

eMEN: unlocking the power of technology to improve Europe's mental health

a new strategy for more and better e-mental health



Product showcase

First: what is eMEN?

eMEN is an international e-mental health implementation project.

At the moment, Europe's main challenge in mental health care is the substantial increase in demand for services. This has increased social and economic costs for the society. So, how do we keep mental health care affordable and accessible?

E-Mental health, focusing on prevention, faster treatment and relapse reduction, answers to that problem. But implementation on large scale has been proven problematic. eMEN is about to change that!

Why is eMEN different from any other e-health project?

eMEN understands the need for a multidisciplinary and international collaboration on all levels of the implementation process to make large scale implementation a success.

With six partner countries eMEN is promoting more affordable, effective and empowering mental health by operationalising a transnational cooperation platform for e-mental health product innovation, development, testing, implementation and exchange of implementation expertise.

No more waiting lists, long diagnosis procedures and treatment where it can be avoided. But more prevention, self control, coaching and daily support.

What e-health product will benefit your organization?

One of the eMEN objectives is further developing and testing e-health solutions for **depression, PTSD and anxiety**. Products with great potential, even greater benefits and low costs if implemented well. That's where eMEN helps.

What product will benefit your organization? Let us show you all you need to know in order to make the right decision

MIRROR

EMDapp



Mindwise

- **EMDapp:** EMDR 'game' therapy for people with PTSD
- **Mindwise:** Online therapy for Primary care anxiety and depression
- **MIRROR:** Selftest after experiencing a distressing event (PTSD)
- **Moodbuster:** Online treatment for people with depression
- **SAM app:** Selfhelp app for Anxiety Management
- **SAM screener:** Screener on possible PTSD-symptoms
- **Pesky gNATS:** Cognitive Behaviour Therapy game for children (depression)
- **STOPBLUES:** Depression / suicide prevention intervention for the general population

MOODBUSTER



STOPBLUES



EMD app

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What is the EMD app?

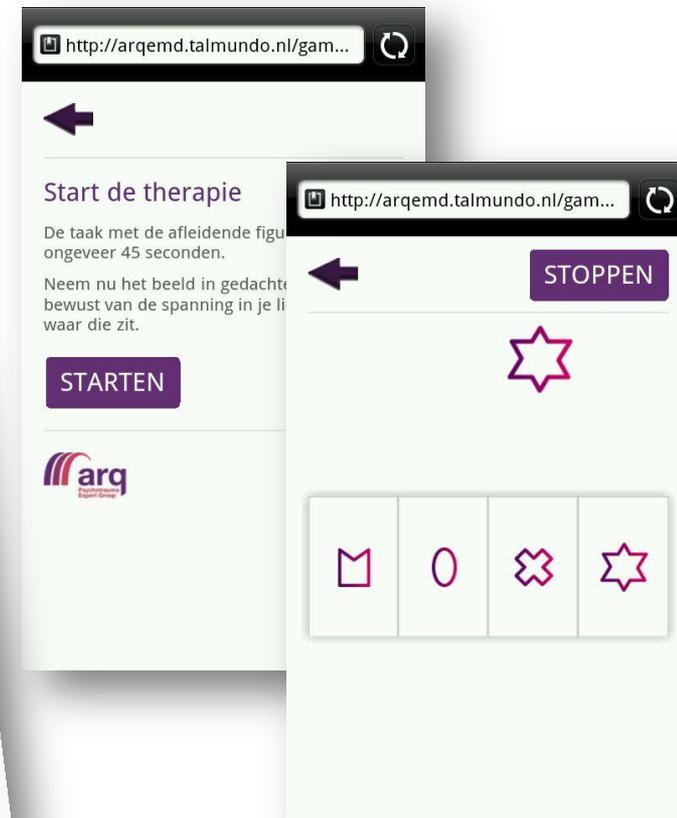
With the EMD app patients can do their EMDR exercises at home at any time they want. Patients are asked to think about a stressful memory, while playing the EMDR 'game'. Goal is to select the right representation of the presented moving figure. Before and after the EMDR 'game' patients are asked to fill in the 'stress thermometer'. It's a blended care app, so it can be used with guidance of an EMDR therapist

What's its purpose?

- The game is played until the stress level is decreased to a minimum.
- This app gives patients a more active role, while they can practice at home. Therefore it can shorten therapy length per patient.

Who is the developer?

The application is developed by Arq.



Who can benefit?

People with PTSD (when EMDR is recommended) can benefit from this EMDR 'game' therapy

Benefits for patients and professionals

- Easy to understand/navigate/use
- Available 24/7
- Empowers user to take more control of their thoughts
- Therapist training manual for the blended version is available

Characteristics

- This app gives patients a more active role, while they can practice at home. Therefore it can shorten therapy length per patient.
- It can be combined with other PTSD applications. For example in combination with the Support coach (PTSD coach).
- Customize options:
 - Adjustment to daily practice: every organization can adjust the app, so it matches the specific use in the organization; E.g. logo, introduction texts, information about the organization and its treatments



Research and pilot process / possibilities

- Interesting to use in every clinical practice where EMDR therapy is given.
- At this point an RCT research is performed on the 1.0 version by Arq.

