Depression and e-Mental Health Programs

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Epidemiology

• Mental ill health encompasses a wide range of disorders.

• Focus on depression.

• One-year prevalence: 4%.

• Life-time prevalence: 12%.

• Symptoms: low mood, sleep disturbance, fatigue, impaired thinking, feelings of worthlessness.
Burden

• Can severely affect an individual's functioning
  – Family dysfunction, work difficulties, poor social and coping skills, low self-esteem, physical ill health, increased psychopathology.
  – Accounts for 8% of all years lived with disability.

• Economic burden
  – Direct costs exceed $2.4 billion annually.
  – Indirect costs exceed $12.4 billion annually.
Treatment barriers

• Only 1 in 3 Australians currently seek help.
• Depression under-diagnosed.
• Lack of help-seeking knowledge.
• Use of evidence-based treatments is inadequate.
Treatment barriers

- Individual and societal stigma.
- Psychosocial difficulties accessing services.
  - Time
  - Cost
  - Location (particularly rural/remote areas)
  - Length of waiting lists.
e-mental health interventions

• Structured therapeutic programs delivered over the internet.

• Overcome treatment barriers
  – Accessibility
  – Available 24/7
  – Anonymous and confidential
  – Wide reach
  – Cost effective.
Delivery models

• Open access, unguided model
  – Free, publicly available, no external guidance.

• Health service-supported model
  – Offered directly through traditional health services.
Delivery models

• Private ownership model
  – User pays, subsidised by health insurance or employer, may require clinical referral.

• Clinically-guided referral model
  – Clinical referral and direct guidance in the completion of the program.
The MoodGYM Program
www.moodgym.anu.edu.au

- Free, interactive, online CBT program.
- Five Modules: 20-40 minutes.
- Information, interactive quizzes and exercises.
Meet the characters

Time to get started. Now that you know what to expect from MoodGYM, let’s meet some of the characters who are at MoodGYM who are also experimenting with changing their mood.

Click on the thumbnails below to learn about the characters in MoodGYM.

Meet CYBERMAN. Looks good on the outside, but seething wreck inside.

Maybe we are all a bit like CYBERMAN sometimes.

View your Depression and Anxiety Quiz answers.

View your Warpy Thoughts Quiz answers.
**EXERCISE: “Depression Quiz”**

Do you feel happy, miserable, stressed, worried or nervous? Take the following quizzes to get an indication of your mood and anxiety levels. They measure the extent to which you may have thoughts or emotions that make you vulnerable to emotional upset. Once you have answered these questions (MoodGYM will provide a score for you) you can compare yourself with others.

NB These quizzes must be completed before you progress further in the Program. Please answer all questions.

Note that scores from these sets of questions have been validated both by our Centre and others around the world. This means that the scores accurately reflect levels of emotional feeling, in this case, feelings of depression and anxiety.

**DEPRESSION QUIZ**

Think about how you have been feeling recently:

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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</thead>
<tbody>
<tr>
<td>Have you been lacking in energy?</td>
<td></td>
<td></td>
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<tr>
<td>Have you lost interest in things?</td>
<td></td>
<td></td>
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<tr>
<td>Have you lost confidence in yourself?</td>
<td></td>
<td></td>
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<tr>
<td>Have you felt hopeless?</td>
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<td>Have you had difficulty concentrating?</td>
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<td>Have you lost weight (due to poor appetite)?</td>
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<td>Have you been waking early?</td>
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The **WUTIWUF** (what you think is what you feel) can be simply illustrated with the following diagram:

Events trigger your thoughts which then produce your feelings which may then determine your behaviours. Events do not directly produce your emotions.

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Want to **WUTIWUF**? Let's try this with some very unpleasant events.
First, pick an event:

- You make a mistake, get intimate with a male/female sleeze and regret it immediately.

- You have a job interview, and you are so nervous you completely stuff it up (turn up late, fail to answer questions correctly, generate awkward silences).

- Your partner tells you he/she has had a relationship with someone else and its been going on for weeks or months.
EXERCISE: "Bad Hair Day"

Think about the last time you were really upset and miserable. Think about what may have been the triggering event (for example, you may have been criticised).

Instructions: Write down here the exact circumstances that produced this criticism (e.g., Frank Tomlinson (your immediate superior) said that you were inadequate at filling in your timesheet and could you please get it together).

Also write down what may have been your thinking (for example, I’m never going to get the hang of working in this job. I’m hopeless at work...)

<table>
<thead>
<tr>
<th>An example for the last time you felt upset:</th>
<th></th>
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<tbody>
<tr>
<td>Had a bad haircut</td>
<td>Events</td>
</tr>
<tr>
<td>Look awful and ugly</td>
<td>Thoughts</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The last time you were very upset:</th>
<th>Events</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Thoughts</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>The last time you were very angry:</th>
<th>Events</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Thoughts</td>
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</tbody>
</table>

It is important that you complete these exercises, because the answers you put here will be used in later modules. The more you put into MoodGYM, the more you will get out of it.
Please choose from the areas of vulnerability below.

- The need for approval
- The need to be loved
- The need to succeed
- The need to be perfect
- The sense of feeling deserving
- The sense of being able to influence all things
- Happiness is contingent upon external things
"Welcome to Relax Fest, the game where our contestants prove just how much about relaxation they actually know! I can't wait to start, so without further ado, let's get into it!"
The Workbook exercises and diaries which you have uncovered are listed as links below:

**Assessment Module**
- Depression Quiz
- Anxiety Quiz
- Warpy Thoughts Quiz

**Feelings Module**
- Identifying Negative Thoughts
- Auto Talk Quiz
- Bad Hair Day
- Three Encounters of an Emotional Kind
- Feelings Module Summary

**Thoughts Module**
- Depression Quiz
- Anxiety Quiz
- Identify the Warped Thoughts
- Identify the Types of Warped Thinking in My Own Thinking
- Unwarping the Warp Using Straight Talk
- Warpy Thoughts Quiz
- My Scores on the Warpy Thoughts Test
- What Do I Think of Myself
- Being Nice to Yourself for a Change
- Thoughts Module Summary
Evidence

• Substantial evidence that e-mental health interventions are effective.

• Results comparable to face-to-face treatment.

• Guided interventions NNT = 2.
Impact

• Optimal application of e-mental health interventions:
  – Reduced clinician time
  – Increased treatment and service rates
  – Decreased disability burden for depression
  – Increased work productivity.