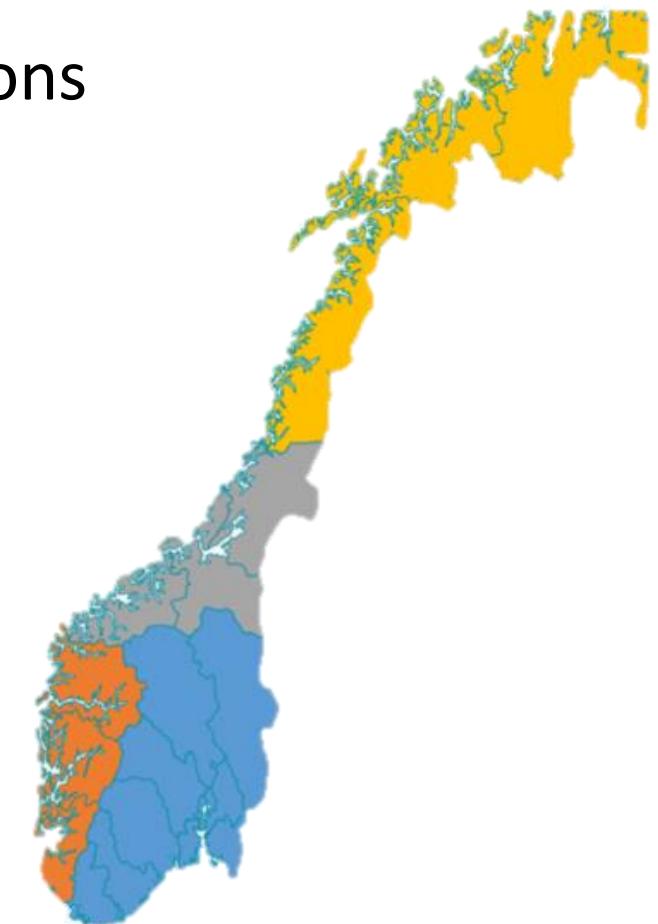


Centre for Research-based innovation on Mobile Mental Health

IMPLEMENTALL FINAL CONFERENCE 17 MARCH 2021

Norwegian healthcare system

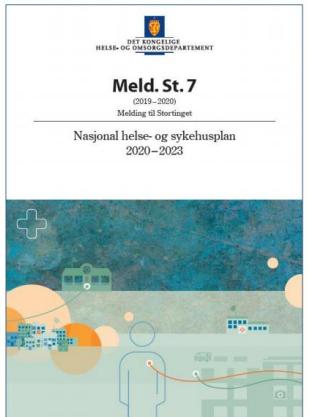
- Universal health coverage
- Funded by general taxes and by payroll contributions
- Responsibility for the provision of healthcare is decentralised to 4 regional health authorities





SICK LEAVE

Push for digitalization of treatment



Digital helseverdag (2018) Forbrukerrådet. <https://fil.forbrukerradet.no/wp-content/uploads/2018/04/20180417-ke-digital-helse-rapport.pdf>

Folkehelseinstituttet (2018) https://fhi.no/globalassets/dokumenterfiler/rapporter/2018/resultatrapport_pakkeforlop-psykisk-helse-og-rus_111218.pdf

Norsk e-helsebarometer (2018). DIPS ASA https://www.dips.com/sites/default/files/201804_norsk_ehelsebarometer_2018_ekstern.pdf

Nordgreen, T., Bruvik, K. H., Hovland, A., Repål, A., Mathiasen, K., Kraepelien, M., Blom, K., Svanborg, C., Lindefors, N., Kaldo, V. (2018). ICBT in routine care: A descriptive analysis of successful clinics in five countries. *Internet Interventions* 13: 108-115. doi.org/10.1016/j.invent.2018.07.006

84 % Norway's population positive to the use of new technology in mental healthcare



eMeistring



Intake interview (FTF)

- Assessments
- Diagnose
- Right to specialized care

Therapist guided Internet-delivered treatment

- 14 weeks
- Secure platform
- Weekly assessments
- Weekly contact w/therapist

Treatment evaluation (FTF)

