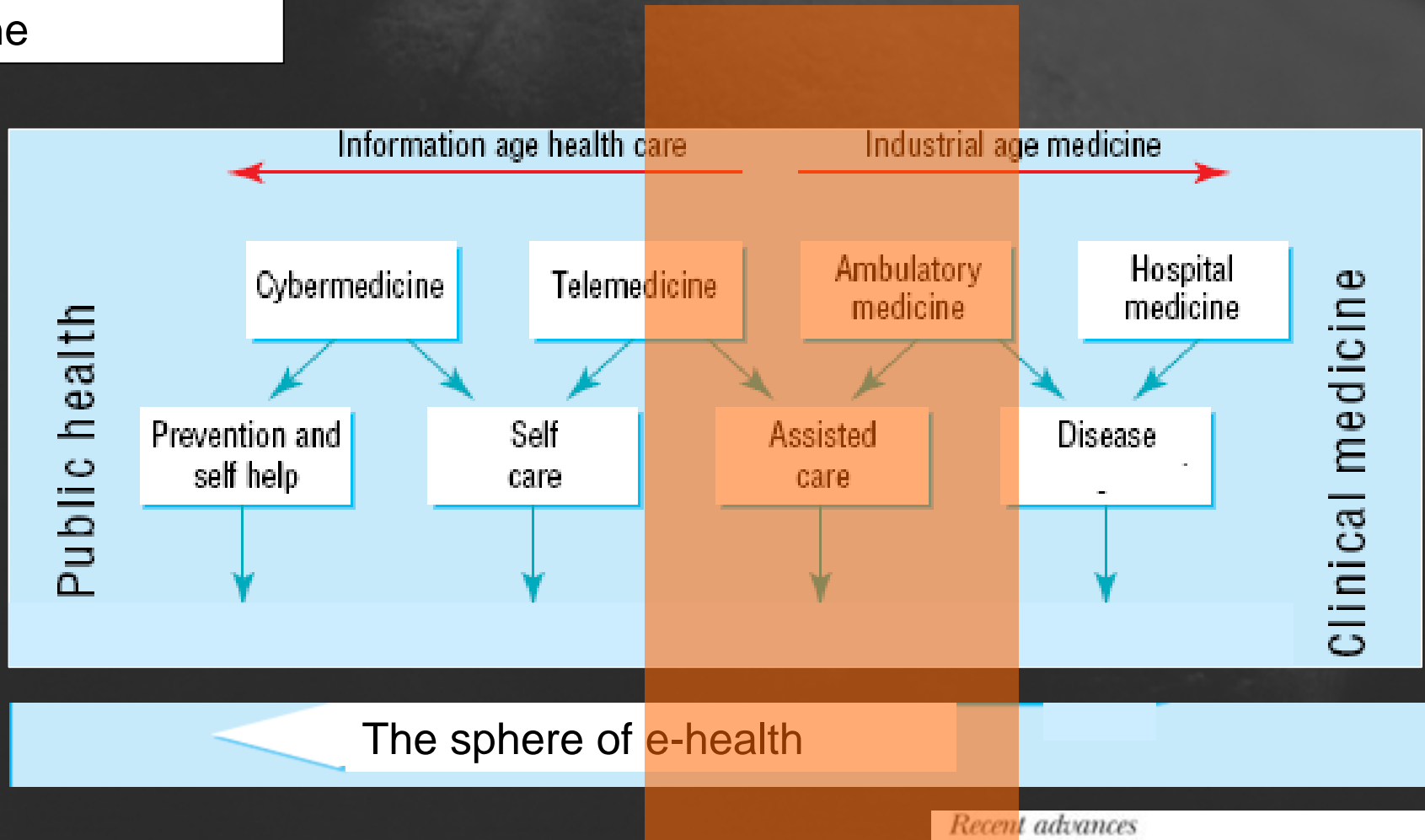
- Headline CCBT Service
- Self Help CCBT Service
- Self Help CCBT Service
- Self Help CCBT Service



Done

Model 3: Virtual clinics

Lifeline



Recent advances

Consumer health informatics

Gunther Eysenbach

Virtual clinics

- Patients come directly to the service or are referred by public medicine
- Clinics offer a range of treatments, use CBT, and provide online therapy from a central location
- Outcomes are monitored and evaluated

Interapy - De professionele psychologische hulpverlening via internet - Microsoft Internet Explorer provided by CAS

http://www.interapy.nl/template_home.php?id=0

mental health problems to get help UK

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Interapy - De professionele psychologische hulpverle...



