



Symposium 7 – 2018 Nordic Implementation Conference

Implementing eMental Health in Europe: Results from the MasterMind Project

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Background

Internet Interventions such as Internet-based Cognitive Behaviour Therapy (iCBT) for depressive disorders are likely to be clinical and cost effective and ideally suited to expand healthcare services' reach and access. The MasterMind project aimed to implement and upscale iCBT in routine practice in 15 implementation trajectories in 11 regions across Europe.

Project aims

To assess and summarise barriers and facilitating factors to implementing and upscaling iCBT services in routine practice in Europe.

Project methods

A summative mixed-methods evaluation was conducted following a naturalistic one-group pre-test-post-test design. Three distinct stakeholders were assessed: patients, mental healthcare professionals, and mental healthcare organisations. The Model for Assessment of Telemedicine applications (MAST) was used to structure the implementation and evaluation study. The primary focal points of interest were reach, clinical effect, acceptability, appropriateness, implementation costs, and sustainability of the interventions in practice.

Project results

After three years of preparation and roll-out of the services, a total of 9,484 patients received iCBT treatment for depressive disorder by 3,344 healthcare professionals in various care settings.

Conclusion

MasterMind showed that there is a demand for this service and that an implementation and upscaling of iCBT services in routine care in Europe is feasible.

This symposium

In this symposium, we will present the main implementation findings derived from the summative evaluation of the project and discuss the implications and future directions of implementation focussed research with the audience.

The following five topics will be in focus:

- 1) Service delivery and reach;
- 2) Clinical effects and satisfaction;
- 3) Case example: Denmark;
- 4) Implementation factors
 - a. Acceptability
 - b. Implementation barriers / facilitators
- 5) Implications for future research