- Assessing needs for further treatment

Research-based clinic

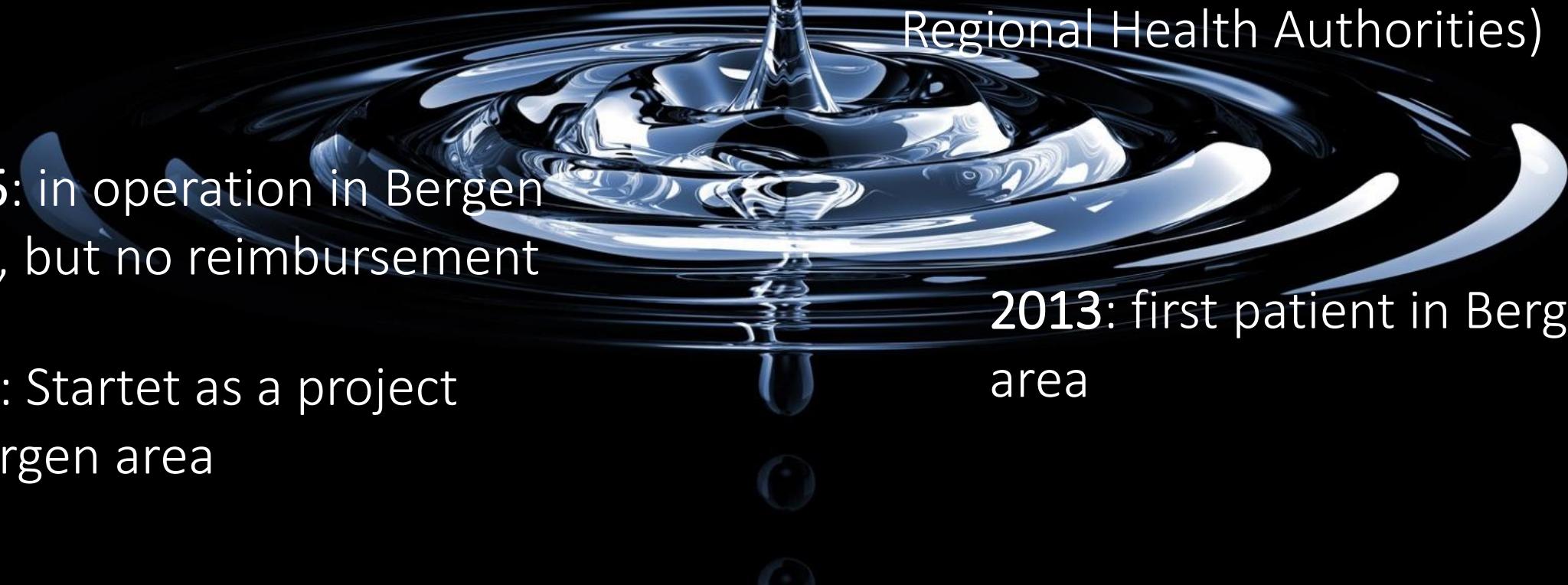
80% of the patients are included
in ongoing effectiveness trials

The image displays two side-by-side screenshots of academic journal articles from the Elsevier journal *Internet Interventions*.

Left Screenshot: The article is titled "Guided Internet-based cognitive behaviour therapy for moderate depression: A benchmark study". It is authored by Hanne Jakobsen ^{a,b}, Gerhard Andersson ^{c,d}. The study involved 100 patients and was conducted over 12 weeks. The results showed significant improvements in depression symptoms compared to a waiting list control group. The article is published in *Internet Interventions* 7 (2017) 1–8.

Right Screenshot: The article is titled "The effectiveness of guided internet-based cognitive behavioral therapy for social anxiety disorder in a routine care setting". It is authored by Nickolai Titov ^{a,*}, Marcie Nugent ^{b,c}, Kelli Arne Repål ^{d,g}, Kim M. Nils Lindefors ^{e,f}, Vicki Tine Nordgreen ^{a,b,*}, Rolf Gjestad ^{c,d}, Gerhard Andersson ^{e,f}, Per Carlbring ^{g,h}, Odd E. Havik ^b. The study involved 100 patients and was conducted over 12 weeks. The results showed significant improvements in social anxiety symptoms. The article is published in *Internet Interventions* 13 (2018) 24–29.

