Managing mental health and its consequences on medical care in general

Value Based Integrative Behavioral Health

Prof. Dr. Katharina Janus
Depression is a global problem - the challenges of adequate care vary regionally

- 350 million people are suffering from depression worldwide\(^1\)
- Lifetime prevalence: 10\%-15\%\(^2\)
- Depressions are the third leading contributor to global disease burden\(^3\)
- By 2030 depressions will become the most widespread disease\(^2\)
- Suicide is one of the leading causes of death globally for all ages\(^3\)
- Global treatment gap for depression 56.3\%\(^4\)

---

\(^1\) WHO (2010)
\(^2\) Lépine & Briley (2011)
\(^3\) Tomlinson & Lund (2012)
\(^4\) Kohn et al. (2004)
Treatment options of depression vary in access, quality and costs

<table>
<thead>
<tr>
<th></th>
<th>Drug</th>
<th>Psychotherapy</th>
<th>Online self-help</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Access</strong></td>
<td>✓✓✓</td>
<td>✓ - ✓✓✓</td>
<td>✓✓✓</td>
</tr>
<tr>
<td><strong>Quality</strong></td>
<td>d = 0,32&lt;sup&gt;2&lt;/sup&gt;</td>
<td>d = 0,80&lt;sup&gt;3&lt;/sup&gt;</td>
<td>d = 0,28&lt;sup&gt;4&lt;/sup&gt;</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>annual therapy cost sertraline (generic): 84 USD&lt;sup&gt;5&lt;/sup&gt;</td>
<td>8 visits at 95 USD each on average&lt;sup&gt;6&lt;/sup&gt;</td>
<td>free/ funded</td>
</tr>
</tbody>
</table>

Objective: Combine the strengths of psychotherapy and online self-help

→ **Online-Psychotherapy**

---

<sup>1</sup> Cohen’s d is a statistical effect size. Interpretation according to Cohen (1988): 0,2=small effect, 0,5=medium effect, 0,8=large effect
<sup>2</sup> Turner et al. (2008)
<sup>3</sup> Kehle et al. (2001)
<sup>4</sup> Cuijpers et al. (2011), overall mean effect size
<sup>5</sup> DDD for treatment of depression: sertraline 50 mg (Zoloft), 7 USD for 30 tablets (goodrx.com)
<sup>6</sup> Olfson & Marcus (2010)
Meta-analysis of online self-help and online psychotherapy

- All programs without any contact between the participants and a therapist or coach
- Content based on cognitive behavioral techniques
- Effect sizes (Cohen’s d)\(^2\) range
  - from \(d = -0.02\) (no effect)
  - to \(d = 0.64\) (medium to large effect size)

\[\text{Cuijpers et al. (2011)}\]
\[\text{Cohen’s d is a statistical effect size. Interpretation according to Cohen (1988): 0.2=small effect, 0.5=medium effect, 0.8=large effect}\]

---

© Prof. Dr. Katharina Janus

4
Example 1: Effects of the online self-help program ODIN\(^1\) (Clarke 2009)

- Small effect size\(^2\): \(d = 0.32\)
- Incorporates CBT with focus on cognitive restructuring:
  - Most recent version revised for young adults
  - Style: self-help book
- No individualization:
  - “one size fits all” content for all users
- Limited availability:
  - usage only on big screens, not applicable on smartphones

\(^1\) “Overcoming Depression on the InterNet”
\(^2\) Cohen’s \(d\) is a statistical effect size. Interpretation according to Cohen (1988): 0.2=small effect, 0.5=medium effect, 0.8=large effect
\(^3\) Clarke et al. (2009)
Example 2: Effects of the online psychotherapy program deprexis® (Meyer 2009)

- Medium to large effect size\(^1\): \(d = 0.64\)\(^2\)
- Proven effectiveness in 3 independent RCTs\(^2-4\)
- Increased effect size of \(d = 1.14\) with secured diagnosis and therapeutic guidance/support\(^3\)
- Incorporates classic CBT plus contemporary evidence-based research trends/“3rd wave”
- Individualization and personal relevance:
  - Provision of new information and exercises based on continuous identification of the patient’s needs and emotional situation, based on artificial intelligence (AI)
  - Increased long-term learning-effect due to active engagement with the content and perceived personal relevance
- “All screen” availability
- Responsive website technology
- 24/7 usage on any connected device (smartphone, tablet, PC)

\(^1\) Cohen’s d is a statistical effect size. Interpretation according to Cohen (1988): 0.2=small effect, 0.5=medium effect, 0.8=large effect
\(^2\) Meyer et al. (2009)
\(^3\) Berger et al. (2011)
\(^4\) Moritz et al. (2012)
Quotes from online psychotherapy patients

“The program always sets the right tone.”
Stern magazine Sept. 2013

“Dear team, I am very excited about the program. After having completed almost 3 psychotherapies I really benefit from the suggestions of your program, exercises and the general approach to the disease. I am very curious to continue. Regards”
B.G. via email

“Good afternoon!
You cannot imagine how much this has helped me – many, many thanks for this great program! [...] This may sound quite exaggerated, but I don’t know how much further I would have dropped without it. Like I mentioned, my therapist was on vacation. That’s why this really great and human program was my rescue!”
C.B. via email

“Dear Sir or Madam,
Thanks to the program I am able to continue to live my normal life and to work - and I am so happy about this.
I also talked with my doctor who didn’t know the program and he was very exited.
Thank you very much for this help!!!! (without you I would not be working and taking antidepressants)“
K.M. via email

“Happy cows come from California!”
Thank You
References