Home
Behandelingen
Ervaringen
Vergoedingen
Voorgeschiede vragen
Voorwijzers
Klachten
Aanmelden



Interapy	Digitaal
Voor site	Kwaliteit

Welkom bij Interapy

Interapy is de meest intensieve behandelvorm voor psychische klachten via internet en de meest effectieve. Tweede van de cliënten komt ermee van zijn klachten af.

De effectiviteit van Interapy heeft te maken met de inhoud van de [interactieve online behandeling](#) aanpak, maar ook met de aandacht en tijd die een psycholoog bij Interapy aan een cliënt besteedt. Interapy is dan ook zeker niet 'anoniem'.

Omdat er veel aandacht is voor het verbeteren van vaardigheden, heeft de methode een uitstekend langtermijn effect.


Interapy kan op twee manieren helpen:

1. Bij het [jaakt bemoeden](#) van problemen en mogelijke oplossingen;
2. In een [interactieve online behandeling](#) voor een specifieke klacht.

Bij Interapy werken psychologen met een achtergrond in de cognitieve gedragstherapie die speciaal zijn getraind om psychische klachten aan te pakken via internet.

Interapy werkt nauw samen met huisartsen, instellingen voor geestelijke gezondheidszorg en Universiteiten. Na verwijzing van een huisarts of bedrijfsarts wordt hulp van Interapy volledig vergoed door de [zorgverzekering](#).

Klik hier voor digitaal jongeren na seksueel geweld



Ik vond het prettig om tegen een behandelaar aan te typen.

Contact

Overname

Privacy

Zoeken

Tik een term in waarmee u zoekt op de website.


zoeken

U kunt hier inloggen op uw persoonlijke Interapy-site.

Gebruikersnaam:

Wachtwoord:

Inloggen



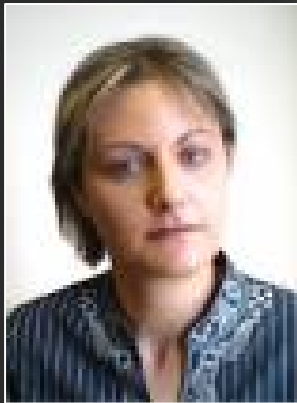
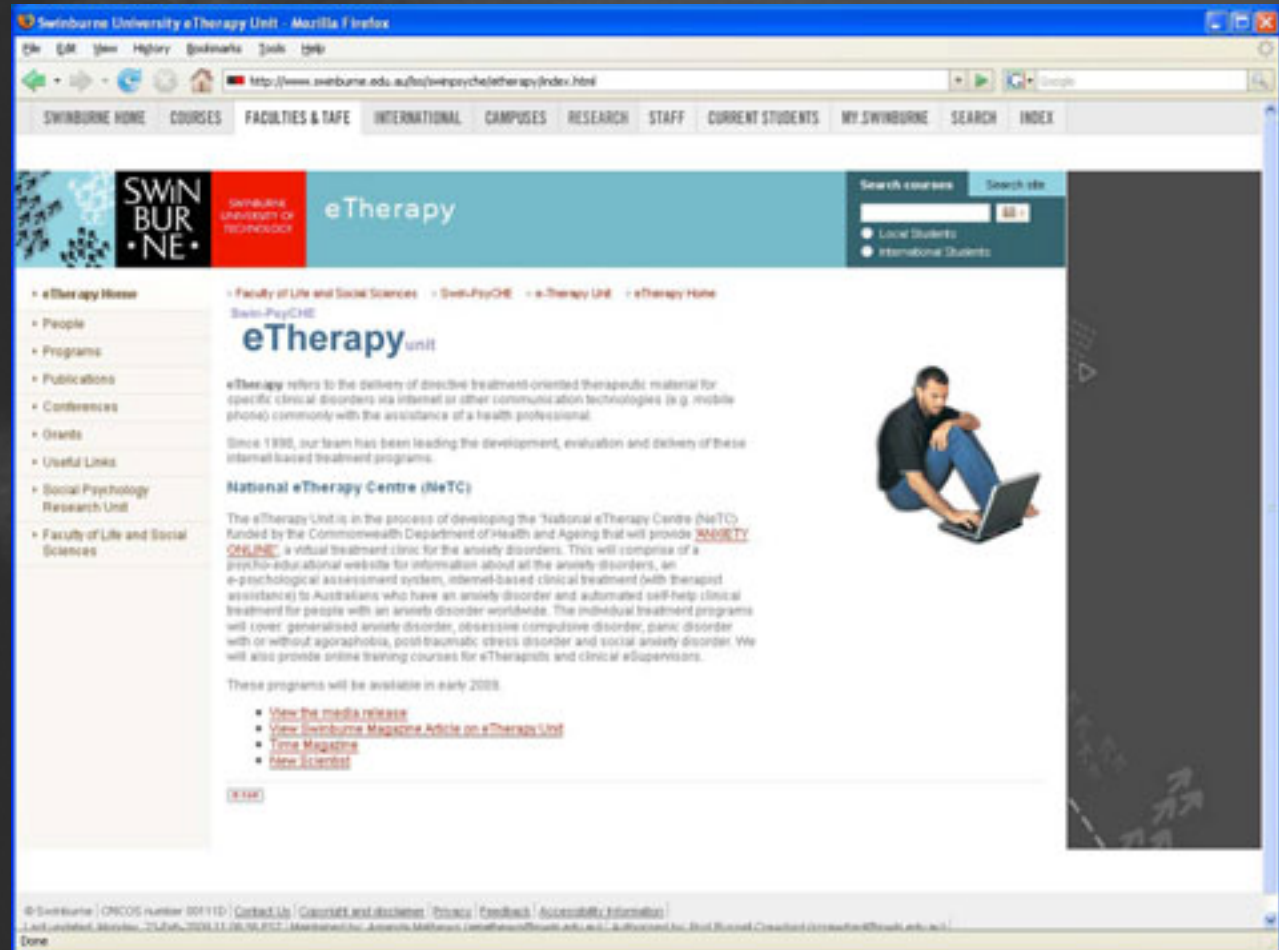
iCheck

