THE IFIGHTDEPRESSION
INTERNET-BASED SELF-MANAGEMENT TOOL
FOR PATIENTS WITH DEPRESSION

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WHAT IS IFIGHTDEPRESSION?
• It is an internet-based self-management tool for people with depression.
• Developed by Predi-Nu Project.
• Based on elements of Cognitive Behavioral Therapy (CBT) & other elements such as sleep regulation.
• Available in 9 languages
• Multiple contents for different target groups

It was developed based on
• The existing evidence of online self-management of depression
• Additional input to the material by international experts from the field
• Own experiences of the researchers involved in PREDI-NU

PREDI-NU PROJECT:
Preventing depression and improving awareness through networking in the EU
• Funded by the European Union in the framework of the Health Programme
• Coordinated by Prof. Dr. Ulrich Hegerl, University of Leipzig Dr. Ella Arensman, National Suicide Research, Ireland
• Coordinated in Spain by Dr. Diego Palao and Dr. Víctor Pérez
• Related to other European projects
• www.EAAD.net
• 12 partners in 11 European countries

SELECTION OF PATIENTS
• Patients with mild to moderate depression
• Selection can be made based on the clinical judgment or screening for depression (PHQ-9)
• Age ≥ 16 years
• Access to telephone, computer, internet connection and email account

PRELIMINARY RESULTS
245 patients included
(Estonia: 64; Germany: 52; Hungary: 31; Ireland: 23; Spain: 75)
68% were women. Mean age: 41.3

WHAT DOES IFIGHTDEPRESSION INVOLVE FOR THE PATIENTS?
Completion of six core modules:
• Suggestion: one module per week (approx. 30 – 45 min each)
• Patients themselves decide about the pace of their work

Optional modules:
• Patient can choose depending on their personal circumstances

Worksheets and exercises

Mood scoring : The Patient Health Questionnaire-9 (PHQ-9)
• Nine item depression scale of the Patient Health Questionnaire
• Assessing symptoms and functional impairment
• Measuring severity score
• Score between 5 and 14 indicates mild to moderate depression

CONCLUSIONS
• This tool might help patients with mild and moderate depression to receive an appropriate intervention based on CBT.
• An early intervention with patients with mild depression might prevent the development of severe depression.
• Internet based therapy have many advantages: reduce waiting list, diminish stigma, more self-management, cheaper, save travelling time, and it is an accessible intervention.