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GAMIAN-Europe

European Research project

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IN THIS ISSUE

Dear reader,

Welcome to first edition of the E-COMPARED newsletter in 2017.



In this edition, we look back at some of E-COMPARED's activities that took place during the past 6 months. As we are also approaching the end of the project, dissemination of the results is getting all the more important. results.



Therefore, a final conference will be held in Bern, Switzerland, consisting of an internal Consortium meeting on 15 June, and a presentation of the findings and results on 16 June.

3rd Consortium Meeting, Paris, 3-4 November 2016-

The 3rd Consortium meeting was held in the beautiful Hôtel-Dieu, near Notre-Dame, in the heart of Paris.

Apart from having a first discussion of the project's data and outcome, many useful inputs were received from external advisors Prof. David Mohr (Northwestern University, Chicago, USA) and Prof. David McDaid (London School of Economics).

We would like to take the opportunity to thank David and David for sharing their insightful and valuable views on the project as well as thank Prof. Karine Chevreul, Jean-Baptiste Hazo and Maya Dorsey for the organisation of the meeting.

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Because many of the project's deliverables have yet to be produced, it was decided (and agreed by the European Commission) to extend the project with six months (until June 2017)

Therefore, a "delivery plan" was discussed and agreed among the consortium partners. The emphasis in the discussions was on the deliverables set out in the "Description of Work" (DoW), progress reports and scientific articles.

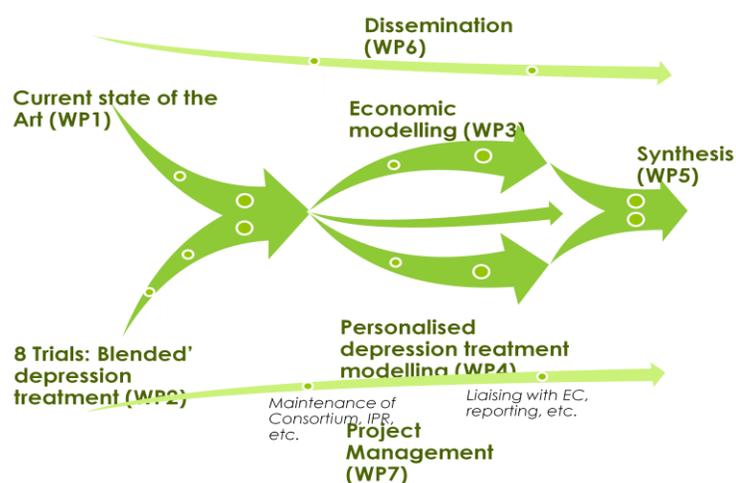


We hope you will enjoy this newsletter. Your comments, suggestions and contributions are welcome at

assistant@qamian.eu

The Editorial Committee

In order to organise and coordinate the outstanding activities has to be done, a workflow diagram was proposed. GAMIAN-Europe has a role to play in WP6.



E-COMPARED's final report will consist of:

- An executive summary
- A summary of project context, objectives, main results, and potential impact
- Main dissemination activities and exploitation of results
- A forward looking plan for its use and dissemination
- A report covering the wider societal implications of the project will also be made available (e.g. gender equality actions, ethical issues, efforts to involve other actors...)

At the final conference in June 2017, the results and impact on mental health care will be put in context and an agenda for bCBT (=blended Cognitive Behaviour Therapy) will be discussed.

Meet E-COMPARED's management team



(from left to right: Christiaan Vis, Annet Kleiboer, Heleen Riper, Jan H. Smit)

E-COMPARED project has almost come to an end, with an extension of 6 months. But who was in charge of the project all this time?

We had the opportunity to briefly meet with the project's management team after the Consortium meeting in Paris.

Heleen Riper, Christiaan Vis, and Jan Smit (Management team) and Annet Kleiboer (WP2-representative) were happy to answer a few of our questions.

(GE) : Heleen, could you please introduce yourself and tell us what the E-COMPARED project is about ?

(Heleen Riper): I am professor of E-mental health at the Free University (VU) of Amsterdam in the Netherlands.

(GE): Could you please tell us what the E-COMPARED project is about?

(Heleen Riper): The E-COMPARED project is all about comparative effectiveness research. In this specific project we want to evaluate the comparative effectiveness of blended Cognitive Behaviour Therapy (CBT) treatment, with 'blended' meaning the combination of online and offline CBT components, compared to 'treatment as usual'. We do that both from a cost effectiveness perspective, as well as from a clinical perspective in the short- and longer-term.

(GE): Jan, could you introduce yourself?

(Jan Smit): I am professor in methodology based at the VU University Medical Center in Amsterdam, a specialised mental health hospital and I am also a member of the project management team. With E-COMPARED we investigate an alternative of how to tackle the challenges we face in mental healthcare in the coming years.

(GE): Christiaan, could we also ask you to introduce yourself.

(Christiaan Vis): I work in the team with Heleen Riper doing the project management, so the daily operational management of the Consortium and make sure that everybody delivers what is promised on time in a friendly way.

(GE): Annet, could you please introduce yourself and tell us about your role in the project ?