For the 2.0 version interesting questions can be:

- Do pts find working with the app useful?
- Can the app prevent drop out?
- Creates working with the app faster result?
- Is doing EMDR on a mobile screen just as effective as doing EMDR in a practice room
- Is working with the app more effective than TAU

The improvements made in the eMEN project include:

- Improving look and feel
- Answer to enduser feedback on version 1.0
- Add charts, so results can easily be interpreted by patients and professionals.



I'm interested!

**For more details or sign up: Corné Versluis,
c.versluis@arq.org**



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Mindwise



Access to
Psychological
Services Ireland

What is Mindwise?

The Mindwise programmes for adults and adolescents are founded on CBT psychological models for the treatment of anxiety and depressive disorders. Both programmes are largely based on CBT interventions described in two key works:

- Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.
- Clark, D. A., & Beck, A. T. (2009). *Cognitive Therapy of Anxiety Disorders – Science and Practice*. Guilford Press: London.

The Mindwise programme for adolescents is also based on CBT practices and procedures that have been adapted to suit adolescents (Clarke & DeBar, 2010; Kendall & Peterman, 2015).

What is the purpose?

In both Mindwise programmes, clients learn skills for monitoring and modifying cognitions, behaviour, and affective states associated with anxiety and depressive disorders by completing computer-based tasks. All of the computer-based tasks derive from CBT programmes which have been shown in randomized controlled trials and meta-analyses of such trials to be clinically effective (Ebert et al., 2015; Spek et al., 2007).

Who can benefit?

Adults (18+ years) and adolescents with mild-to-moderate mental-health presentations in primary care.

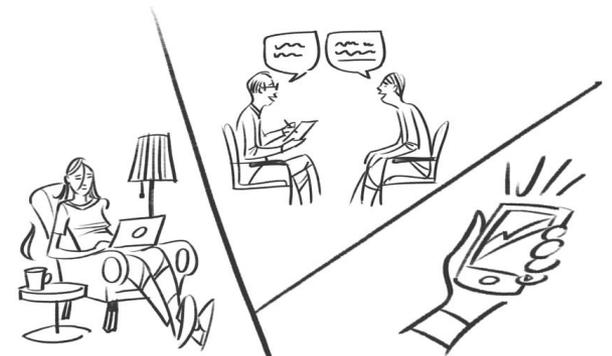
Characteristics

- The Mindwise app is a web-based product built on Moodle, a free and open-source software learning management system for laptops, tablets and smartphones.
- It is easy to understand, navigate and use.
- Is available 24/7 on any web-based device.
- Is proven to be effective, safe and of consistent quality.
- It is updated regularly, based on users' feedback.
- It empowers users to take more control of their recovery.

Who is the developer?

Mindwise for Adults and Mindwise for Adolescents were designed and developed by the Health Service Executive (HSE) in Ireland over the past two years.

Mindwise



2017 Primary Care roll-out plan for Mindwise for Adolescents.

- Key part of Stepped care service for teenagers
- Mindwise is a therapist-assisted on-line CBT app for use by service user between consultations.
- National roll-out across 9 Community Health Organisations (CHOs)
- Approval sought across regional research Ethics Committees
- 114 assistant psychologists (APs) recruited to support new service.
- Testing plans include: EU Guidelines on assessment of reliability of mobile health apps

Conclusion

- Mindwise for Adolescents is based on the successful pilot of Mindwise for Adults.
- The initial assessment will cover a period of two years (2017-2019)
- Mindwise programme launch in 2017; eMEN completed in 2019.

I'm interested!
For more details: [Manus Hanratty;](mailto:mhanratty@mentalhealthreform.ie)
mhanratty@mentalhealthreform.ie



MIRROR

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Stichting **Centrum '45**

Partner in

Psychosociale
Expert Groep

What is MIRROR?

MIRROR is an online self test that can be taken after experiencing a distressing event and related complaints.

