

Welcome to the first edition of our PREDI-NU newsletter!

The newsletter will provide up-to-date information about the PREDI-NU project and consortium, and will be published on an annual basis for the duration of the project. Please feel free to circulate this newsletter to colleagues with an interest in mental health promotion, depression, and the prevention of suicidal behaviour. We welcome any comments or queries to info-predinu@eaad.net.

Preventing Depression and Improving Awareness through Networking in the EU (PREDI-NU) is an EU-funded collaborative research project, aiming to increase awareness and develop evidence-based self-management resources through the web for young people and adults with mild to moderate depression.

A multilingual PREDI-NU awareness website will be available online: www.iFight-Depression.com, integrating the iFight-Depression self management tool as soon as the programming has been finalised.

PREDI-NU is funded by the European Union in the framework of the Health Programme. The project began in September 2011 and will continue until August 2014.



Further information on PREDI-NU is available here: www.predi-nu.eu.

Project coordinators



Prof. Dr. Ulrich Hegerl

*Department of Psychiatry and Psychotherapy,
University of Leipzig, Germany*



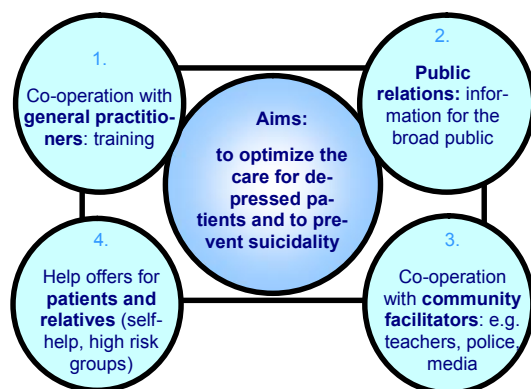
Dr. Ella Arensman,

*National Suicide Research Foundation & National
Health Services Research Institute, University College
Cork, Ireland.*

Background: PREDI-NU & the European Alliance Against Depression

PREDI-NU has to be seen in the context of the European Alliance Against Depression (EAAD; www.eaad.net), an international network of experts committed to improving the treatment of depression and the prevention of suicidal behaviour. The EAAD society promotes the implementation of 4-level community based intervention programmes in countries within and outside of Europe.

The 4-level intervention concept of EAAD:



Experience from the many regions in which these community based interventions have been implemented showed that people with depression were motivated by the programme to seek help, but were often confronted with the difficulty of limited access to psychotherapy and pharmacotherapy.

Therefore, PREDI-NU intends to close part of this gap by providing knowledge and internet-based self-management tools via the internet. The programme will further be integrated in the 4-level intervention concept of EAAD, which will steadily be improved, also drawing from experiences from the EAAD activities and the European FP7 project "Optimising Suicide Prevention Programmes and their Implementation in Europe" (OSPI-Europe, www.ospi-europe.com).

PREDI-NU Objectives

To develop the internet-based guided self-management **iFight-Depression-tool** for young people (15-24 years) and adults with mild to moderate depression.

To design an **iFight-Depression-website** including multi-faceted contents in nine languages to raise awareness of depression.

To implement and evaluate the **iFight-Depression-tool** in six European regions.

To integrate the **iFight-Depression-website** and the **iFight-Depression-tool** in the 4-level intervention of EAAD.

PREDI-NU Partners

The PREDI-NU consortium consists of 12 partners from 11 EU countries represented by experienced researchers with a track record in mental health promotion, depression and suicidal behaviour.

- Prof. Dr. Ulrich Hegerl, University of Leipzig - GERMANY
- Dr. Ella Arensman, National Suicide Research Foundation - IRELAND
- Prof. Dr. Chantal van Audenhove, Katholieke Universiteit Leuven LUCAS - BELGIUM
- Prof. Dr. Ullrich Meise, pro mente tirol - AUSTRIA
- Prof. Dr. Ferenc Túry Semmelweis University, Institute of Behavioural Sciences Budapest - HUNGARY
- Prof. Dr. Irina Todorova, Health Psychology Research Center - BULGARIA
- Prof. Dr. Airi Värnik, Estonian-Swedish Mental Health and Suicidology Institute - ESTONIA
- Prof. Dr. Ricardo Gusmão, Faculdade de Ciências Médicas, Universidade NOVA de Lisboa, PORTUGAL
- Prof. Margaret Maxwell, University of Stirling - UK
- Dr. Victor Perez-Sola, Fundacio Privada Institut de Recerca de l'Hospital de la Santa Creu I Sant Pau - SPAIN
- Dr. Charles Pull, Centre de Recherche Public Santé - LUXEMBOURG
- Dr. Sibylle Freitag, GABO:mi Gesellschaft für Ablauforganisation :milliarium mbh & Co. KG - GERMANY



The PREDI-NU consortium during the 2nd project meeting at the European Commission in Luxembourg, February 2012



The members of the Scientific Advisory Board

Scientific Advisory Board and Expert Panel

An external **Scientific Advisory Board** of international experts with extensive experience of web-based interventions for depression and related mental health problems was convened to ensure that all procedures and materials met international standards of evidence based practice.

