



# GAMIAN-Europe

European Research project

## December 2014

### PARTNERS IN THE PROJECT

#### GGZ inGeest (Netherlands),

GGZ inGeest is an organisation for mental healthcare, collaborating with the VU University Medical Centre in research, education and academic patient care ([www.ggzingeest.nl](http://www.ggzingeest.nl)). GGZ inGeest covers the area in the Amsterdam region for health care. Depression care is delivered at five different sites. Two of these sites will take part in the E-COMPARED trial.

GGZ inGeest has recently started to implement e-health treatment for depression as part of specialised mental health care. Within E-COMPARED a blended depression treatment will be delivered, based on the Cognitive Behavioural Therapy (CBT) protocol implemented in routine practice. The blended depression treatment (bCBT) combines individual face-to-face sessions with online sessions, delivered through an internet-based treatment platform (ICT4Depression). (part of a previous FP7-EU Health / ICT project.)

#### GGZ inGeest

partner van VUmc

It has originally been developed as a self-help system. For the current trial, we adapted the treatment platform to fit the blended format. Previous to the trial, we are conducting a technical pilot to ensure good system stability, functionality and usability in the trial. The recruitment of participants for the trial at partaking sites of GGZ inGeest, will start in March 2015. All new patients with major depressive disorder will be invited to take part in the study during their intake interview at the mood department. Patients who are willing to participate, will be screened by the research team, to see if they fulfil study requirements. Participating patients will be asked to fill out questionnaires at the start and after 3, 6 and 12 months. Data gathered during the trial will be analysed by the research team in order to assess the clinical and cost-effectiveness of bCBT.

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**UNIVERSITAT DE VALENCIA (UVEG) UNIVERSITAT JAUME I DE CASTELLON (UJI)** (Spain)



LabPsiTec (Laboratory of Psychology and Technology), is one of the excellence groups in Research and development with well-developed expertise in clinical and health psychology. LabPsiTec is composed of a group of professionals with extensive clinical and research experience, led by Dr. Cristina Botella, full Professor of Clinical Psychology at Universitat Jaume I of Castellón (UJI), and Dr R. M. Baños, full Professor of Psychopathology at the Universitat of Valencia (UVEG). Dr. Botella also directs the Psychological Assistance Service (SAP) at her University. LabPsiTec has been investigating the possibilities of Information and Communication Technologies (ICTs) for more than 16 years. The team is a pioneer worldwide in the use of ICT solutions: Virtual Reality, Augmented Reality, the Internet for improving health and well being. The team is expert in clinical psychology as well as in ICT and HCI, (clinical and technical specifications, ergonomics, usability evaluations with and without low-fidelity and high-fidelity prototype users, clinical validations, etc.) LabPsiTec has been involved in several European projects focusing on developing and testing ICT solutions for health: Telemedicine and portable virtual environments for Clinical Psychology (VEPSY-UPDATED) FP5-IST; engaging media for mental health applications (EMMA) FP5; Psychologically Augmented Social Interaction Over Networks – (PASION) FP6-IST; Online Predictive Tools for Intervention in Mental Illness (OPTIMI) FP7- IST, and echoBUTLER (H2020-PHC-20-2014-643566). The role of LabPsiTec in the E-Compared project will be to lead

WP5 aimed at the synthesis of the results for developing EU recommendations. Moreover, LabPsiTec will participate in WP1, assessing current mental health policies and guidelines in Spain; in WP2 conducting a pragmatic clinical trial; in WP4, identifying clusters of depressive individuals for whom Internet-based treatment is most effective; and in WP6 helping with dissemination and implementation tasks. *For more details, please visit:*

[www.labpsitec.es](http://www.labpsitec.es)

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UNIVERSITÄT  
BERN

### University of Bern (Switzerland)

The University of Bern has over 15,400 students, 8 faculties, some 160 institutes and 8 graduate schools. A wide range of European and worldwide research projects reflect the high quality of research. Their research group, specialised in the development and evaluation of internet-based treatments, is financed by a Swiss National Science Foundation professorship. Prof. Dr. Thomas Berger is the leader of this group, which has conducted several studies on internet-based treatments for anxiety disorders, depression and other psychological problems. Dr. Tobias Krieger and MSc. Antoine Urech complete the University of Bern's E-COMPARED team. Importantly, the team works closely with the Department of Clinical Psychology and Psychotherapy led by Prof. Dr. Franz Caspar. In the E-COMPARED project, the University of Bern is in charge of WP 2 and will conduct a pragmatic randomised controlled trial in routine specialised

mental health services in Switzerland. Furthermore, it will lead the development and provision of dissemination and training materials, online support systems for clinicians and other delivery agents in WP6. Finally, they will participate in the synthesis of the research findings in WP5.

