

Digital Prevention of Depression for Farmers?

A Qualitative Study about Barriers and Facilitators in the Implementation of Internet- and Tele-based Interventions from a Health Workers' Perspective

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Background

- **Farmers are a vulnerable population for developing depression**
 - Exposition to a variety of risk factors for mental health disorders in their work context (Sanne et al., 2004; Onwuameze et al., 2013; Roy et al., 2013; Logstein, 2016)
 - Living mainly in rural areas with limited mental health care and long waiting times for on-site psychotherapy in Germany (Bundespsychotherapeutenkammer, 2018)
- **Possible solution**
 - Implementing digital interventions for mastering the challenges

German pilot project "With us in balance"

A national depression prevention program for farmers, forest owners and gardeners



Implemented interventions

a) Online health trainings



- Based on cognitive-behavioral therapy
- 7 trainings addressing various risk factors for depression
- Adapted to target group
- 6-8 modules between 30-60 minutes
- Guidance: Feedback via E-Mail or phone by an e-coach (psychologist)

(Braun et al., 2019, Freund et al., 2020, Terhorst et al., 2020)

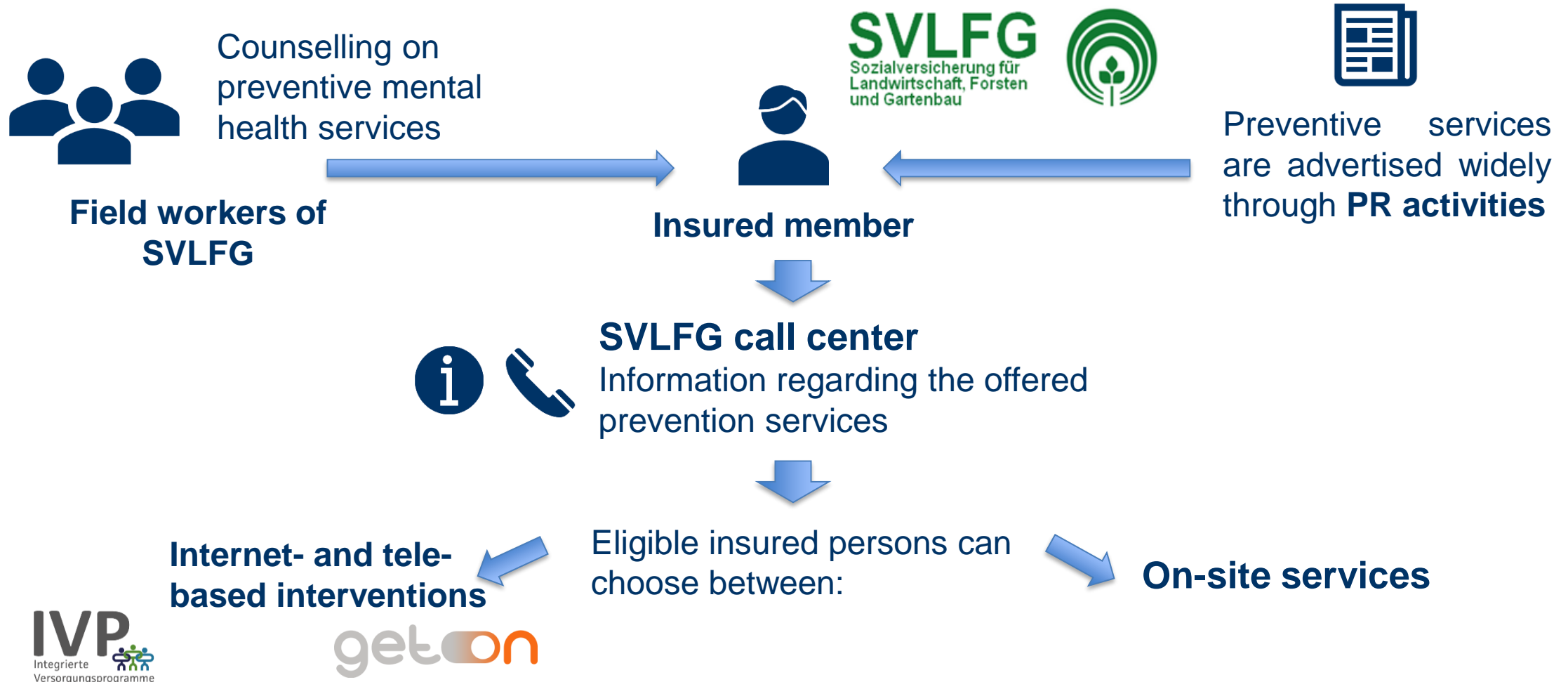
b) Personalized tele-based coaching



- Topics in each coaching emerge from the individual participants' situation
- Therapeutic methods are used depending on the background of the coach
- Maximum 850 minutes, flexible sessions (25/50 minutes) over 3-6 months

