



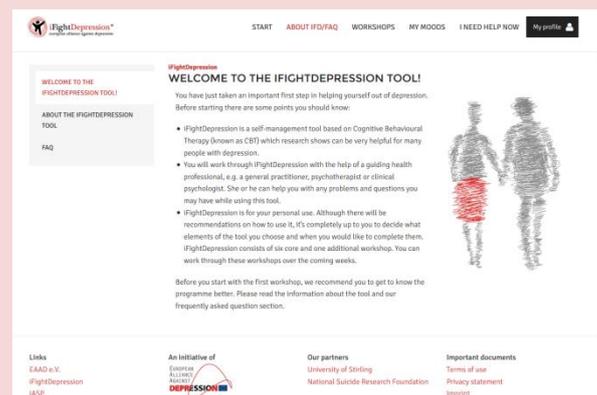
The iFightDepression tool is a multilingual internet based guided self-management tool for adults and adolescents with mild depression, which is currently implemented in Europe (available in nine languages).

Background It was originally developed and optimized according to scientific standards and following a systematic review process. First, an extensive literature review was carried out in order to gain information about existing self-management programmes and best-practice examples of online interventions for depression. Second, the results were discussed and adapted within the external scientific advisory board, the project consortium, as well as by patient/end-user groups, general practitioners (GPs) and mental health professionals.

Content The **iFightDepression tool** consists of several online workshops that patients can work through at their own pace. We recommend completing one workshop per week, which takes approximately 30 to 45 minutes. One workshop can be worked on over several sessions. We also recommend that time is set aside for completion of exercises between the different workshops.

The Workshops:

- 1 **Thinking, feeling and doing**
- 2 **Sleep and depression**
- 3 **Planning and Doing Enjoyable Things**
- 4 **Getting Things Done**
- 5 **Identifying Negative Thoughts**
- 6 **Changing Negative Thoughts**
- 7 **Feel Better All Round: Healthy Lifestyle**
- 8 **Relationships**
- 9 **Social Anxiety**



For **young people**, an adapted version of the programme is also available, containing age specific modules on relationships and social anxiety.

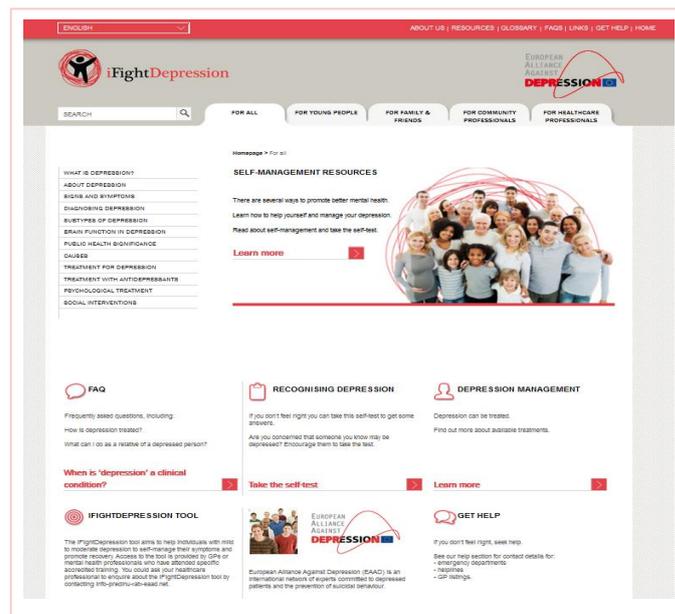
The **iFightDepression** tool consists of clearly arranged and colloquial text modules supported by graphics. Additionally, work sheets are offered for homework and personal exercises. These can be filled in and saved by patients directly on the computer or printed out and completed offline. To date (February 2016), interactive features such as a chat or discussion forum are not offered yet.

Use of the tool A central element of the tool is the **guidance by a trained health professional, e.g. general practitioner or clinical psychologist**. There is good evidence that guided programmes are more effective than those without supervision (Gellatly et al., 2007; Coull & Morris, 2011) which led us to recommend personal contact with a healthcare professional (via telephone or personal meeting) over the whole course of the intervention.

The iFightDepression Awareness website:

www.ifightdepression.com aims to raise awareness of depression and suicidal behaviour. It addresses the broad public, adults and young people, family and friends, community professionals and health care professionals. The website was launched in April 2014 and will be available in other languages. The following countries were involved in its development: Germany, Ireland, Portugal, Estonia, Hungary, Bulgaria, Luxembourg, Austria, the United Kingdom and Spain.

The website consists of various subpages on different depression topics, e.g. information on the causes, symptoms and treatment options of depression. Visitors can also find out about sources of help in their region.



Additionally, a download area with advice on self-help approaches and video and audio material will be accessible. Furthermore, the **iFightDepression self-management tool** described above will be integrated in spring 2016. This will only be available for registered patients via a personal login while all other information is free for all internet users.

Related literature:

Arensman, E., Koburger, N., Larkin, C., Karwig, G., Coffey, C., Maxwell, M., Harris, F., Rummel-Kluge, C., van Audenhove, C., Sisask, M., Alexandrova-Karamanova, A., Perez, V., Purebl, G., Cebria, A., Palao, D., Costa, S., Mark, L., Tóth, M.D., Gecheva, M., Ibelshäuser, A., Gusmão & R., Hegerl, U. (2015). Depression awareness and self-management through the internet: protocol for an internationally standardized approach. *JMIR research protocols*, 4(3). doi: 10.2196/resprot.4358



www.ifightdepression.com

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The iFightDepression tool and the website are coordinated and disseminated by the European Alliance Against Depression (www.EAAD.net). Both products are results of the EU-funded research project PREDI-NU (Preventing Depression and Improving Awareness through Networking in the EU) which was coordinated by Prof. Ulrich Hegerl (Germany) in cooperation with Prof. Ella Arensman (Ireland) from September 2011 to August 2014.