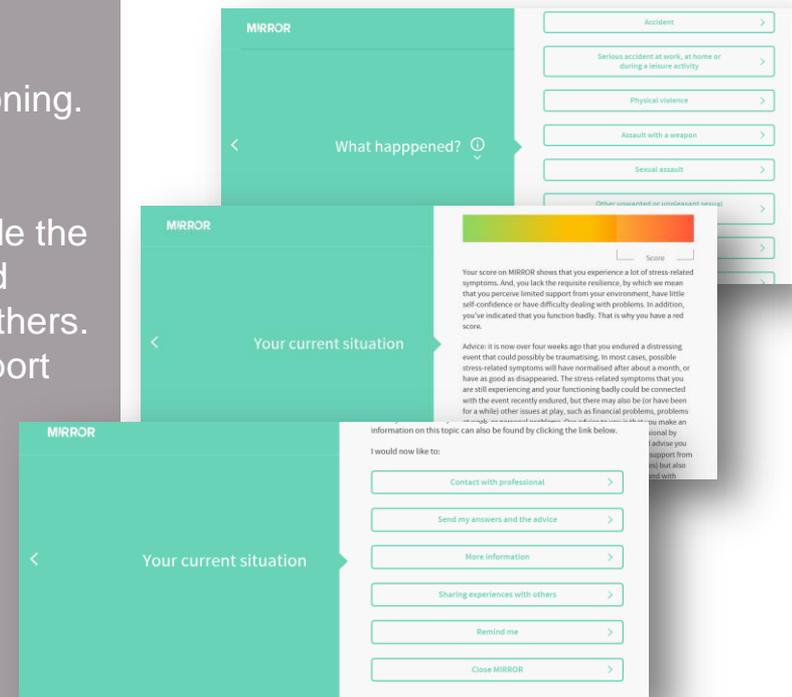
MIRROR has a stepwise approach.

1. The situation is assessed by asking several questions about PTSD complaints, resilience and functioning.
2. MIRROR gives tailored feedback in the form of a graphic with personal advice.

The main weight factors within the advice algorithm are: severity of complaints / duration of complaints / level of functioning.

What is the purpose?

MIRROR gives insight into your situation. Your answers provide the basis for personal advice. Also, MIRROR can point you toward more information and possibilities to share experiences with others. If desired MIRROR can also bring you into contact with a support person.



Who can benefit?

Anyone who experienced one or more distressing events and suffers from related complaints. MIRROR can also be used for someone near you who experienced a distressing event.

Benefits for patients and professionals

- 24/7, anonymous, free, tailor made
- Referral to adequate (self) support or first-line support
- Self-monitoring, self-education, self-recovery
- Quick screening of PTSD complaints and resilience after shocking events and resulting information
- Easy way for referral to your organization or self-help
- Directly available for patients, no intermediate necessary
- After a short training GPs, caseworkers, social workers, welfare workers and psychologists can use it.
- Available in Dutch and English; Easy to add additional languages (build in language function)
- Easy customizable to target group and surroundings; I.e. Colour, logo, links to specific support options

Who is the developer?

MIRROR is designed and developed by Centrum '45 and the Arq Foundation.

MIRROR

Research options

The algorithm of MIRROR is based on multidisciplinary evidence-based guidelines on psychosocial care after shocking events, main criteria for PTSD of the DSM-5/ICD-11 and best practises. Further research could address validation of the question: Does MIRROR achieve better/quicker guidance to self support or professional care compared to conventional methods?

Pilot implementation

- Choose follow up information and referral options that MIRROR offers after the self test part of MIRROR
- Customize implementation: i.e. integrating with and in your organisation and work process
- Train involved professional(s)

MIRROR

I'm interested!

Demo: <http://centrum45.mirrorapp.org/>

**For more details or sign up: Manon Boeschoten
m.boeschoten@centrum45.nl**



MŌQDBUSTER

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What is Moodbuster?

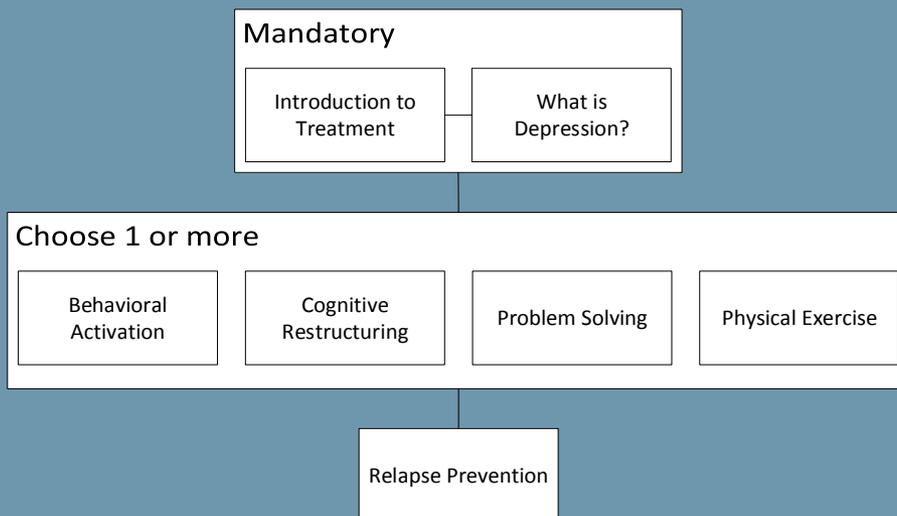
Online treatment platform to be used for online and blended Cognitive Behavioral Therapy combined with a mobile component for people with depression. The mobile application monitors your mood, activities, sleep and social contacts.

What is the purpose?