- Prof. Dr. Pim Cuijpers, Department of Clinical Psychology and EMGO Institute, VU University Amsterdam – NETHERLANDS
- Prof. Dr. Ken Kirkby, University of Tasmania School of Medicine; Department of Health and Human Services (DHHS) – AUSTRALIA
- Prof. Dr. Stan Kutcher, Dalhousie University, Department of Psychiatry; Sun Life Financial Chair in Adolescent Mental Health, IWK Health Centre – CANADA
- Cathy Richards, NHS Lothian – UNITED KINGDOM

A consensus process including further international experts as well as patient and family organizations has also been established to feed into the development of the web-based self-management programme and the mental health awareness website. We are grateful for the support of the following additional **expert panel members**:

Prof. Dr. Chris Williams

Prof. Dr. Judy Proudfoot

Prof. Dr. Kathy Griffiths

Ilena Day, Action on Depression

Dolores Gauci & Pedro Manuel Ortiz de Montellano, Gamian

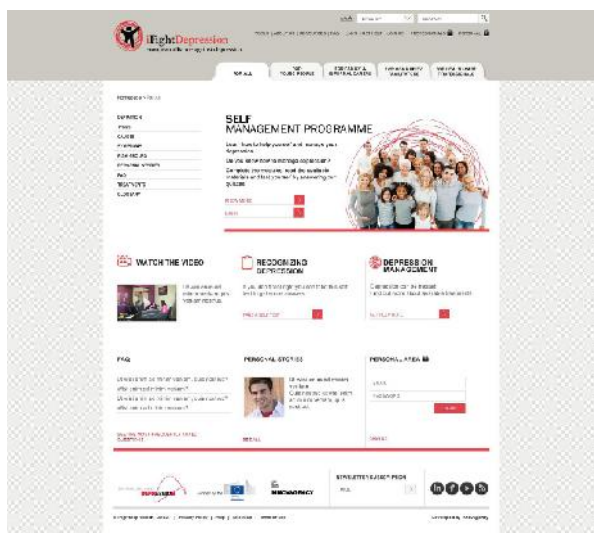
Thomas Mueller-Roehrich, Deutsche Depressionsliga

Bert Johnson, Eufami

The first year of the PREDI-NU project: What have we achieved?

Following a kick-off meeting in Leipzig, Germany in September 2011, the consortium commenced with the task of preparing for implementation of the PREDI-NU intervention. Throughout the first months a major focus was on developing the internet-based guided iFight-Depression self-management-tool and the design of the European iFight-Depression.com awareness website.

- The iFight-Depression tool was developed following a systematic review of the literature and an analysis of existing internet programmes.
- It was then reviewed by the international panel of experts and the scientific advisory board. The programme will be further optimised in August 2013, after the pilot phase of the PREDI-NU intervention.
- The iFight-Depression self-management tool will be translated into seven languages and integrated in the awareness website, which will be available in nine languages. We have completed the design templates and the PREDI-NU programmers have started to bring the **www.iFight-Depression.com** website to life.
- The methodology for the implementation of the pilot phase of the project, starting in fall 2012, was finalised. Ethics applications have been submitted and local project advisory boards are being established. Evaluation materials including outcome and process evaluation measures have been finalised.



- A PREDI-NU project website (**www.predi-nu.eu**) is online to facilitate dissemination. An information leaflet is available and can be accessed through the website.
- We are now looking forward to the pilot phase. As soon as the self-management tool and website are online, the implementation and evaluation of the PREDI-NU intervention programme will be started. The iFight-Depression tool will be made available through training programmes for primary care physicians (GPs) and mental health professionals in five intervention regions. Process and outcome evaluations will allow us to optimise the intervention following this pilot phase in preparation for further dissemination of the programme through a train-the-trainer model in 2014.

