



Himss Turkey
March 20 – 21
Antalya

MasterMind

MANagement of
mental health
diSorders Through
advancEd technology
and seRvices –
telehealth for the
MIND



MasterMind

Funded by CIP-ICT-PSP-2013-7



- ✓ **Competitiveness and Innovation Framework Programme**
- ✓ **Information and Communication Technology**
- ✓ **Policy Support Programme**
- ✓ **Call 7, launched in January 2013**

Focus on implementation

MasterMind: 14 m € budget (50% EU funding)





Project Overview



MasterMind

MasterMind in a nutshell

- Target population
 - Adults suffering from mild, medium or severe depression
 - Both inpatients and outpatients
- Two different services
 - cCBT
 - Collaborative care facilitated by videoconference
- Blended care and stepped approach to treatment



OBJECTIVES

- Upscaling the ICT-based mental health care services (in regions/countries where these have been already successfully piloted)
- Triggering the uptake of the services (in regions/countries new to ICT-based mental health care services)
- Demonstrating the cost-effectiveness of the services (confirming that the clinical outcome obtained through the services is not inferior to that of traditional care and checking their usability)
- Demonstrating that the services are safe for patients and do not increase the incidence of adverse events
- Optimising the organisation of mental health services



OBJECTIVES

- Reducing the waiting lists for access to mental health care and improving equality of access between patients living in urban and rural areas
- Demonstrating that the results obtained are representative of the different contexts in the EU and in the Associated Countries and are therefore transferable to different healthcare organisations and cultural contexts



Partners & pilots

Country	1 st wave cCBT	2 nd wave cCBT	Video conference (collaborative care)	Regions/partners
Denmark	X		X	RSD
Scotland	X			NHS24
Netherlands	X		X	GG inGeest VU University Amsterdam
Germany	X		X	Schoen Clinic Friedrich-Alexander University
Norway	X		X	Norwegian Centre for Integrated Care and Telemedicine
Wales		X	X	Powys Health Board Institute of Rural Health
Spain		X	X	Aragon (Servicio Aragones de Salud)
		X	X	Basque Country (Kronikgune & Osakidetza)
		X	X	BSA (Badalona Serveis Assistencials SA)
		X	X	Galicia (Servizo Galego de Saúde – SERGAS)
Italy		X	X	Veneto (U.L.S.S. 9)
		X	X	CSI Piemonte Azienda Sanitaria Locale Torino 3
Turkey		X		Middle East Technical University (METU)
Estonia		X		Tallinn University of Technology
Greenland			X	Agency for Health and Prevention
Total	5	9	12	

End users by pilot site

	Number of users							
	Syddanmark (DK)	Scotland (UK)	Wales (UK)	The Netherlands (NL)	Aragon (ES)	Basque Country (ES)	Badalona Serveis Assistencials (ES)	Galicia (ES)
Patients	800	800	500	300	100	300	200	200
Professionals	16	16	10	6	2	6	4	4

	Number of users							
	Veneto (IT)	Piemonte (IT)	Turkey (TR)*	Hessen (DE)	North. Norway (NO)	Estonia (EE)	Greenland (GL)	Total
Patients	200	300	200	500	500	300	30	5.230
Professionals	20	6	-	10	10	6	2	118



internetpsykiatrien.dk
Internet psykiatry

Internetpsykiatrien in bullets

- It is a new new treatment format for delivering CBT for depression
- Self referral
- All patients are assessed prior to treatment
- All patients are enrolled for 10 weeks, during which they go through 6-8 modules in an internet based intervention program
- All are supported by a psychologist
- A post assessment is carried out after end of treatment
- They have access to the program for another 6 months



The intervention iKAT-D

- 6 mandatory modules
 - Psycho education, behavioural activation, cognitive restructuring, behavioural experiments, relapse prevention
- 2 optional modules
 - restructuring assumptions, interventions for rumination
- Video based with interactive exercises
- Built-in text based communication module
- Back office for administrators and clinicians
- Built-in questionnaire both pre and post treatment plus weekly questionnaire package



MasterMind project in Turkey

METU:

Top Sende programme:

200 patients, 6 week e-learning programme and evaluations

Manager: Didem Gökçay, dgokcay@metu.edu.tr

Patient recruitment will start in May.