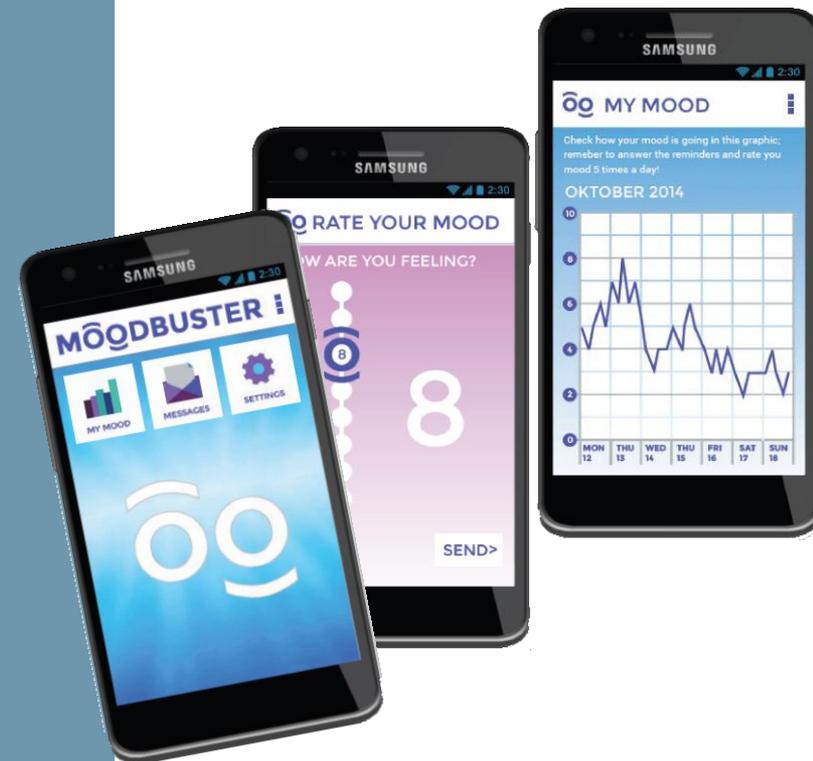
The phone app has several purposes:

- it gives the patients access to the treatment modules
- it allow patients to do mood-ratings and exercises
- it functions as a location and activity sensor, and
- it functions as an aggregator for the physiological sensors.

Treatment structure:



MOODBUSTER



Who can benefit?

Anyone who experienced one or more depressive symptoms.

Benefits for patients and professionals

- Easy to understand/navigate/use
- Available 24/7
- Proven to be effective, safe, consistent quality
- Empowers user to take more control of their situation
- Therapist training manual for the blended version is available

Characteristics

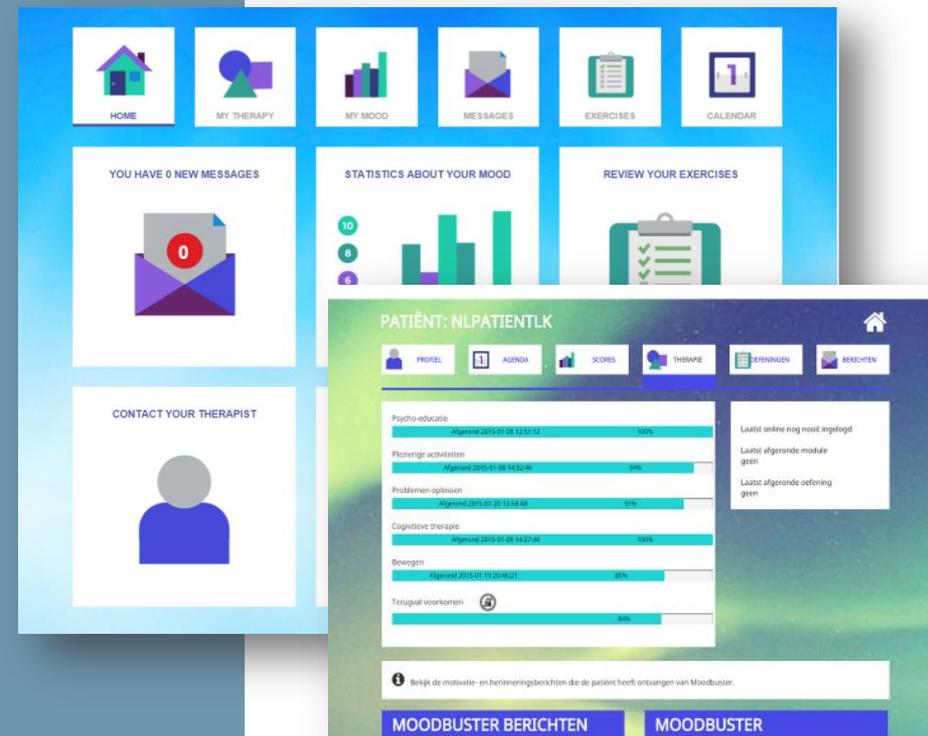
- Therapist need to have experience with Cognitive Behavioral Therapy
- The Moodbuster application has been translated into five languages (English, Dutch, German, Polish, French)

Who is the developer?