Inzigt in klachten
Persoonlijk advies



E-therapy clinic

Similar models in Australia

Swinburne University eTherapy Unit - Mozilla Firefox

http://www.swinburne.edu.au/foi/swinpsych/eotherapy/index.html

SWINBURNE HOME COURSES FACILITIES & TAFE INTERNATIONAL CAMPUSES RESEARCH STAFF CURRENT STUDENTS MY SWINBURNE SEARCH INDEX

SWINBURNE UNIVERSITY OF TECHNOLOGY eTherapy

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eTherapy Home

Faculty of Life and Social Sciences Swin-PsyCHE e-Therapy Unit eTherapy Home

eTherapy unit

eTherapy refers to the delivery of evidence treatment-oriented therapeutic material for specific clinical disorders via internet or other communication technologies (e.g. mobile phone) commonly with the assistance of a health professional.

Since 1998, our team has been leading the development, evaluation and delivery of these internet-based treatment programs.

National eTherapy Centre (NeTC)

The eTherapy Unit is in the process of developing the National eTherapy Centre (NeTC) funded by the Commonwealth Department of Health and Ageing that will provide **ANXIETY ONLINE**, a virtual treatment clinic for the anxiety disorders. This will comprise of a psycho-educational website for information about all the anxiety disorders, an e-psychological assessment system, internet-based clinical treatment (with therapist assistance) to Australians who have an anxiety disorder and automated self-help clinical treatment for people with an anxiety disorder worldwide. The individual treatment programs will cover generalised anxiety disorder, obsessive compulsive disorder, panic disorder with or without agoraphobia, post-traumatic stress disorder and social anxiety disorder. We will also provide online training courses for eTherapists and clinical supervisors.

These programs will be available in early 2008.

- View the media release
- View Swinburne Magazine Article on eTherapy Unit
- Time Magazine
- New Scientist

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SHYNESS.tv Mozilla Firefox

http://www.shyness.tv/

SHYNESS.tv LOGIN MORE INFORMATION/APPLY FOR STUDY

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More Information
Links
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St Vincent's Collaborating Centre

St Vincent's Hospital, Sydney

Please read about the Social Phobia Education Program. Then APPLY to join the Program, or LOGIN if you have already successfully applied

APPLY for STUDY
LOGIN

Welcome to the original homepage of the Shyness Program. APPLICATIONS FOR THE NEXT SHYNESS PROGRAM (BEGINNING MID MARCH, 2008) WILL OPEN IN EARLY FEBRUARY, 2008. To find out more about the next Shyness Program or to apply for that Program, please visit www.climataclinic.tv (our new homepage). This homepage (www.shyness.tv) still contains some helpful information about social phobia, but please visit our new website (www.climataclinic.tv) to find out more about the Shyness Program. Thank you for visiting this website.