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Anybody who is

- above 18 yo
- tired of pervasive sadness lasting for a long time
- in depressive state
- in dense stress or willing to learn how to cope with the complex problems brought on by daily life can join



TOP SENDE

6 week e-learning programme content

Lesson 1:

What is important for you ?

Lesson 2:

Participation in activities

Lesson 3:

Important and solveable problems

Lesson 4:

Unimportant problems and worries

Lesson 5:

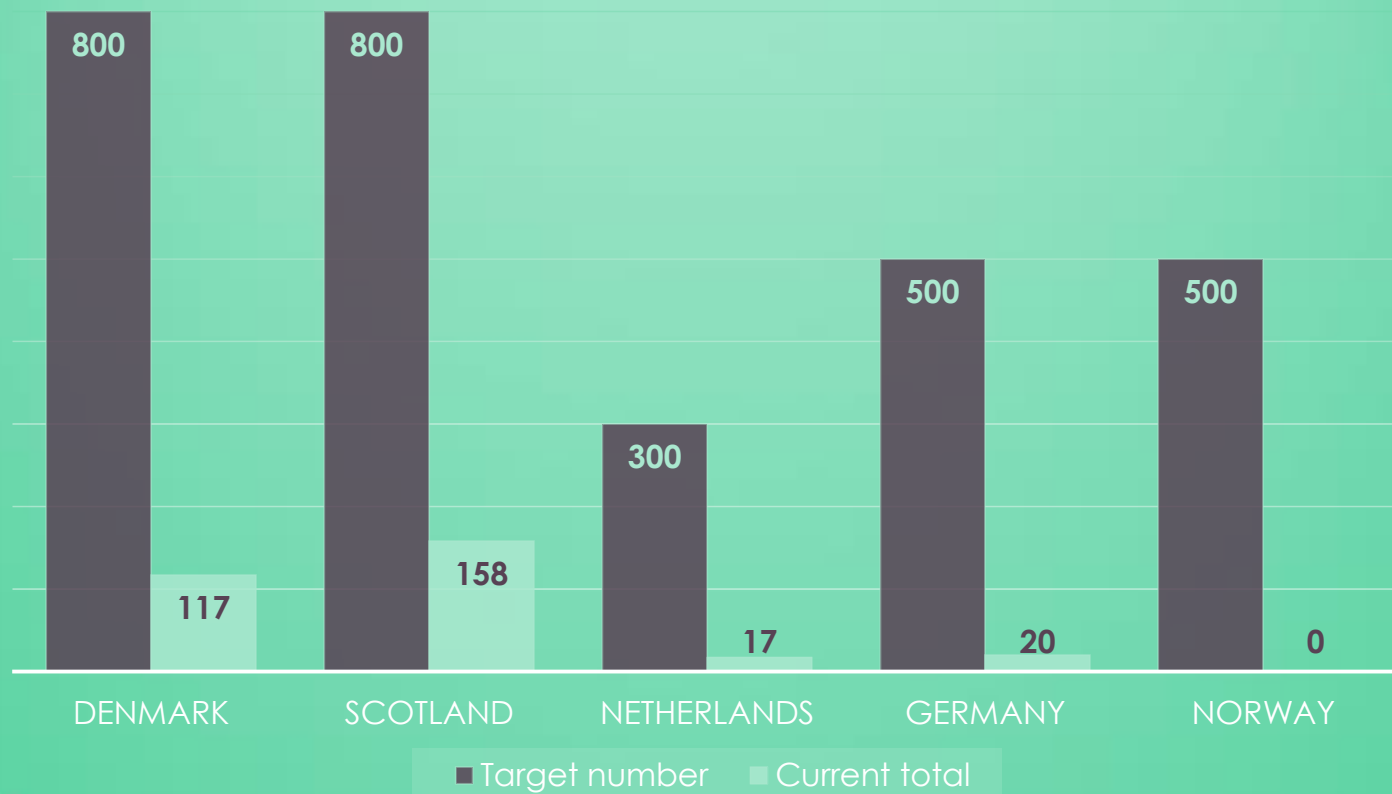
Important but unsolveable problems

Lesson 6:

Heading to the future



Patient inclusion 1st of March 2015 1st wave sites





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