Moodbuster has been developed in the EU

ICT4Depression project (EU FP7 project)

The intervention is designed and developed by VU University in Amsterdam.



Research and pilot process / possibilities

Currently tested as a blended treatment for people with depression in an RCT in five countries.

The online intervention and mobile application are currently integrated into one treatment programme but can be used as separate applications.

van Ballegooijen et al. *BMC Psychiatry* (2016) 16:359
DOI 10.1186/s12888-016-1065-5

BMC Psychiatry

STUDY PROTOCOL

Open Access

Reactivity to smartphone-based ecological momentary assessment of depressive symptoms (MoodMonitor): protocol of a randomised controlled trial

Wouter van Ballegooijen^{1,2*}, Jeroen Ruwaard¹, Eirini Karyotaki¹, David D. Ebert³, Johannes and Heleen Riper¹

Abstract

...essment (EMA) of mental health symptoms may
...ent reactivity. In the field of depression, EMA re
...ether EMA of depressive symptoms induces as
...ffect of EMA on depressive symptoms measure
...in response rate and variance of the EMA rat
...s randomised controlled trial comprising three groups:
...ive questionnaire, group 2 carries out EMA of
...naire, group 3 is the control group, which
...e questionnaire (Centre for Epidemiologic S
...and is administered at baseline, 6 weeks af
...50 participants who experience mild to mo
...onnaire (PHQ-9) score of 5 to 15. This stu
...to clinically relevant effect is defined as t
...study to investigate whether self-rated E

Kleiboer et al. *Trials* (2016) 17:387
DOI 10.1186/s13063-016-1511-1

Trials

STUDY PROTOCOL

Open Access

European COMPARative Effectiveness research on blended Depression treatment versus treatment-as-usual (E-COMPARED): study protocol for a randomized controlled, non-inferiority trial in eight European countries

Annet Kleiboer^{1*}, Jan Smit², Judith Bosmans³, Jeroen Ruwaard¹, Gerhard Andersson^{4,5}, Naira Topocco⁶, Thomas Berger⁷, Tobias Krieger⁸, Cristina Botella^{7,8}, Rosa Baños⁸, Karine Chevreuil⁹, Ricardo Araya¹⁰, Arlinda Cerga-Pashoja¹⁰, Roman Cieslak¹¹, Anna Rogala¹¹, Christiaan Vis¹, Stasja Draisma⁷, Anneke van Schaik², Lise Kemmeren⁷, David Ebert¹², Matthias Berking¹², Burkhardt Funk¹³, Pim Cuijpers¹ and Heleen Riper^{1,2}

Abstract

Background: Effective, accessible, and affordable depression treatment is of high importance considering the large personal and economic burden of depression. Internet-based treatment is considered a promising clinical and cost-effective alternative to current routine depression treatment strategies such as face-to-face psychotherapy. However, it is not clear whether research findings translate to routine clinical practice such as primary or specialized mental health care. The E-COMPARED project aims to gain knowledge on the clinical and cost-effectiveness of blended depression treatment compared to treatment-as-usual in routine care.

Methods/design: E-COMPARED will employ a pragmatic, multinational, randomized controlled, non-inferiority trial in eight European countries. Adults diagnosed with major depressive disorder (MDD) will be recruited in primary care (Germany, Poland, Spain, Sweden) and the highest kindergarten or specialized mental health care (France, The

I'm interested!

For more details or sign up:
Annet Kleiboer: a.m.kleiboer@vu.nl



What is the SAM app?

SAM (Self-help for Anxiety Management) is a friendly psycho-educational tool. The app is a free smartphone app that offers a range of self-help methods for people who want to learn to manage their anxiety. It also provides information about anxiety. The user profile help to clarify and normalise anxious experience. Users learn to make connections between their anxious thoughts, feelings and sources of anxiety. The app contains several self-help options which focus on attentional and cognitive biases reduce vulnerability to anxiety and start to build an insight-based resilience to future challenges.

What is the purpose?

