

## P R E S S   R E L E A S E

### **iFightDepression<sup>®</sup> Tool Relunched with Enhanced Features for Better Self-Management of Depression**

**Frankfurt, Germany, 27/03/2025:** The European Alliance Against Depression (EAAD) announces the official **relaunch of the iFightDepression<sup>®</sup> (iFD) Tool**, offering a newly updated and improved platform for **individuals with mild to moderate depression**. This self-management program has been developed to support users under the guidance of healthcare professionals. It now features **refreshed content and technical enhancements** for better user experience and accessibility.

The iFD Tool integrates elements of **cognitive behavioral therapy** with evidence-based approaches to depression treatment. Designed as a complementary resource for **guided self-management**, the tool enables users to develop coping strategies, monitor their mood, and build resilience with structured support from trained professionals. The tool is **free of charge for users** and it is available in **17 languages**.

#### **Key Updates in the Relaunch:**

- **Improved navigation:** Tailored for different target groups, such as patients and guides.
- **Enhanced responsive behavior:** Optimized for smooth use across various devices, from desktops to smartphones and tablets.
- **Improved worksheets:** Updated worksheets designed for self-management within the tool, allowing users to track symptoms, reframe negative thoughts, and understand the connection between sleep and mood.
- **Barrier-free accessibility:** Aligned with international accessibility standards.
- **Data security enhancements:** Advancing our security framework to maintain robust compliance with GDPR, including secure data migration.

“The iFightDepression<sup>®</sup> Tool has long been a valuable resource for individuals looking for structured, evidence-based self-help,” said Professor Ulrich Hegerl, president of the European Alliance Against Depression. “With these updates, we aim to make the tool even more effective and accessible for those in need of support.” He adds, “**Professionally guided online programs can enhance depression treatment by complementing antidepressants or psychotherapy**. They help fill care gaps, making solid scientific evidence essential.”

Healthcare professionals interested in integrating the iFD Tool into their practice can participate in a dedicated online training program at <https://guides.ifightdepression.com/apply>. This training consists of four modules, taking approximately 70 minutes to complete, and provides participants with personal access to the tool, along with **certification upon completion**.

**The updated iFD Tool is now available at <https://tool.ifightdepression.com>**. For further assistance, users can contact [ifightdepression@eaad.net](mailto:ifightdepression@eaad.net), and healthcare professionals can inquire about training at [ifd-online-training@eaad.net](mailto:ifd-online-training@eaad.net).

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## About EAAD

The European Alliance Against Depression (EAAD), an international non-profit organisation based in Frankfurt am Main and Leipzig, Germany, seeks to improve care and optimise treatment for patients with depressive disorders and to prevent suicidal behaviour.

Preventing depression and suicidal behaviour is a complex task that goes beyond the boundaries of healthcare. The EAAD community-based 4-Level Approach aims to reduce depression and suicidal behaviour by creating regional support networks between the health sector, patients and their relatives, community facilitators and the general public. The programme is considered to be one of the most promising strategies in the area of mental health and has been adopted in more than 100 regions in Germany and Europe.

EAAD hosts the iFightDepression® website which was launched in 2014 to equip sufferers of depression with information about the disease. It also offers the iFightDepression® Tool – a free, online guided self-management programme designed to help individuals to manage symptoms and to promote recovery.

Established in 2004, EAAD currently has 29 members in Europe, Australia, Canada, Africa and Chile. To learn more about EAAD, please visit: [www.eaad.net](http://www.eaad.net)



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