(Thielecke et al., 2019, Freund et al., 2020)

Referral paths



Focus groups with field workers



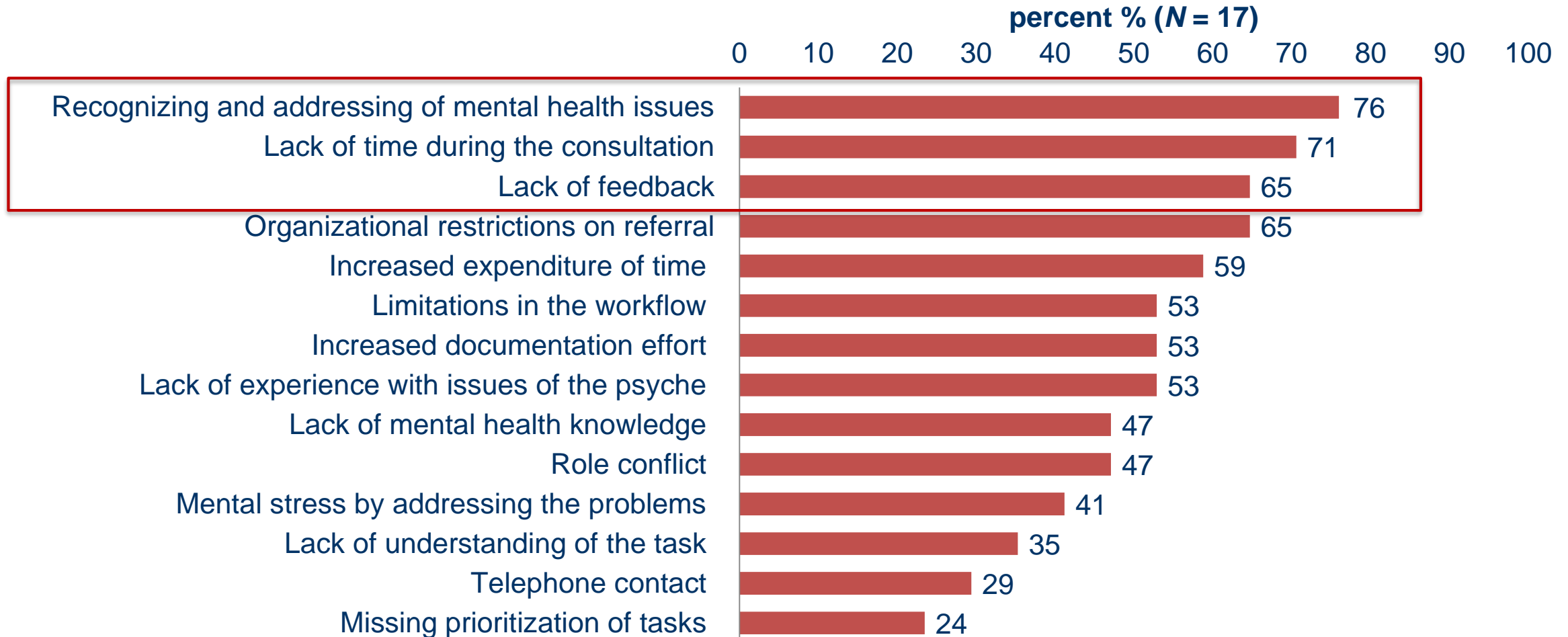
Study aim

- Identification of **barriers** and **facilitators** experienced during the consultation on mental health offers for depression prevention

Procedure

- 18 focus groups with a total of 86 field workers from 2017 to 2019
- Development of a semi-structured interview guide based on the theoretical domains framework (TDF, Cane et al. 2012)
- Due to technical problems only 17 focus groups were analyzed using a qualitative content analysis (Mayring, 2010) by two independent rater ($k = 0.76$)