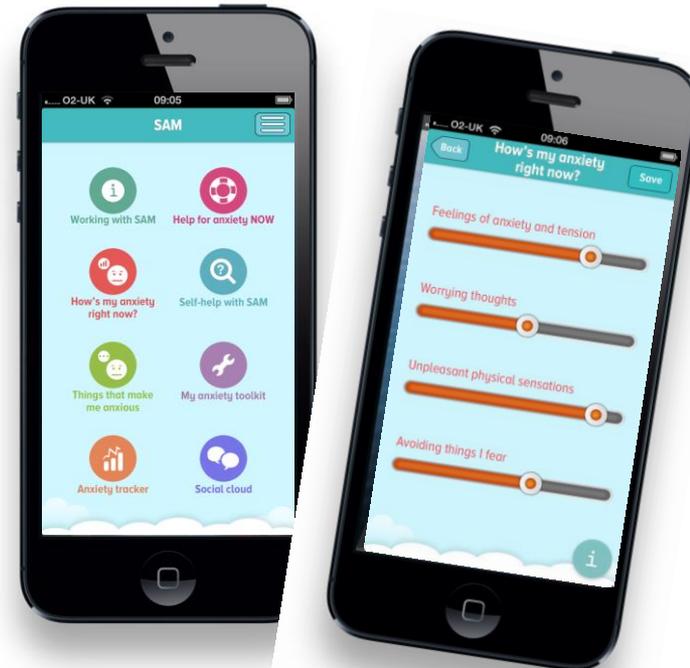
The SAM app learns people more about their anxiety patterns by recording their anxiety levels, tracking the impact of triggers, and engaging with self-help activities to manage their anxiety. It can also be used in conjunction with a therapist as part of blended therapy model.

Who is the developer?

The SAM app is developed by the University of the West of England (UWE).

Watch the SAM video

<https://youtu.be/X6vYf29IHqA>



Who can benefit?

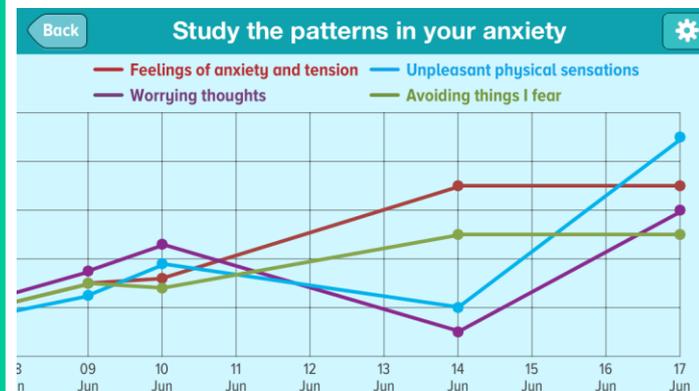
Young people aged 16 and over, adults with mild to moderate anxiety.

Benefits

- Available 24/7, Anonymous, Free, Personalisable
- Enables self-management
- Provides tools for self-monitoring, self-education and peer support

Characteristics and Usage of SAM app

- Repeated exposure promotes habituation of the anxiety response and a positive cycle of engagement.
- SAM provides a secure social network through which users can access peer support and advice, helping to encourage and validate persistence with self-help.
- Where SAM is used to augment a face-to-face therapeutic relationship, it can be used to extend in-session exploration and practice.
- It may also be used as a post-therapy tool
- Ability for users to personalise their own 'Anxiety Toolkit' of anxiety management resources
- 37 self-help options including a variety of long and short relaxation exercises, meditation, calming images and interactive games.



Research and pilot process

SAM is scalable and functionally extendible, programmed using an object-oriented architecture. The core codebase is native to each platform ensuring efficient use of the platform resources.

A **secure cloud-based server** provides a common resource for both platforms to store and access social cloud data, user ratings of activities and usage information.

Proposed extension I – Development of Clinician Portal

To enable clinicians and counsellors to offer more personalised support to individual clients by being able to access data on app activity and usage for their client base

Proposed extension II – Integration with wearable devices

To enable more proactive support for self-management by integration with commercially available smart wearable devices (e.g. Apple Watch, Fitbit Charge2 or custom wearable)



Publications

Topham, P., Caleb-Solly, P., Matthews, P., Farmer, A. and Mash, C. (2015) Mental health app design – a journey from concept to completion . In: MobileHCI 2015: 17th International Conference on Human-Computer Interaction with Mobile Devices and Services

Detailed information about the design and clinical therapeutic framework

http://eprints.uwe.ac.uk/27231/5/Project%20SAM_Part%201_Report.pdf

Research Questions

- How do people use SAM and what patterns of use are discernible?
- What is the nature and extent of users' emotional attachment?
- To what extent is SAM effective in helping people learn to manage their anxiety?



I'm interested!

Available for the iOS platform:

<https://itunes.apple.com/app/sam/id666767947>

Available for the Android platform:

<https://play.google.com/store/apps/details?id=com.uwe.myoxygen>

For more details or sign up:

Josefien Breedvelt: JBreedvelt@mentalhealth.org.uk

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Kansen voor West
G4P4



Hier wordt geïnvesteerd in uw toekomst. Dit project wordt mede mogelijk gemaakt door het Europees Fonds voor Regionale Ontwikkeling van de Europese Unie.



INPREZE is tot stand gekomen met financiële steun van de provincie Noord-Holland



What is the SAM screener?

The SAM screener (Smart Assessment on your Mobile of PTSD) is an online simple accessible questionnaire which gathers essential diagnostic information on possible PTSD-symptoms and related psychopathology

What is the purpose?

