



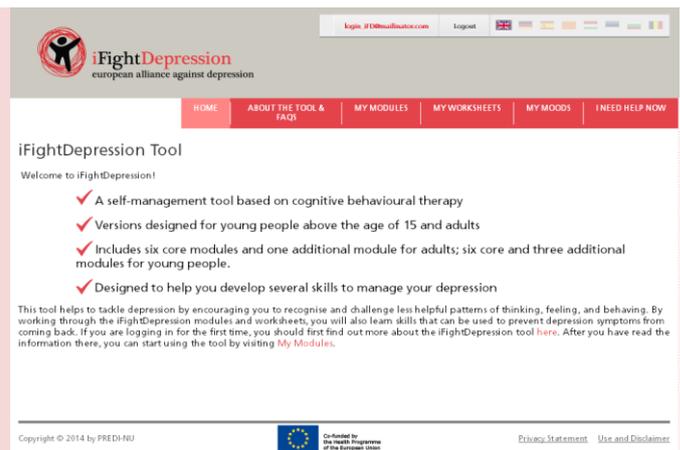
**The iFightDepression tool** is a multilingual internet based guided self-management tool for adults and adolescents with mild to moderate depression, which is currently implemented in Europe (available in eight languages).

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.

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

#### The modules:

- 1 **Thinking, feeling and doing**
- 2 **Sleep and depression**
- 3 **Planning and Doing Things That You Enjoy**
- 4 **Getting Things Done**
- 5 **Identifying Negative Thoughts**
- 6 **Changing Negative Thoughts**
- 7 **Feel Better All Round: Healthy Lifestyle**



The screenshot shows the iFightDepression tool website. At the top, there is a navigation bar with links for HOME, ABOUT THE TOOL & FAQ, MY MODULES, MY WORKSHEETS, MY MOODS, and I NEED HELP NOW. Below the navigation bar, the page title is "iFightDepression Tool" and it says "Welcome to iFightDepression!". There are four bullet points with checkmarks: "A self-management tool based on cognitive behavioural therapy", "Versions designed for young people above the age of 15 and adults", "Includes six core modules and one additional module for adults; six core and three additional modules for young people.", and "Designed to help you develop several skills to manage your depression". Below this, there is a paragraph explaining that the tool helps tackle depression by encouraging users to recognise and challenge less helpful patterns of thinking, feeling, and behaving. At the bottom of the page, there is a copyright notice for 2014 by PREDI-NU, a logo for the European Union, and links for Privacy Statement and Use and Disclaimer.

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

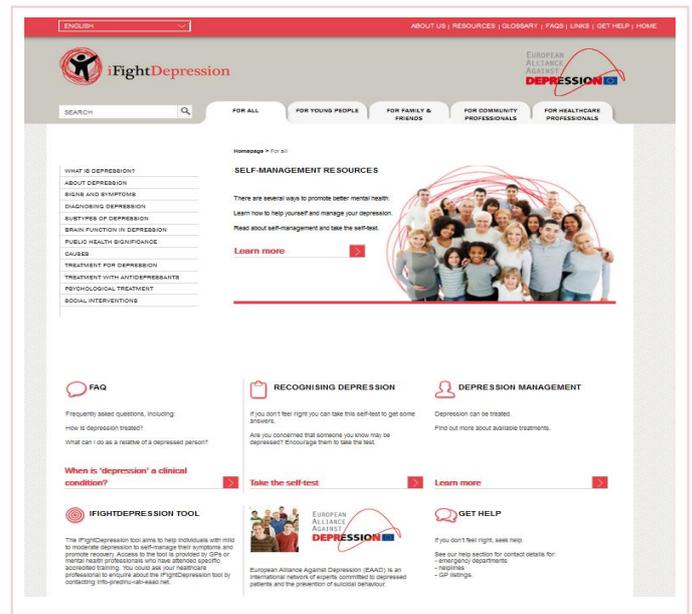
The **iFightDepression** tool consists of clearly arranged and colloquial text modules supported by graphics. Additionally, work sheets are offered for homework and personal exercises. These can be filled in and saved by patients directly on the computer or printed out and completed offline. To date (November 2014), interactive features such as a chat or discussion forum are not offered yet.

A central element of the tool is the **guidance by a trained GP or mental health professional**. 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. It is suggested that there should be at least two personal meetings between the patient and the GP/mental health care professional.

## The iFightDepression Awareness website:

[www.ifightdepression.com](http://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, representing countries that 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 2014. This will only be available for registered patients via a personal login while all other information is free for all internet users.



[www.ifightdepression.com](http://www.ifightdepression.com)

[www.predi-nu.eu](http://www.predi-nu.eu)

[contact@eaad.net](mailto:contact@eaad.net)

The tool and the website are products of 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. Since September 2014, iFightDepression is coordinated and distributed throughout Europe by the **European Alliance Against Depression (EAAD)**.