What is Social Phobia?
Social phobia is a common condition that affects around 3% of people in Australia. When people have social phobia they fear social situations where they might become the centre of attention. This means that they may fear going out in public, going to public places, sitting in public transport, meeting strangers, or speaking in public. Essentially, people with social phobia fear situations where they think they may be judged or evaluated by others.

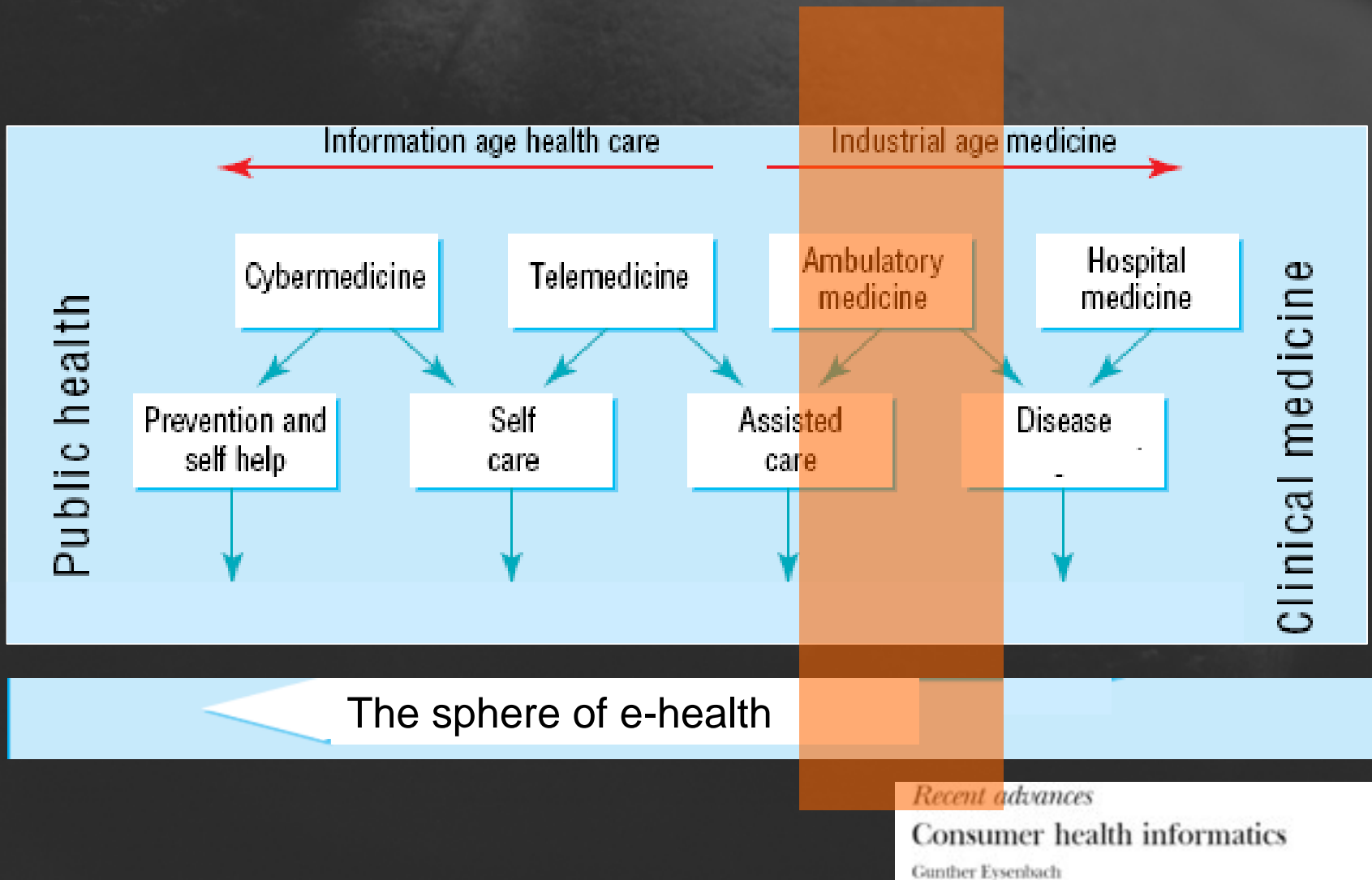
What are the Symptoms of Social Phobia?
There are three main symptoms of social phobia.