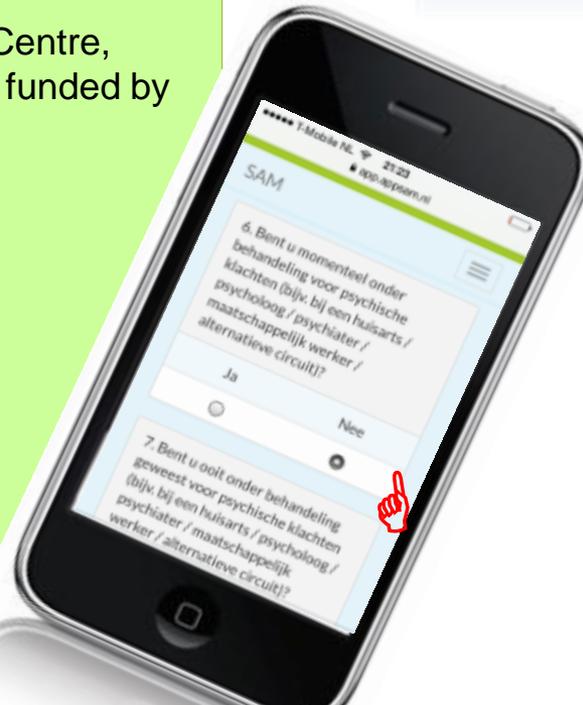
Assessment of PTSD-symptoms and related psychopathology of people after experiencing a distressing event

Who is the developer?

SAM is designed and developed bij Arq Psychotrauma Centre, AMC and Interapy during the Inpreze project which was funded by Kansen voor West / ERDF.

You have been through a frightening event, many people will experience some reactions like you, such as nightmares.....

It makes sense to examine your complaints more thoroughly in a personal session at our clinic.



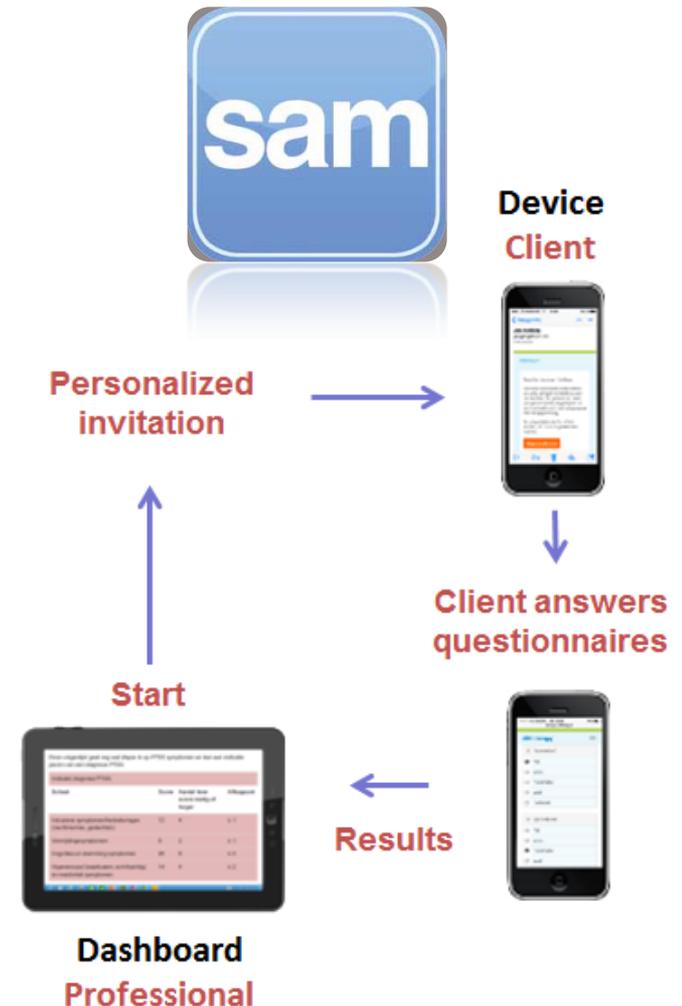
Who can benefit?

Anyone who experienced one or more distressing events and suffers from related complaints.

Characteristics

- Gathers essential diagnostic information on possible PTSD and psychopathology in 15 minutes
- Simple accessible questionnaire by safe link in e-mail
- Usable on any personal e-device smartphone, tablet or PC
- Can give direct feedback on the severity of complaints
- Output: according to DSM-V
- Diagnostic information for professional in advance of consult
- Saves visit(s) to clinic

Closed digital loop: from invitation client to validated report on dashboard professional



Research and pilot process
Validated for screening and effect measurement in AMC study



I'm interested!

For more details or sign up:

Bart Schrieken: schrieken@interapy.nl



What is Pesky gNATs?

The App is designed to help children to apply the Cognitive Behaviour Therapy (CBT) ideas they learn in session with their therapist, to their everyday life at home. It includes weekly CBT tasks, mindfulness and relaxation skills, a gNAT gallery, and three gNAT related mini-games that are unlocked when the young person completes their between session tasks!