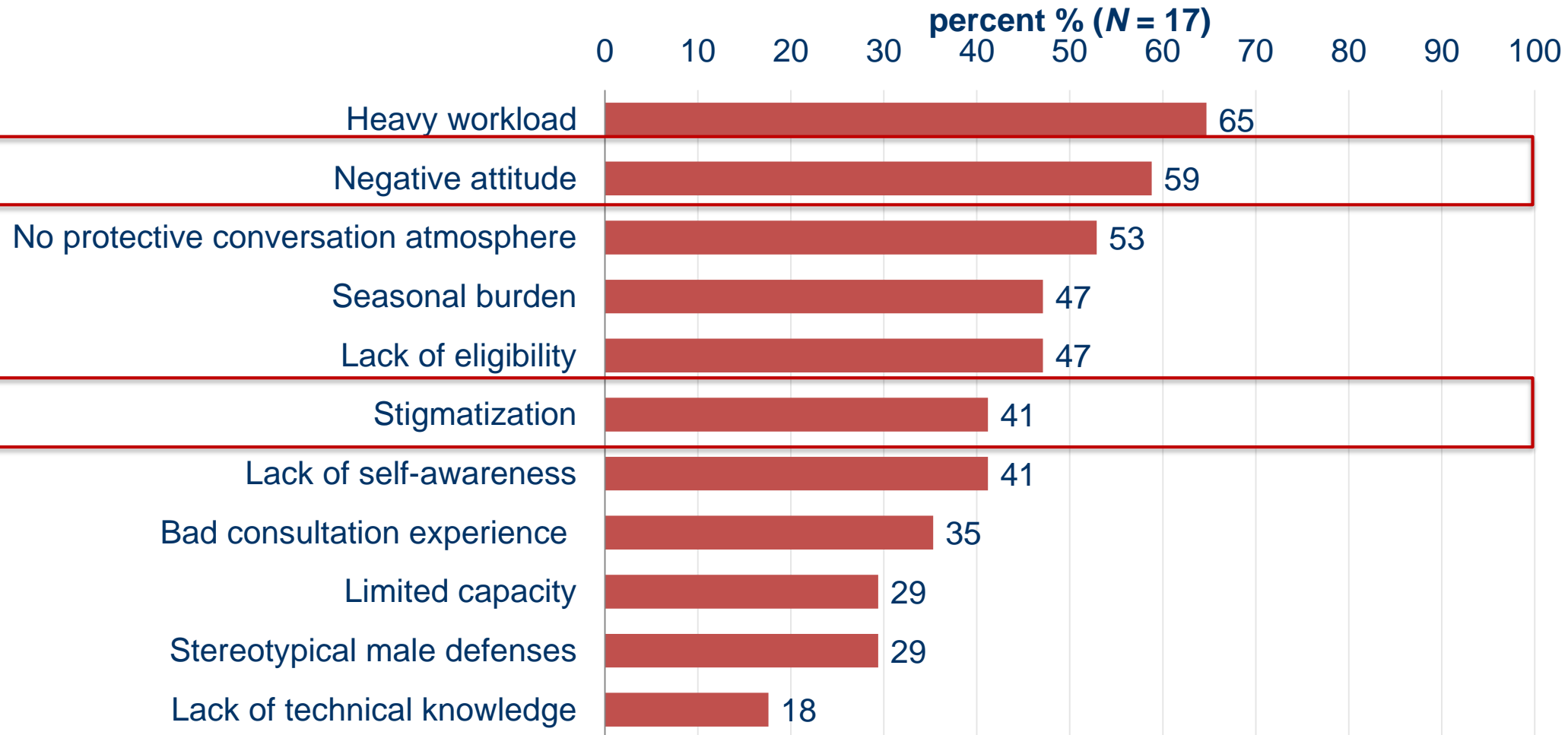
14 barriers: Level of field workers



Barriers: Level of field workers

Definition		% (N=17)	Implementation activity at SVLFG
Recognizing and addressing of mental health issues	<ul style="list-style-type: none">Inhibitions about recognizing/ addressing difficult topics (e.g. alcohol consumption)	76	<ul style="list-style-type: none">Introduction of a new training part at the information event on health offers for field workers
Lack of time during the consultation	<ul style="list-style-type: none">Many topics (e.g. accident prevention, mental health prevention) should be covered within a short time	71	<ul style="list-style-type: none">Shortest advice: Business card of the call center
Lack of feedback	<ul style="list-style-type: none">No feedback from SVLFG about successful referral and uptake of serviceLack of knowledge about general acceptance of preventive measures	65	<ul style="list-style-type: none">The field worker can tick in the documentation sheet whether he or she would like feedback on successful referralA newsletter to field workers is sent out regularly