### SZKOŁA WYŻSZA PSYCHOLOGII SPOŁECZNEJ (SWPS) (Poland)



SZKOŁA WYŻSZA PSYCHOLOGII SPOŁECZNEJ

E-COMPARED's Polish team is led by professor Roman Cieslak from the SWPS, University of Social Sciences and Humanities. Professor Cieslak also works as Senior Research Associate at Trauma, Health, and Hazards Center at University of Colorado in Colorado Springs, US. Results of his research demonstrate how resources such as social support and self-efficacy facilitate coping with stress both of the occupational and traumatic nature. He developed the first online intervention in Poland: "Helpers' Stress" aimed at supporting professionals such as doctors, nurses and firefighters who encounter trauma survivors in their jobs. In executing the goals of E-COMPARED project, professor Cieslak is being supported by a team of his PhD students: Katarzyna Zukowska, Anna Rogala and Ewelina Smoktunowicz. The team is responsible for auditing the current state of depression treatment in Poland and carrying out clinical trials among primary care givers as well as promoting online and blended treatment as both clinical and cost-effective. According to professor Cieslak, this project is important because "we work together, researchers and

practitioners from various European countries in order to increase the availability and quality of help offered to people who suffer from depression - which is 3% of the Polish population. This project has the potential to change the way, depression is treated”.

More information:

<http://swps.pl/warszawa/nauka-i-rozwoj/warszawa-biuro-badan-naukowych/baza-projektow-badawczych/baza-projektow/11035-e-compared-europejskie-badania-porownawcze-nad-efektywnoscia-interwencji-internetowej-dla-osob-z-depresja>

(only in Polish)

**LINKOPINGS UNIVERSITET (LIU)**  
(Sweden)



**Linköping University**

Cooperation across subject and faculty borders and an entrepreneurial spirit of education is the hallmark of Linköping University, Sweden. Since its foundation in the 1970's the university has established itself as an innovative and modern institution in both education and research.

During the past decade LiU has experienced rapid growth. With a student population of 25000 and 3500 employees LiU is one of the major universities in Sweden. The university consists of four faculties and 14 departments. Research and education is carried out in broad, multi-disciplinary and cross-faculty departments, a framework that facilitates cooperation between disciplines and across faculty borders.

Gerhard Andersson is the leader of the research group specialised in Internet delivery of evidence-based psychological treatment and development of new treatment programmes. His group contains collaborators and graduate students at the Karolinska Institute, Stockholm, Uppsala University, and Örebro University. At Linköping University, the current focus is on treatment of health conditions and psychiatric conditions such as major depression. Prof. Andersson is the founder of the International Organisation for Research on Internet Interventions (ISRII). Several completed clinical trials and also dissemination of research finding into clinical settings have already taken place. Development of online platforms for recruiting research participants is part of the research programme. Dr. Andersson has also worked for the department of health in Sweden, developing treatment guidelines for depression and anxiety.

Prof Andersson will lead WP 1 and will participate in a pragmatic clinical trial (WP2). He is Professor in clinical psychology and has published over 300 research papers and 10 books. He has supervised 17 PhD students and is active in treatment research and systematic reviews of intervention research. He is also trained as a clinical psychologist and psychotherapist. For more details, see [www.gerhardandersson.se](http://www.gerhardandersson.se)

**LONDON SCHOOL OF HYGIENE AND TROPICAL MEDICINE (LSHTM) (United Kingdom)**

The London School of Hygiene & Tropical Medicine is one of Europe's leading schools of Public Health and a

leading postgraduate institution worldwide for research and postgraduate education in global health. Part of the University of London, the London School is the largest institution of its kind in Europe with a remarkable depth and breadth of expertise encompassing many disciplines. The School was ranked one of the top 3 research institutions in the country in the Times Higher Education's 'table of excellence', which is based on the 2008 Research Assessment Exercise (RAE).