- Firstly, there are the physical symptoms. When they are in a social situation, or sometimes when they even imagine a social situation, people with social phobia often experience strong physical symptoms. These can include: sweating, a racing heart, faster breathing, shaking, upset stomach, tingling sensations, and other physical symptoms.
- Secondly, people with social phobia also often have worrying thoughts such as "they probably think I'm stupid or an idiot", "I'm going to make a fool of myself", "they're all going to laugh at me", and so on.
- Thirdly, people with social phobia often avoid social situations. So, they may avoid going out to parties, going shopping, going to the supermarket or bank, or other situations where they need to meet other people.

Shyness TV through CRUFAD



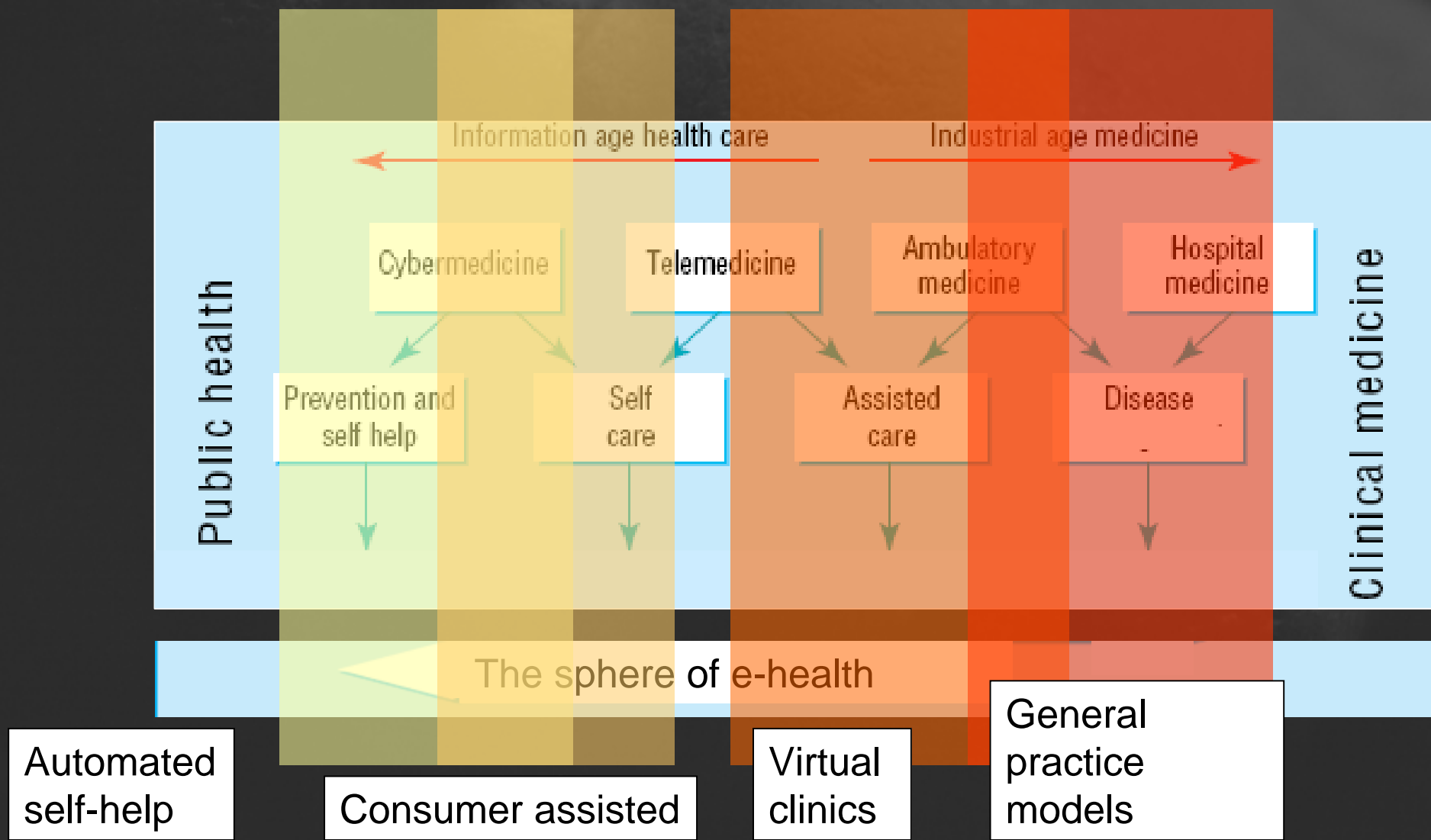
Model 4: General practice models



General practice models

- Patients go to their GP
- Assistance from GP and other health professionals at the same time
- The GP uses the web tools in their face to face sessions

