



# Collaborative Care and computerized Cognitive Behavioral Therapy (cCBT) to improve the care of people suffering from depression

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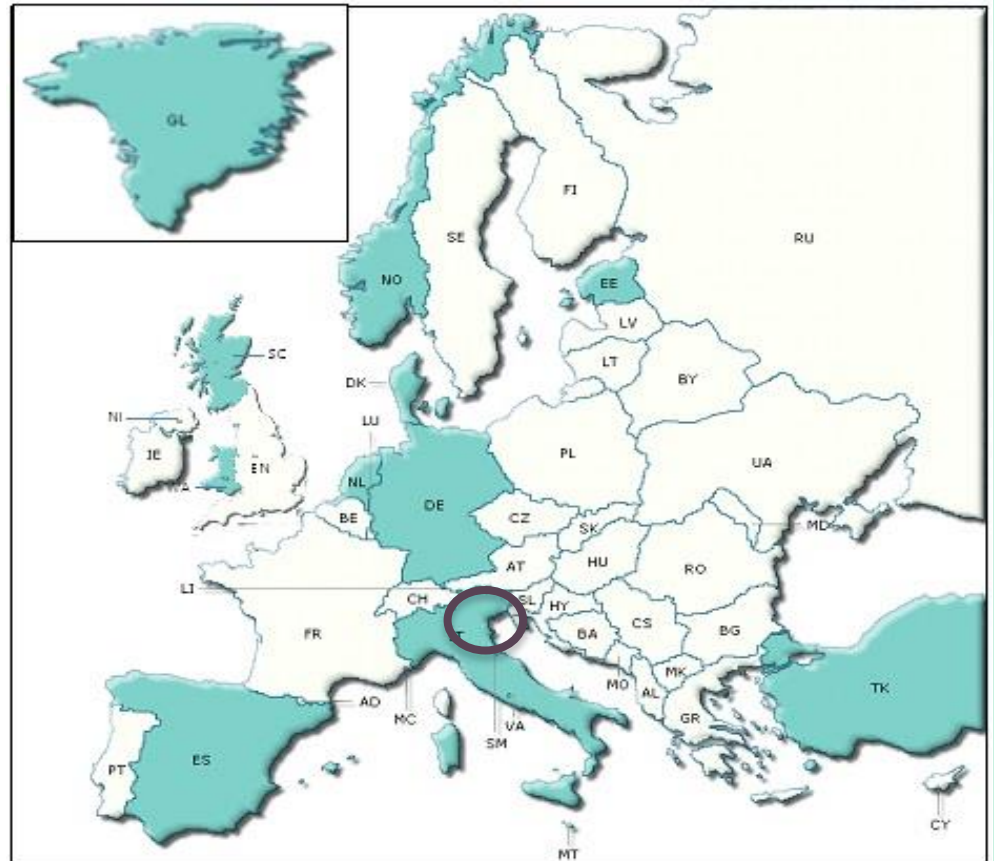
# MASTERMIND Project

**Local Health Authority n9  
- Treviso**



**AZIENDA  
ULSS 9  
TREVISO**

**Arsenà.IT – Veneto's  
Research Centre eHealth  
for eHealth Innovation**



# Prevalence



- ❖ The prevalence of depression in lifetime is 11.2%
- ❖ 14.9% in women and 7.2% in men.
- ❖ Only 29% of people who live with depression recur to a treatment in the same year in which the symptoms occur.

\* ESEMeD (European Study of the Epidemiology of Mental Disorders)

# The needs

**Depression is often not recognized and therefore not treated**

It is important to promptly recognize the symptoms and seek the right medical support to avoid the most serious consequences of the disease.



# AIM



In the Veneto Region the Local Health Authority n 9 – Treviso is carrying out a new model of **integrated care with the help of ICT**. The aim is improve the **collaborative care** between the primary and secondary care and give **new tool to the patients** supporting them in management of their disease.

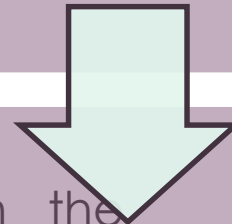
## How to do

- Creating a **network** and **clinical data sharing** between GPs and specialists through the **Medical Health Record and videoconference service**, with the aim to have an **early detection** of the disease, an **effective treatment from the first access** to the primary care and an improvement in the follow up supporting diagnosis and planning the treatment;
- Implementing a tool for the patients: the **computerized Cognitive Behavioral Therapy (cCBT)**;

## Patient pathway

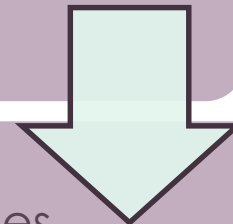
### ENROLLMENT:

- ✓ Identification of patients with depressive disease
- ✓ Administration of Patient Health Questionnaire (PHQ-9)



### FOLLOW UP:

- ✓ Clinical case sharing with the mental health department
- ✓ Videoconference consultation
- ✓ Clinical data sharing through the local information system
- ✓ cCBT treatment



### END of FOLLOW UP:

- ✓ Administration of services acceptance questionnaires
- ✓ Therapeutic plan sharing between GPs and specialists

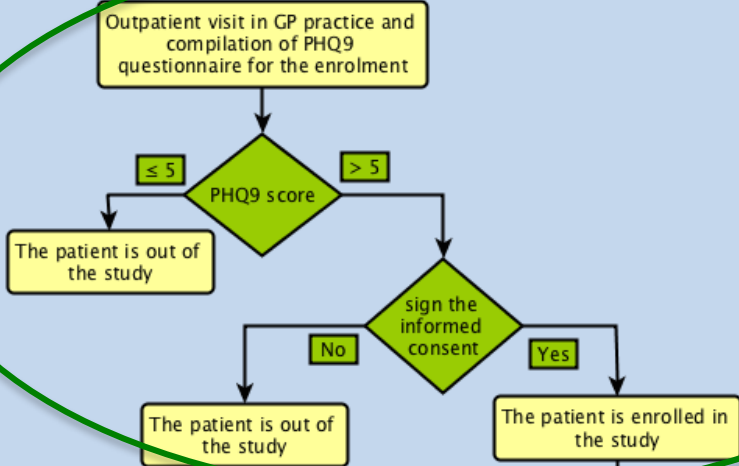


Patient pathway

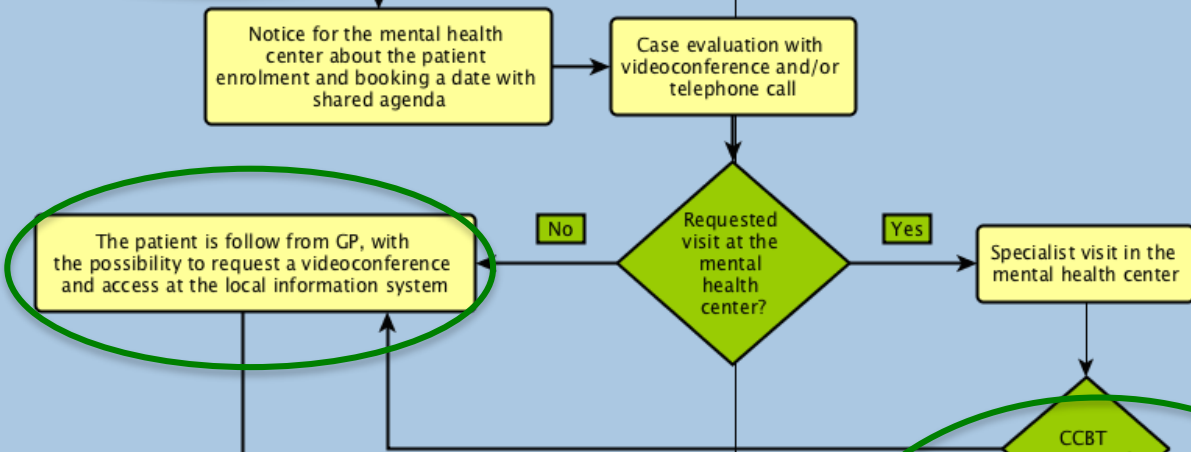
General Practitioner

Mental health professional

Enrolment



Follow up



End of fwup

End of CCVC treatment: post treatment data collection

End of CCBT treatment: post treatment data collection



## **SISTE – Local Information system**

System that offers the way to govern clinical, social-health and administrative information in the LHA area.

With the aim to improve the communication between GPs and specialists, the dedicated area to the mental health department is shared with the GPs involved in the study, in particular:

- Questionnaires of the project
- Clinical history of the patient
- Clinical notes

related to the patients that they have enrolled

## **Videoconference – collaborative care**

**Professionals involved:** GPs (LHA 9 area) and specialists (Department of Mental health of Treviso and Mogliano)

**Patients involved:** 200

### **Purpose:**

- providing to the GPs tools and support for:
  - An early identification of depressive diseases
  - Assessment, diagnostic research, taking charge of patients in specialistic services or in therapeutic pathway
- possibility of consulting between GPs and specialists for the discussion of the case and for the evaluation of specifically therapeutic measures.
- definition of taking charge of patients, choosing a case manager

## Tool used

WebEx Meetings used between specialists and GPs: easy to use, Webex will allow to the GPs to ask an advice to a specialist for a second opinion on the clinical case

Italia (Cambia) | Acquista WebEx | Supporto | Contatta team di vendita | Gestisci il tuo account

Cisco  
**webex**

Perché WebEx | Prodotti | Video | Abbonamenti

Inizia una riunione | Partecipa a una riunione

### WebEx Meetings

Riunioni illimitate in video HD.  
Collaborazione in spazi riunione condivisi.