Being part of the Faculty of Epidemiology and Population Health (EPH), the Department of Population Health aims to contribute to evidence-based public health through conducting research that supports the development and evaluation of public health interventions in the UK and developing countries. It has a focus on interventions that reduce the excess burden of ill health associated with poverty and deprivation. In particular, the Department aims to facilitate the development of appropriate policies and interventions to reduce this burden, based both on the investigation of new issues and key policies, and on a re-appraisal of existing knowledge. The Department has strong links with international agencies and a large network of overseas research collaborators. Current research areas include: maternal, newborn and child health, nutrition, global mental health, injuries, transport and health, and mobile phone interventions (such as the text to stop smoking initiative). The Head of Department is Dr Phil Edwards. The group is experienced in conducting RCTs of treatment interventions, particularly of psychological interventions, with four of these published by Lancet over recent years. Their group has been involved, and is currently undertaking

several projects involving e-mental health. Other than that hosting a specialized RCT unit, staffed with several experienced trial methodologists, they have very experienced RCT managers and research assistants.

One of the group's main strength is the wide and large clinical network from where they recruit patients for their clinical trials. The LSHTM hosts a Clinical Trial Unit approved and funded by the Medical Research Council.

*Role in project:* They conduct a pragmatic clinical trial in WP2 and assist in the systematic review in WP1

### FRIEDRICH-ALEXANDER-UNIVERSITÄT ERLANGEN-NÜRNBERG (FAU) (Germany)

The Friedrich-Alexander-Universität Erlangen-Nürnberg (FAU) was founded in 1743 and is one of Germany's largest universities. FAU is a research university with interdisciplinary structures across five faculties (Faculty of Humanities, Social Sciences, and Theology, Faculty of Business, Economics, and Law, Faculty of Medicine, Faculty of Sciences and Faculty of Engineering) and with connections to 500 partner universities in 80 countries. There are currently over 35,300 students (2800 of which International Students) enrolled in more than 150 classic, interdisciplinary and international degree programmes. FAU has over 13.000 members of staff, 270 chairs

and 639 professorships and is currently implementing 87 EU-funded research projects with over € 25.7 Mio. funding.

The Faculty of Humanities, Social Sciences, and Theology hosts the Department of Psychology and Sport Science. Through intense negotiations and a generous offer, the FAU has been able to employ Prof. dr. Berking as W3-professor for clinical psychology and psychotherapy by January 1, 2014. With additional help from the Bavarian ministry for science and research, the University supports dr. Berking in setting up an outpatient clinic specialized in treating mental disorders such as depression.

Prof. Berking's team will contribute to the systematic review of WP1 and will conduct a pragmatic clinical trial in WP2.

Prof. Berking has published over a hundred scientific publications, most of which in renowned research journals. He has received over 5 million Euro of research funding from various institutions (Deutsche Forschungsgesellschaft; Bundesministerium für Wissenschaft und Forschung; EU).

### UNIVERSITY OF LIMERICK (UL) (Ireland)

The University of Limerick (UL) is an independent, internationally focused university with over 12,000 students and 1,400 staff. It has an established reputation as Ireland's leading university in industry-led research.

This has resulted in significant research commercialization activities and collaborations between the leading researchers and industry.

Two groups in UL will participate in this project:

a) The Department of Electronic & Computer Engineering (ECE) as a technical and trial liaison partner.

b) The Kemmy Business School (KBS), carrying out health economics analysis of the system.

In previous related projects, ECE conducted research in human activity recognition and the development of frameworks for mobile apps for eMental health applications. ECE has also performed the important role of liaising between technical and medical partners, and end-users in several clinical trials. KBS has organized and taken part in various RCTs as health economics experts and have investigated E-health applications in an Irish setting.

The role in E-COMPARED will be twofold: In WP2, ECE will act as technical partner responsible for development of the

mobile application and technical support of trials with the system and in WP3, KBS will be responsible for a health technology assessment of the system, with a particular focus on the deployment and exploitation of the system within the Irish health system. Both UL groups will also be involved in the synthesis of results in WP5.