Common Elements: Both articles feature the Elsevier logo (a tree and the word ELSEVIER). They include sections for "ARTICLE INFO" and "ABSTRACT". The "ARTICLE INFO" section typically includes details like article history (Received, Revised, Accepted), keywords, and funding information. The "ABSTRACT" section provides a brief summary of the study's purpose, methods, and findings. Both articles also mention "Contents lists available at ScienceDirect" and provide a "journal homepage" link.



2021-2022: start spreading
eCoping in all regions

How do we do this?
How do we organize?

2019: Full reimbursement

Fall 2020: start spreading
eCoping in Western Norway
Region

2015: in operation in Bergen
area, but no reimbursement

2019: Approved as treatment (after
HTA by Ministry of Health and
Regional Health Authorities)

2012: Startet as a project
in Bergen area

2013: first patient in Bergen
area

Barriers and facilitators

- Attitudes therapists
 - Reimbursement
 - Referrals
 - Technology and safety
-
- Training and education therapists
 - Continuous peer guidance
 - Patient can self-referral

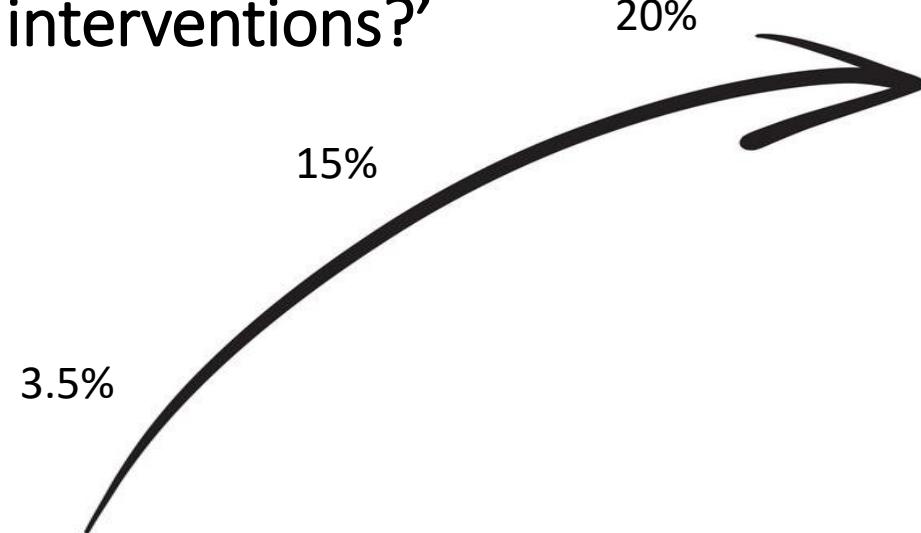
Road ahead eCoping

- Offer high quality of treatment
 - Looking for optimal amount of guidance
 - Optimal amount of sessions
 - User satisfaction and interaction
- Further development of existing and new programs
- Ensure cost-effective and sustainable models for dissemination
- Roll out in entire Norway



Forskingssenter for digitale
psykiske helsetjenester – SFI

'How to effectively spread and use guided Internet delivered interventions?'