Model 5: Stepped care models



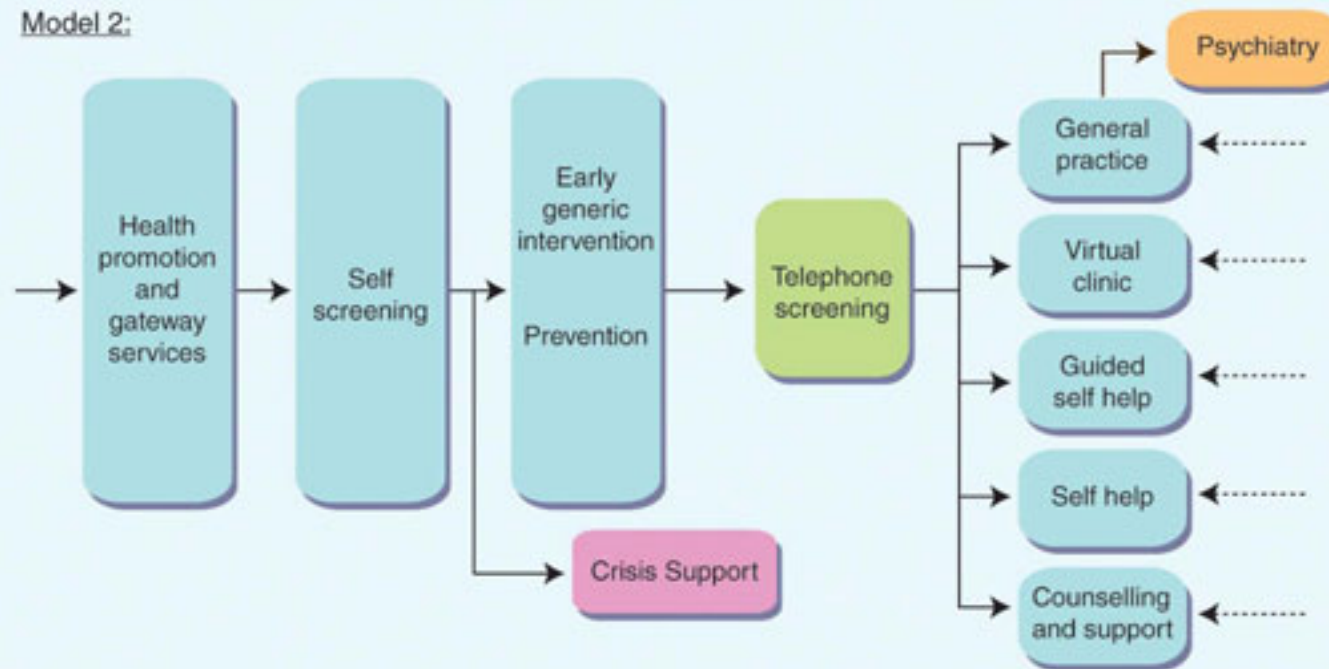
Policy conclusion

E-health is big in policy now

- 4th Mental Health Plan
- Hospital Reform Commission –advocates for e-health
- National Primary Health Care Strategy
- Preventative policy
- Vision for e-health 2020

E health portal

Model 2:



In Model 2 above, people gain access through a web or telephone portal, and receive a level of service appropriate to their needs. People choose to self screen, to request a telephone assessment, and to take up a recommended service based on level of need.

Health portal

- It is envisaged that this portal would provide
- (i) a point of access to a health record
- (ii) a point to explore mental health issues through the provision of information, the use of screening quizzes, the use of consumer focussed decision tools (to establish self or professional health care routes) and access to evidence based online treatment or prevention programs (both automated and supported)
- (iii) a portal to advice either through a web or telephone based service, with immediate, 24 hour or 48 hour reply and
- (iv) access to an emergency help line, to online counselling services, and to resources to find standard clinical services including general practice, Headspace Centres, private services, etc.