(Annet Kleiboer): I am associate professor at the Free University of Amsterdam and my role in the project is to coordinate all the randomised controlled trials that are part of the project. So for instance where we collect the data, where we recruit patients and how it feeds into the other work packages of the project.

(GE): What are the challenges you face as a management team of E-COMPARED?

(Jan Smit): One of the big challenges is the data collection, because countries greatly differ in what they have to offer and how they reach their patients. So we spent a lot of time and effort in getting data from all the countries; this is the biggest topic in our discussions in the team. Now we are entering a different phase.

(Heleen Riper): I think there is one step before data collection and that is recruitment. Data management and data quality are of course extremely challenging. But the most difficult

component of this project was the recruitment of participants.

(GAM): How do you tackle these challenges? What is your secret?

(Heleen Riper): We recruited the right partners in this project, because what I think makes this project difficult and challenging - but also fun - is that all the project partners are from different multidisciplinary backgrounds, they are from different countries, they have different expertise, you name it. The atmosphere in the Consortium is very good.

A project of this kind is also very difficult from a project management perspective with all the EU-requirements and Christiaan is an expert in this, so maybe he can elaborate on it further.

(Christiaan Vis): One of the challenges lies in the communication between all the different partners. We have experienced partners in running and conducting these kinds of international projects, but it still remains difficult to keep everybody aligned and up-to-date with information that we have from the Commission and the requirements that we need to fulfill. That is basically my challenge, but we have a good team.

(Annet Kleiboer): And I think the communication is not only a challenge but also a strength, because partners can learn from each other.

(Jan Smit): If I compare this Consortium with other consortia we are involved in, one of its big assets is that it involves a group of people that have already been working with each other for a long time in different projects and different programmes. So we have very short communication lines, and it is not a completely new Consortium. This helps to do make such an effort in such a short time.

(Christiaan Vis): There is trust and that is very important.

(Heleen Riper): Yes, and I think that we also have very good support from the European Commission.

We are very happy with our project leaders there, because they have been very supportive during difficult situations, which of course every project encounters, so I think we are very lucky. And of course, the topic is of great interest to us all.

Can the Internet reduce the economic burden resulting from depression?

One of EC_COMPARED's aims is to examine the value for money of a blended (Internet-based and face-to-face) treatment for depression. Internet-based treatments are offered to patients through secure websites (using a

computer, smartphone or tablet), where they can access and complete treatment modules or lessons. Growing evidence demonstrates that Internet-based treatments are effective in reducing depressive symptoms (Andersson & Cuijpers, 2009). One of the advantages of Internet treatments is that they require less time input from therapists per patient in comparison with face-to-face treatments. As a result, more patients can potentially be treated simultaneously at lower costs.

It is not only about the money.

Implementation of cost-effective treatments is of crucial importance for healthcare systems. Such treatments can reduce the disease burden while allocating available resources efficiently. In other words, by using scarce resources for those treatments that provide the largest benefits at the lowest costs, recovered resources can be used for other healthcare interventions (e.g. limiting waiting lists by hiring more therapists).

The cost effectiveness of an intervention in comparison with usual care is typically investigated through trial-based or model-based economic evaluations. Both types of analyses will be performed within E-COMPARED.

References:

Andersson, G., & Cuijpers, P. (2009). Internet-based and other computerized psychological treatments for adult depression: a meta-analysis. *Cogn Behav Ther*, 38(4), 196-205. doi:10.1080/16506070903318960

E-COMPARED News

New E-COMPARED video blog

Visit the new video blog on the E-COMPARED project. You can find the video blog via this [link](#) on the website

Publications

- Kleiboer, A., Smit, J., Bosmans, J., Ruwaard, J., Andersson, G., Topooco, N., Berger, T., Krieger, T., Botella, C., Baños, R., Chevreur, K., Araya, R., Cerga-Pashoja, A., Cieślak, R., Rogala, A., Vis, C., Draisma, S., van Schaik, A., Kemmeren, L., Ebert, D., Berking, M., Funk, B., Cuijpers, P., & Riper, H. (2016). European comparative effectiveness research on blended depression treatment versus treatment-as-usual (E-COMPARED): Study protocol of a randomized controlled non-inferiority trial in eight European countries. *Trials*, 17(1), 1–10. doi:10.1186/s13063-016-1511-1



Apart from the study protocol of the main study, two study protocols of national studies have been published:

- Mathiasen, K., Andersen, T. E., Riper, H., Kleiboer, A. A., & Roessler, K. K. (2016). Blended CBT versus face-to-face CBT: a randomised non-inferiority trial. *BMC Psychiatry, 16*, 432. doi: 10.1186/s12888-016-1140-y
- Kemmeren L., van Schaik D., Riper H., Kleiboer A., Bosmans J., & Smit J., (2016). Effectiveness of blended depression treatment for adults in specialised mental healthcare: study protocol for a randomised controlled

trial. *BMC Psychiatry, 16*, 113. doi:10.1186/s12888-016-0818-5

Previous GAMIAN-Europe's newsletters on E-COMPARED

- [Issue2014-1](#), [Issue2015-1](#), [Issue2015-2](#), [Issue 2016-1](#), [Issue 2016-2](#)

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