PREDI-NU: Providing a helpful tool for primary care practitioners and mental health professionals

In Europe, general practitioners are the most consulted health professionals by people with mental health problems. A recent Spanish study (Serrano-Blanco et al, 2010) revealed that 71% of people who experienced a mental disorder in the previous 12 months had received their treatment in primary care while 28.8% had also consulted specialised Mental Health Services. It is well known that Major Depression is the most common mental disorder among primary care patients. Variability in clinical practice and the difficulties of making efficacious treatments accessible which ensure the required therapeutic and healthcare continuity, underline the need for new strategies. To develop helpful, evidence-based tools in psychotherapeutic and healthcare treatment such as those in the PREDI-NU programme facilitate access to psychotherapeutic treatment for patients with depressive disorders.

The PREDI-NU intervention can help to close the gap of care for patients with depression, helping them at the same time to improve their knowledge about depression as well as their skills and self-management capacities in dealing with it. At the same time it provides support to primary care physicians and teams of mental health professionals, offering them the iFight-Depression-tool as an evidence-based and attractive add-on to optimise routine care for depressed patients.



Community-based interventions online: PREDI-NU-programme discussed at international symposium on depression and suicide prevention



While PREDI-NU is now starting into its second project year, the FP7-funded project “Optimising Suicide Prevention Programmes and their Implementation in Europe” (OSPI-Europe), which involves many of the consortium partners of PREDI-NU, is coming towards the end of its funding period. Both project groups came together for the OSPI-Europe final symposium on June 14th and 15th in Leipzig, Germany.



International experts in the field of E-mental health including Prof. Gerhard Andersson (Sweden), Dr. Stephanie Bauer (Germany), Prof. Pim Cuijpers (Netherlands), Prof. Kathleen Griffiths (Australia), Prof. Kenneth Kirkby (Australia), Dr. Hans Kordy (Germany), Dr. Yan Leykin, Prof. Ricardo Muñoz (USA), Dr. Cathy Richards and Prof. Chris Williams participated in the meeting. Caroline Attard from the European Commission and Ionela Petrea from the Trimbos Institute (The Netherlands) were also in attendance. It was our great pleasure to discuss dynamically the strengths and limitations of internet-based intervention programmes.

In the first part of the symposium OSPI-Europe results regarding the secondary outcomes of training programmes and the public awareness campaign, as well as the process and health economic analysis were presented.



Presentations of the second half included a wide range of topics outlining existing programmes and related research and discussing practical aspects concerning data security and safety issues in developing and implementing online-based interventions. The discussions generated significant important insights for the PREDI-NU consortium.



We are grateful for the support and expertise provided by all attendees of the symposium and are confident that PREDI-NU is on its best way to complete the successful approach of community based interventions in the future.

Prof. Maria Kopp

Institute of Behavioural Sciences,
Semmelweis University
Budapest



Prof. Maria Kopp unexpectedly passed away on April 3rd, 2012. Prof. Kopp was a key collaborator and member of the EAAD, OSPI-Europe and PREDI-NU consortia.

Maria is very sadly missed by our group. The spirit of Maria's commitment to research in depression and suicidal behaviour will be with us as we continue our work on PREDI-NU.

Prof. Dr. Ferenc Túry is now leading PREDI-NU in Hungary.

News & Events

- PREDI-NU was presented at the Start-up meeting of the European Society for research on internet interventions (esrii) in Lueneburg, Germany in May 2012. The consortium has become a member of this society.
- Community based interventions, including the future add-on that will be developed via PREDI-NU were presented at the 12th International Congress of Behavioral Medicine (ICBM) in Budapest, Hungary and the 14th European Symposium for Suicide and Suicidal Behaviour (ESSSB) in Tel Aviv, Israel in August / September 2012 .

Upcoming conferences:

Members of the PREDI-NU consortium will contribute to the following upcoming conferences:

- “Suicide Prevention for Young People: Possibilities and Challenges” Budapest, Hungary. 19th-21st October, 2012
- IASP World Congress 2013: “Preventing suicidal behaviour on five continents – Innovative treatments and interventions”. Oslo, Norway, 24th-28th September, 2013

DEPRESSION AWARENESS
AND SELF-MANAGEMENT
THROUGH THE WEB

PREDI  **NU**

This newsletter was produced by the PREDI-NU project consortium and was written by the partners from Ireland, Germany, Spain, and Bulgaria. The next newsletter will be disseminated in August 2013. If you wish to receive it or to unsubscribe, please contact us at info-predinu@eaad.net.

www.predinu.eu