



Gamian-Europe
European Research project

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E-Compared

In 2010, 30 million Europeans were affected by depression and their number is still growing. Half of Europeans in need of mental care for depression do not have access to care services, do not always receive evidence-based treatments, are confronted with long waiting lists or high care expenditures. Internet-based treatment has the potential to address the drawbacks of standard care and keep depression treatment of high quality and affordable.

E-COMPARED will conduct comparative effectiveness research in routine specialized mental care settings on the (cost-) effectiveness of internet-based treatment for depression in comparison with standard care. Health care systems, and -policies, existing ICT infrastructures and their uptake will be taken into account.

E-COMPARED aims to

1) Evaluate EU mental health policies/guidelines for standard and internet-based care for depression in specialized care settings in countries with different health care systems and access levels of standard and internet-based care;

2) Compare clinical efficacy and cost-effectiveness of internet-based treatment and treatment as usual within controlled research settings,

3) Carry out pragmatic randomized controlled trials to study how internet-based depression treatment can be effectively implemented within routine specialized care settings,

4) Predict which patient groups could benefit from internet-based treatment vs. standard treatment by modeling patient characteristics;

5) Develop evidence based recommendations on how internet-based depression treatment can be cost-effectively integrated into routine specialized care systems for depression in EU mental health care systems, and develop a business case to ensure structural implementation of these services.

E-COMPARED is multidisciplinary (psychology, HTA, ICT, care) and its members have a front runners position in internet-based treatment for common mental health disorders, e.g. through participating in FP7 projects (ICT4Depression, ROAMER)..

Partners:

STICHTING VU-VUMC VUA Netherlands

LINKOPINGS UNIVERSITET LIU Sweden

FRIEDRICH-ALEXANDER-UNIVERSITAT ERLANGEN
NURNBERG FAU Germany

LONDON SCHOOL OF HYGIENE AND TROPICAL
MEDICINE LSHTM United Kingdom

STICHTING GGZ INGEEEST GGZ INGEEEST Netherlands

UNIVERSITAT JAUME I DE CASTELLON UJI Spain

LEUPHANA UNIVERSITAT LUNEBURG ULG Germany

UNIVERSITY OF LIMERICK UL Ireland

UNIVERSITAET BERN UBERN Switzerland

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SISTEMAS E

COMPUTADORES DO PORTO INESC PORTO Portugal

UNIVERSITE PARIS XII VAL DE MARNE UPEC France

**GLOBAL ALLIANCE OF MENTAL ILLNESS ADVOCACY
NETWORKS**

Work Packages

Across Europe, the treatment of depression (with or without chronicity) can be improved both in terms of accessibility and clinical and cost-effectiveness. A number of studies have investigated how depression treatment in primary and specialised care settings can be improved in terms of increased accessibility in the community and more efficient use of limited resources. The effectiveness and efficiency with which resources are being used can be enhanced, by means of improved models of care such as 'collaborative care' or 'disease management' approaches or 'stepped care' initiatives. Blending face-to-face treatment with web-based treatment components is another powerful strategy to increase the cost-effectiveness of adult depression treatment services that can be integrated with the successful models mentioned above. In order to investigate this potential, we will assess the current state of depression treatment policies, practices, and clinical guidelines for the treatment of depression in routine primary and specialised care settings across a subset of eight EU countries. We will then evaluate the clinical and cost-effectiveness of web-based and blended treatments for depression compared to standard face-to-face treatments as currently delivered in usual care across these settings.

Specific objectives

- To consult and discuss the current state of the art of depression treatment with national and European stakeholders, including representatives of patient organisations for depression.
- To assess patients' needs and preferences for Internet-based treatments for depression
- To present and consult on the objectives of E-COMPARED with these stakeholders.
- To explore what is known about current advantages, disadvantages and harm on Internet-based treatments compared to TAU and how these may be overcome.
- To investigate what the reasons are for participating countries to invest in blended Internet-based treatments for depression in primary and specialised mental care services formats from the perspective of relevant stakeholders.
- To explore the future plans on Internet-based treatments across a number of European networks such as the FP7 ROAMER project and the European Alliance Against Depression.

