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ACCEPTANCE BY PATIENTS OF A WEB-BASED INTERVENTION FOR DEPRESSIVE SYMPTOMS

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Introduction: At present, 121 million worldwide suffer from a treatment-requiring depression. Treatment recommendations include pharmacotherapeutic and psychotherapeutic procedures. However, lacking resources in psychotherapy complicate the process of implementation. Therefore, researchers are increasingly working on computer-based psychotherapy programmes. But will these programmes be accepted by patients - and if yes, how would they use them?

Objectives: Obtaining information on how patients assess and wish to use online psychotherapy programmes, using the example of the web-based programme "Deprexis". The programme can be used to bridge waiting times, for phase-prophylactic purposes and to accompany the therapy. Based on elements of CBT, CBASP, IPT and ACT, clinical and scientific experts have developed this evidence-based intervention and positively evaluated it in an RCT (Meyer, B., Berger, T., Caspar, F., et al., 2009).

Aims: In an online survey, the acceptance and desired use of the programme in the target group of patients were inquired.

Methods: The participants (N=421) were interviewed regarding the application and acceptance of "Deprexis" as well as depressive symptoms and resulting functional restrictions (PHQ-9).

Results: The participants had clinically relevant scores on the depression scale (average: 14.6 points). 93% wished to use an online programme. 42% assessed it as a low-threshold test for psychotherapy, 29% considered it a suitable tool for the bridging of waiting times. 17% even regarded it as a potential replacement for psychotherapy.

Conclusion: The results indicate high acceptance within the target group and reveal fields of application as a complementary measure at various stages of the treatment process.