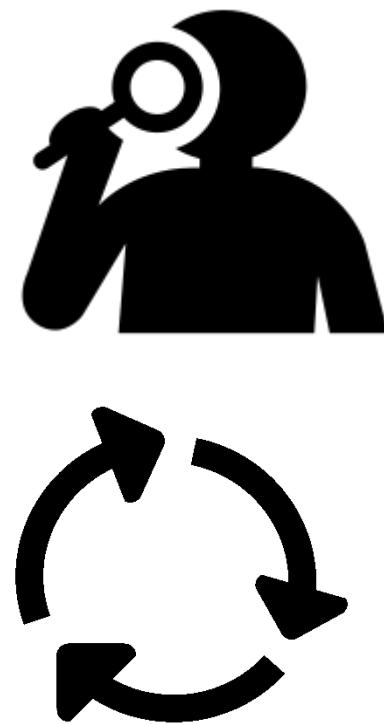


Changetech



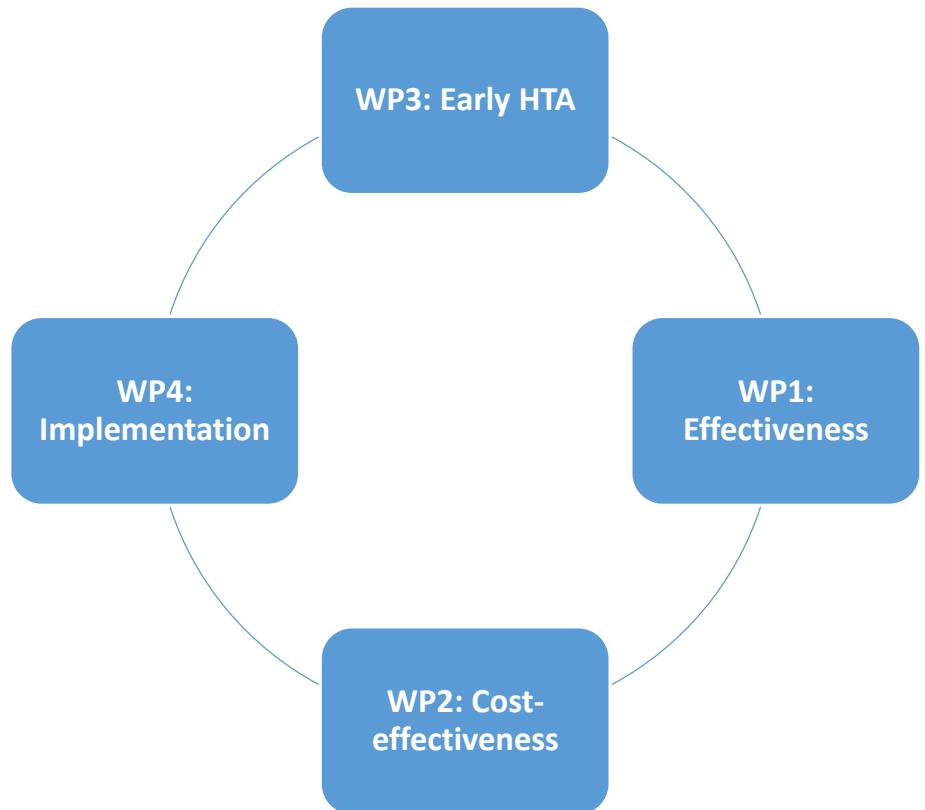
Dr. Tine Nordgreen

<https://forhelse.no>

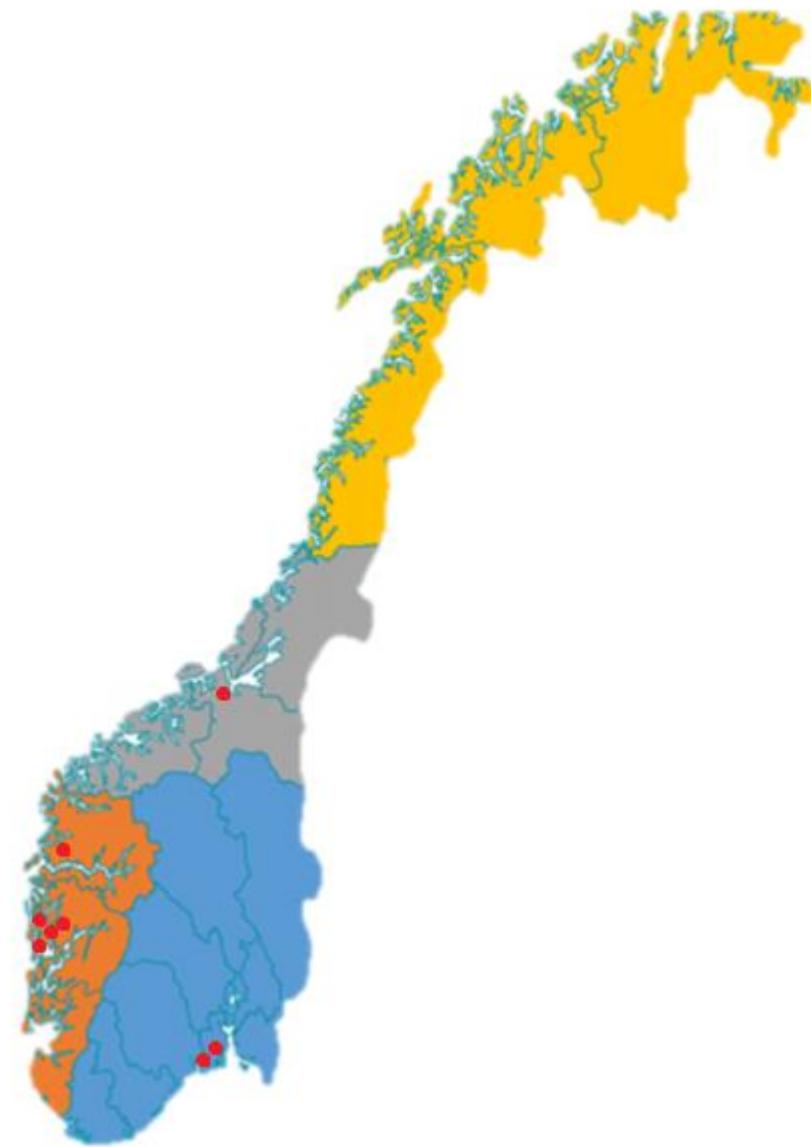


The centre's primary objective

- To expand the use and impact of digital interventions within the mental health field, through research on
 - early health technology assessment
 - the effectiveness of these compared to standard treatment
 - health-economic and socioeconomic impacts
 - implementation strategies



Situation today



Tasks of WP4 Implementation

- Understand determinants of practice in relation to scaling up iCBT
 - Local barriers and facilitators
 - Organizational structures
- Multi-center study tailored implementation strategies

Planned use of itfits

- 5 sites (first)
- Roll out to other sites
- Crossover cluster
- Interviews, Delphi, observations,

Acknowledgements

- Funding Norwegian Research Council
- Centre leader Tine Nordgreen
- All Forhelse.no partners
- Patients, therapists and all others involved in eMeistring
- Kristin Hogstad Bruvik from eMeistring
- All outpatient clinics involved in implementation activities



Contact

robin.kenter@uib.no

<https://forhelse.no>

References

- Digital helsehverdag (2018) Forbrukerrådet. <https://fil.forbrukerradet.no/wp-content/uploads/2018/04/20180417-ke-digital-helse-rapport.pdf>
- Direktoratet for e-helse, Nasjonal e-helsestrategi 2017-2022. 2019 (oppdatert), Direktoratet for e-helse: Oslo
- Folkehelseinstituttet (2018).