Registrazione Gratuita | OPPURE | Acquista Ora

TOMORROW starts here | CISCO

#### Contatta un esperto!

Ulteriori informazioni su soluzioni per gruppi più grandi.

Contatta team di vendita

800 124 721  
+39 06 4521 7072

#### PRODOTTI CISCO WEBEX SPECIALIZZATI:

- WebEx Event Center**  
Coinvolgi i partecipanti con webinar ad alto impatto ed eventi online.  
Ulteriori informazioni
- WebEx Training Center**  
Formazione online in tempo reale e ambienti di apprendimento collaborativi e multimediali.  
Ulteriori informazioni
- WebEx Support Center**  
Visualizza e controlla i desktop in remoto e fornisci supporto immediato e personalizzato.  
Ulteriori informazioni

Seguici:

## How it works

- through the Local Information System, the GP informs the specialist about the enrollment of patients
- the GP books a date through a shared online agenda with the specialist for the videoconference
- the specialist contacts the GP through WebEx, in order to share the clinical case and together choose the right clinical path for the patient.



In every moment, the GP has the possibility to contact the specialist through videoconference for a second opinion.

In case of emergency, the mental health department makes available an emergency number.

## **cCBT: computerized Cognitive Behaviour Therapy**

**Professionals involved:** specialists (Department of Mental health of Treviso and Mogliano)

**Patients involved:** 50 patients selected through patients treated/managed with videoconference service + case manager support.

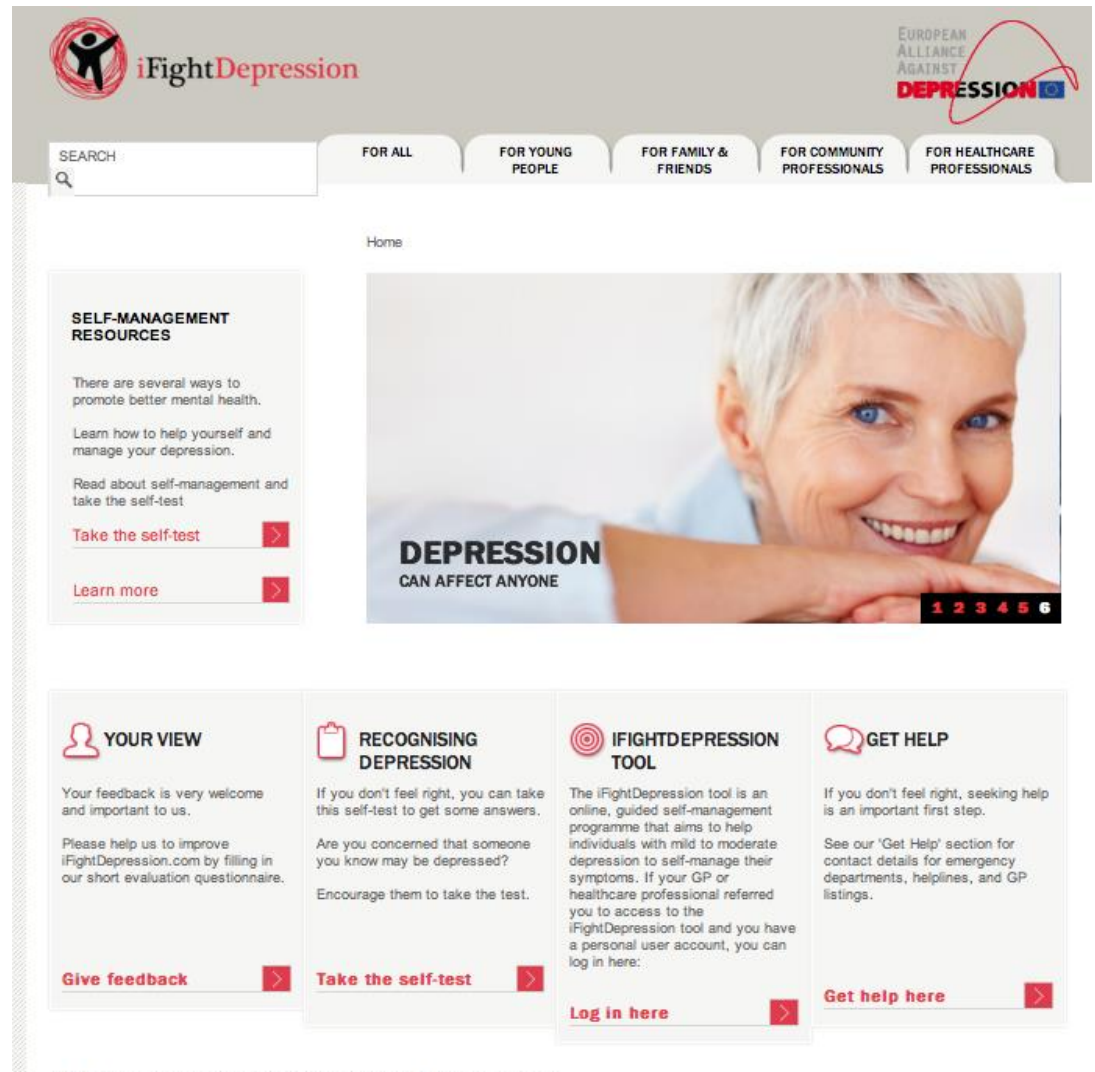
The patients' selection take into account of:

- Cultural and personal characteristics;
- Type of depressive episode;
- Social and Family conditions.

**Purpose:** introduction in the clinical routine of a computerized Cognitive Behaviour Therapy with "IFIGHT DEPRESSION" software.

## Tool used

The iFightDepression is an online tool focuses on the symptoms present "here and now" with the aim to help individuals with mild to moderate depression to self-manage their symptoms



The screenshot shows the iFightDepression website interface. At the top, there is a navigation bar with the iFightDepression logo on the left and the European Alliance Against Depression logo on the right. Below the navigation bar is a search bar and several menu tabs: "FOR ALL", "FOR YOUNG PEOPLE", "FOR FAMILY & FRIENDS", "FOR COMMUNITY PROFESSIONALS", and "FOR HEALTHCARE PROFESSIONALS". The main content area features a large banner image of a smiling woman with the text "DEPRESSION CAN AFFECT ANYONE" and a numbered navigation bar (1-6). Below the banner, there are four main sections: "YOUR VIEW", "RECOGNISING DEPRESSION", "IFIGHTDEPRESSION TOOL", and "GET HELP". Each section contains descriptive text and a call-to-action button with a right-pointing arrow.

**SELF-MANAGEMENT RESOURCES**

There are several ways to promote better mental health.

Learn how to help yourself and manage your depression.

Read about self-management and take the self-test

[Take the self-test](#)

[Learn more](#)

**YOUR VIEW**

Your feedback is very welcome and important to us.

Please help us to improve iFightDepression.com by filling in our short evaluation questionnaire.

[Give feedback](#)

**RECOGNISING DEPRESSION**

If you don't feel right, you can take this self-test to get some answers.

Are you concerned that someone you know may be depressed?

Encourage them to take the test.

[Take the self-test](#)

**IFIGHTDEPRESSION TOOL**

The iFightDepression tool is an online, guided self-management programme that aims to help individuals with mild to moderate depression to self-manage their symptoms. If your GP or healthcare professional referred you to access to the iFightDepression tool and you have a personal user account, you can log in here:

[Log in here](#)

**GET HELP**

If you don't feel right, seeking help is an important first step.

See our 'Get Help' section for contact details for emergency departments, helplines, and GP listings.

[Get help here](#)

## How it works

The cCBT software IFIGHT Depression was developed by University of Stirling for Preventing Depression and Improving Awareness through Networking in the EU (PREDI-NU) program.

Internet based cCBT-program consisting of 6 modules:

Module 1: Thinking, Feeling & Doing

Module 2: Sleep and Depression

Module 3: Planning and Doing Things That You Enjoy

Module 4: Getting Things Done

Module 5: Identifying Negative Thoughts

Module 6: Changing Negative Thoughts

And 3 optionals:

Module 7: Feel Better All Round: Healthy Lifestyle

Modules 8 and 9: Problems with relationships and social situations, for young people

The duration of each module is approximately 30-45 minutes

The PHQ9 is included at the beginning of the modules



# MASTERMIND PROJECT

**Evaluating** with **HTA Methodology** (MAST) the improvement in the care of patients with depression when treated with cCBT and/or CCVC in routine practice.



# Thank you for your attention!

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