The gNATs in the game's title is a play on words animating a key concept of CBT, Negative Automatic Thoughts (or NATs) as gNATs or little flies. Pesky gNATs progresses by teaching a young person to manage their anxious or depressed mood by understanding and applying the general cognitive model. That is, in exploring the "gNATs Island" 3-D game world they learn that gNATs lower our mood or make us anxious and in turn negatively influence our behavior, but can be changed leading to improvements in mood and behavioural functioning.

What is the purpose?

Pesky gNATs aims to make the complex adult oriented ideas of Cognitive Behaviour Therapy accessible to younger children.



Who can benefit?

Children of 9 years and older who experience clinically significant anxiety or low mood

Characteristics

- A mobile application & a website
- Available on iOS and Android
- English

Who is the developer?

Pesky gNATs is designed and developed by Handaxe CIC, a not-for-profit Community Interest Company founded by David Coyle and Gary O'Reilly.



Research and pilot process / possibilities

Research at the School of Psychology, University College Dublin evaluates the development of the content in our technologies to ensure they appropriately and successfully translate psychological content that supports good mental health and evaluates their clinical outcome. Two recent studies on our CBT computer games are:

Content development:

Tunney, C., Cooney, P., Coyle, D. & O' Reilly, G. (2016) 'Mindful Gnats: Comparing Young People's Experience of Technology-Delivered versus Face-to-Face Mindfulness and Relaxation'. British Journal of Psychiatry, 210, 284–289. doi: 0.1192/bjp.bp.115.172783

Clinical Outcome:

Cooney, P., Jackman, C., Coyle, D., & O' Reilly, G. (2017). Computerised cognitive-behavioural therapy for adults with intellectual disability: randomised controlled trial. British Journal of Psychiatry, 210, 1–8. doi:10.1192/bjp.bp.117.198630



I'm interested!

For more details or sign up:

Prof. Gary O' Reilly, Director, Tel: +353-1-716 8636

www.PeskyGnats.com



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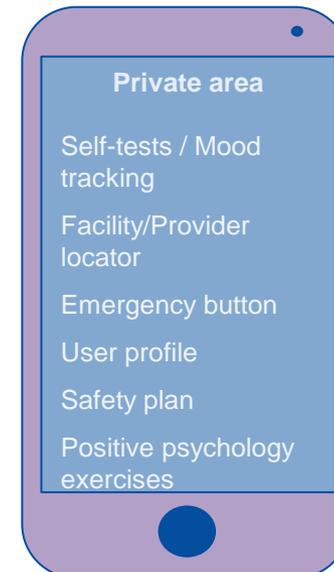
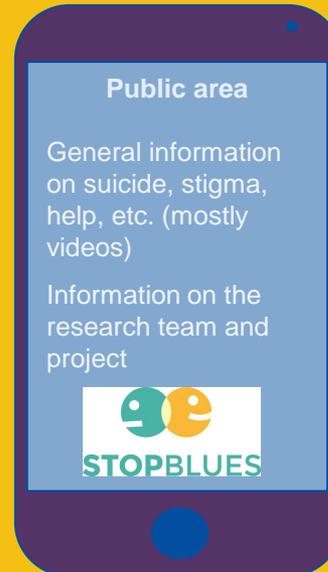


What is STOPBLUES?

STOPBLUES is a web-based and mobile suicide / depression prevention intervention for the general population.

What is the purpose?

- Break isolation
- Inform
- Reduce stigma
- Provide a map to find local help and support
- Self-assessment
- Primary and secondary prevention



Who can benefit?

Anyone >18 years old with smartphone/computer and internet access who experiences uneasiness.

Characteristics

- A mobile application & a website
- Accessible 24/7
- Available on iOS and Android with offline functionalities
 - Totally free
- Available in French solely but easy to translate
- No training required for professionals

Who is the developer?

STOPBLUES has been conceived in the framework of the research project Printemps of the French National Institute of Health and Medical Research (Inserm), with the support of the French national action plan against suicide.

It is currently being developed by VO2 Group (the prototype should be ready by July 2017).



Research and pilot process / possibilities

STOPBLUES will be subject to a rigorous assessment based on the involvement of local health actors and stakeholders (municipalities and GPs - key actors in suicide prevention).

A cluster-randomized parallel group controlled intervention study will take place in at least 36 voluntary French cities.



I'm interested!

For more details or sign up:

French National Institute of Health and Medical Research
(Inserm), Research Lab Urc Eco printemps@urc-eco.fr

Interested in using one of the selected products? Or do you want to know more about the possibility we offer for connecting wearables?

Please feel free to contact us!

Oyono Vlijter, eMEN project leader, + 31 6 242 80 229 or o.vlijter@arq.org

Anna-Linde Schermerhorn, eMEN product development + 31 6 575 91 715 or a.schermerhorn@arq.nl

Mindwise

MIRROR



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Mental Health Reform.
Promoting Improved Mental Health Services