- https://fhi.no/globalassets/dokumenterfiler/rapporter/2018/resultatrapport_pakkeforlop-psykisk-helse-og-rus_111218.pdf
- Nordgreen, T., Gjestad, R., Andersson, G., Carlbring, P., & Havik, O. E. (2018). The effectiveness of guided internet-based cognitive behavioral therapy for social anxiety disorder in a routine care setting. *Internet Interventions*, 13, 24-29. doi.org/10.1016/j.invent.2018.05.003
- Norsk e-helsebarometer (2018). DIPS ASA https://www.dips.com/sites/default/files/201804_norsk_ehelsebarometer_2018_ekstern.pdf
- Olthuis, J. V., Watt, M. C., Bailey, K., Hayden, J. A., Stewart, S. H. (2014). Therapist-supported Internet cognitive behavioural therapy for anxiety disorders in adults. *Cochrane Database of Systematic Reviews*(3).
- Reneflot A, Aarø LE, Aase H, Reichborn-Kjennerud T, Tambs K, Øverland S (2018). Psykisk helse i Norge. Folkehelseinstituttet.. ISBN elektronisk: 978-82-8082-878-1
- Rozental, A., Castonguay, L., Dimidjian, S., Lambert, M., Shafran, R., Andersson, G., & Carlbring, P. (2018). Negative effects in psychotherapy: Commentary and recommendations for future research and clinical practice. *BJPsych Open*, 4(4), 307-312. doi:10.1192/bjo.2018.42
- Titov, N., Blake, D., Nielssen, O., Staples, L., Hadjistavropoulos, H., Nugent, M., Adlam, K., Nordgreen, T., Bruvik, K. H., Hovland, A., Repål, A., Mathiasen, K., Kraepelien, M., Blom, K., Svanborg, C., Lindefors, N., Kaldo, V. (2018). ICBT in routine care: A descriptive analysis of successful clinics in five countries. *Internet Interventions* 13: 108-115. doi.org/10.1016/j.invent.2018.07.006