WP 1 Adult depression treatment in primary care and routine specialised mental care services

WP 2 Comparing the clinical and cost-effectiveness of Internet-based treatment and treatment as usual

WP 3 Economic Modelling Studies

WP 4 Personalised Depression Treatment Modelling

WP 5 Synthesis of results and EU recommendations

WP 6 Dissemination and business case development

WP 7 Project management

GAMIAN is an active partner in WP 6

Gamian involvement in WP6

Development and maintenance of the dissemination plan (M1-36). To ensure that maximum value will be created from the E-COMPARED project and to allow optimal dissemination, a Dissemination plan will be generated. This plan will be updated each year. The Dissemination plan will detail how the E-COMPARED project will disseminate project results to all stakeholders. Moreover, it will describe the target audiences, key messages, methods and frequency of dissemination as well as the responsibilities of the consortium members with respect to dissemination (see also B.3.2.1b). The development and updates of the plan will be led by dr. Thomas Berger (UBERN) in collaboration with the project partners, and will need approval from the Executive Committee. The plan will be finished at month 6 and will be updated at the end of each year.

Development of a business case. WP1-5 will generate a wealth of knowledge on mental health policies, treatment regimens, cost-effectiveness, economic impact of Internet-based blended depression treatment in routine practice and in its train recommendations for the treatment of other mental disorders such as anxiety, alcohol dependence, and differences in implementation of Internet-based treatments and stakeholders perspectives. On the basis of this knowledge, a business case will be developed for the implementation of Internet-based depression treatment within Europe based on different levels of Internet-based treatment implementation (WP2-WP4), allowing for the state of the art eMental health facilities and levels of implementation while taking into account variations between countries. Business opportunities will be an integral part of the business case.

Development and maintenance of the E-COMPARED website (UBERN; M1- 36 A project website consisting of two parts will be developed. The 'secure part' will have functionalities for document exchange, consortium and WP-specific email lists, web-based conferencing, calendar functions, methods portal and data exchange. The 'open access' part will be used for communication with stakeholders, including policy makers, health professionals, researchers, educational platforms, patients and the general public. The website will be live after 3 months

Execution of the Dissemination plan. Dissemination activities for all stakeholders, as formulated in the Dissemination plan, will be executed. These include the development and dissemination of project information on the project website, in brochures, newsletters, press releases, publications in peer reviewed scientific journals and policy journals, and oral and poster presentations at conferences and workshops. All project partners will be encouraged to attend major meetings and conferences, and where possible create opportunities to promote E-COMPARED at such events, e.g. as invited speaker. Partners will also be encouraged to actively use their stakeholder networks for the purpose of further dissemination. Further, we will collaborate with Mental Health Europe and the European Depression Association (EDA) to ensure widespread distribution of the results. During the project Consortium partners will report on the progress of E-COMPARED at national and international conferences and health policy (summit) meetings as well as in scientific and professional journals (representing the different disciplines involved in E-COMPARED). A final international conference (M36, CH) will be organized for a broad group of stakeholders (e.g. policy makers such as politician and administrators, mental health care professionals, patients, patient organizations, scientists and the general public) at which the key outcomes of the project will be presented through presentations and workshops. Issues to be discussed will include the opportunities and potential bottlenecks in terms of health profits, requirements, health policy, costs, feasibility, organizational issues and technologies. The final meeting will be broadly advertised.



Role of Gamian:

Website (www.gamian.eu)

On the Gamian Website a page is dedicated to each European research project.

<http://gamian.eu/project-category/ongoing-projects/>

Within the page of each project messages will be posted informing on the project as such (with a link to the website of the research project) and giving information on recent activities of the project partners.

This will be interactive. (Gamian members will be invited to react or comment)

They will be contacted (receive a mail) by a Gamian staff member every month to "feed" the content.

Facebook page (<https://www.facebook.com/GAMIAN.Europe>)

The Gamian-Europe Facebook page is an interactive tool to give information on what is going on in patient associations all over Europe.

The messages collected for the website (see above) will be published on this Facebook page and the Gamian-Europe twitter account (@GamianE)

Newsletter

With the quarterly Newsletter a special one page issue on the research activities and results will disseminated to a broad public of patient associations and other stakeholders active in mental health on European and National level.

Project leaders can use this tool(s) to communicate directly with national patient associations.

Annual Conventions

At the annual convention Gamian-Europe membership will be informed on current activities of each research project. A time slot will be dedicated to this issue.

Gamian-Europe European Research project

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Visit the [E-Compared website](#)