11 barriers: Level of insured members

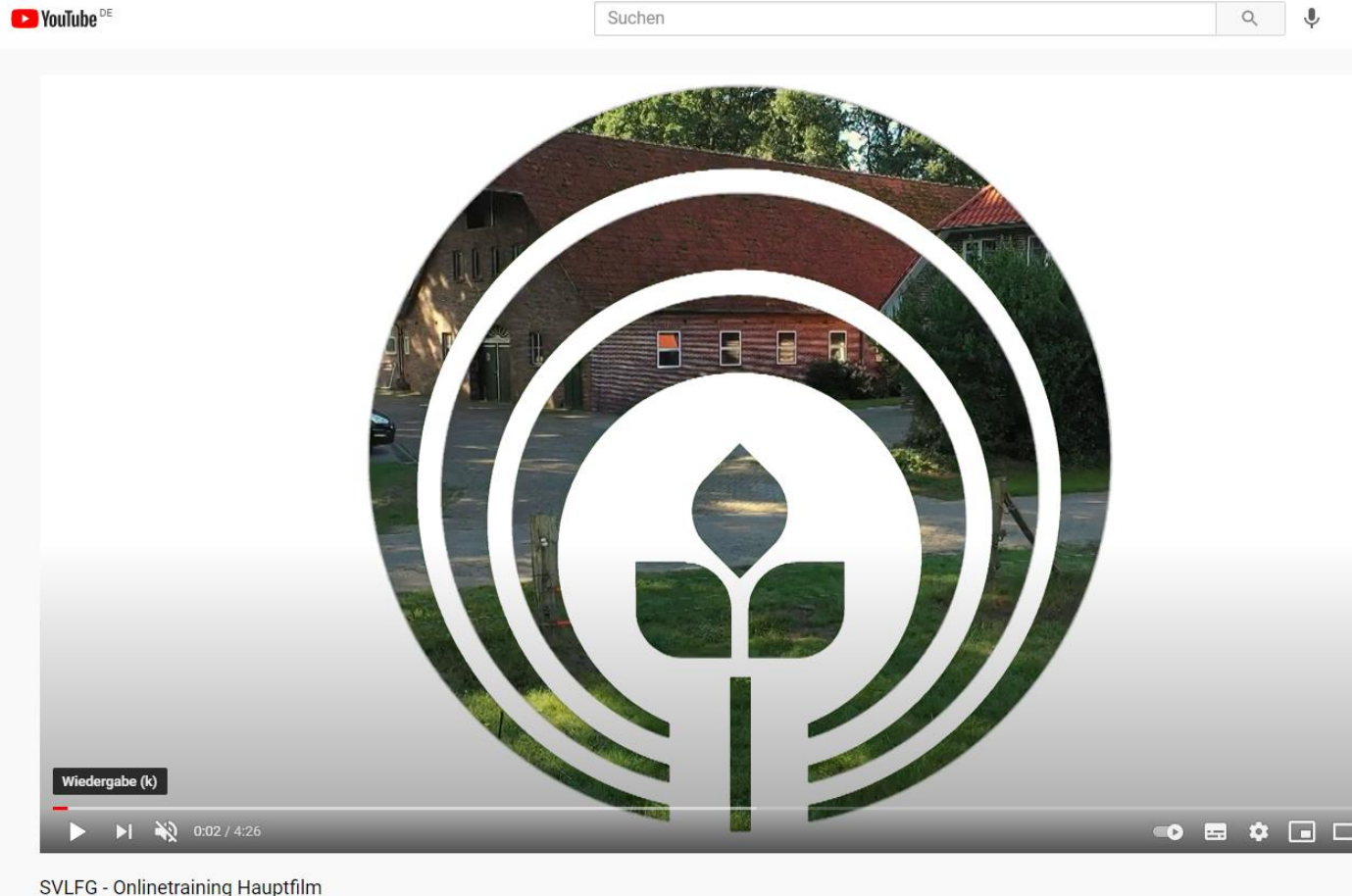


Barriers: Level of insured members

Definition		% (N=17)	Implementation activity at SVLFG
Negative attitude	<ul style="list-style-type: none">General rejection and reservations about the prevention offersNo interest in information events	59	PR activities, information and awareness campaigns on mental health problems (e.g. image film about online health trainings)
Stigmatization	<ul style="list-style-type: none">Mental health issues are stigmatized ('taboo' subject)Associated with being "weak", "crazy"	41	

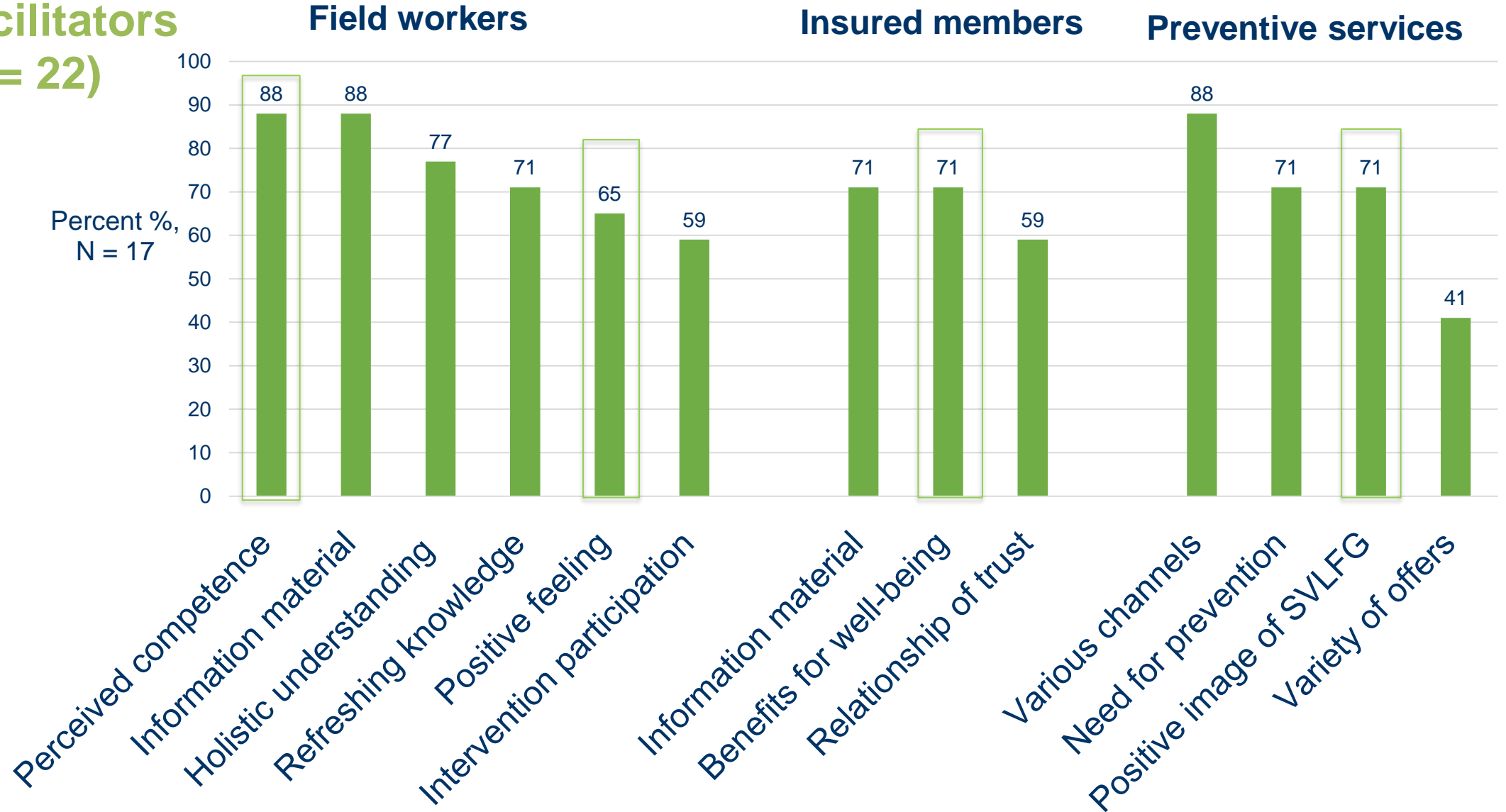
Example: Image film about online health trainings

geton



Link: <https://www.youtube.com/watch?v=2Dv4Emaw-TA>

Facilitators (N = 22)



Conclusion

- The perspectives of field workers as an important stakeholder group were taken into account
- Activities for the further implementation of the internet- and tele-based interventions could be derived
- Successful implementation is essential to improve mental health care among farmers, forest owners and gardeners





Thank you for your attention!

More questions? Feel free to contact us!

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Project „With us in balance“



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