



Online Self-Help Program for Overcoming Youth Depression and Anxiety

Vilnius Antakalnis polyclinic
Public Health Center

Presenter: Milda Vickutė



Problems we face

- Antakalnis polyclinic – primary care institution, which provides services for 90.000 patients, with around 65 family doctors
- Antakalnis Mental Health center is a departament of Antakalnis polyclinic



Problems we face

- Long waiting list (for first and later appointments)
- Crowded waiting list
- Medication is a priority while treating mental health problems
- No or very few prevention practices dedicated to mental health disorders

Online Self-Help Programs

- Aim is helping people to reach improvement in mental health on their own with no or little help from professionals
- Self help programs are created by professionals and placed in the internet
- Include psychoeducation, exercises, audio and video records

Variety of Self-Help Programs for Depression

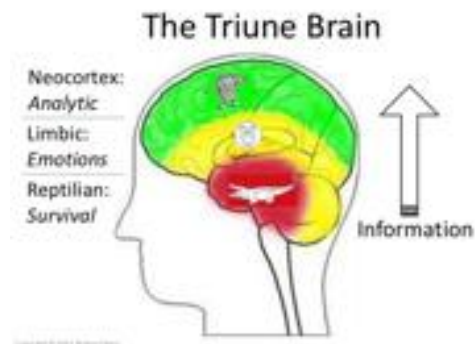
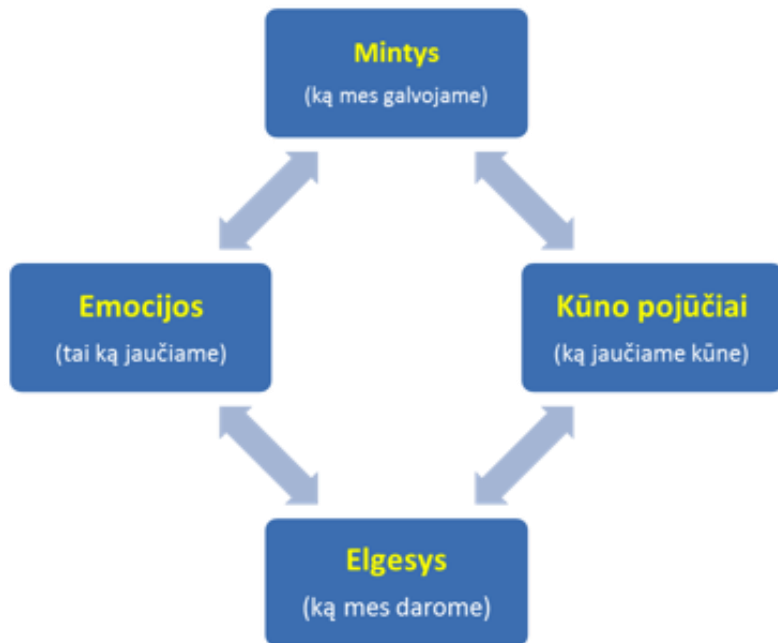
- Norwegian Centre for E-Health and Research use [MOODGYM](#)
- In Great Britain – [MOODJUICE](#)
- In Germany – [Living Life to the Full](#)
- In Sweden – [DEPREXIS](#)
- In US – ODIN
- In Lithuania [BADI](#) developed by Vilnius University (developed in the end of 2015)

Idea and Structure of our Self-Help Program

- Self-help program is created by 4 mental health professionals. Program is based on cognitive-behavioral psychotherapy and research on computerised cognitive behavior psychotherapy
- Self-help program is directed towards prevention of mental health disorders (clinical depression and anxiety)
- Self-help program provides information and tools how to manage low mood and anxiety
- Two aspects of video vinjetes: identification and advice/hope
- The content of audio records: mindfulness and relaxation
- Program consists of 11 modules, each has it's own topic
- Questionnaire for feedback after each module
- Free access
- Recomendated by professional who recognizes symptoms of depression and anxiety (family doctor, neurologist, psychiatrist, school psychologist, social worker)
- Professional can make a “treatment plan” for patient (choosing specific modules)

Structure/Modules

1. Introduction
2. Psychoeducation:
 - a) depression
 - b) anxiety
3. Brain role in 'creating mood'
4. Tools how to change mood
5. Mindfulness training
6. Interaction with people
7. Assertiveness and self confidence
8. Alcohol consumption
9. Medication, psychotherapy and other ways of help
10. Information for relatives
11. Overcoming problems. Plan for better future



Mąstymo klaida „Etikečių klįjavimas“
<i>Klaidingai apibendriname, „priklijuojame“ sau ar kitiems nekintamą ir apibendrinančią etiketę, neatsižvelgdami į tai, kad turimi faktai leistų padaryti ne tokią blogą išvadą...</i>
Esu nevykėlė. Jis niekam tikęs.
Visos blondinės kvailos. Visi vaikinai galvoja tik apie vieną...
Užrašykite savo pavyzdžius...

Self-Help Program in Practise

- Recommendation to read particular modules between sessions
- Self-help program next to medication treatment
- Using without guidance
- Information can be read many times, less appointments needed, greater self confidence

Future Plans

- Improvements based on feedback
- Implementing new topics into the program (e.g. social anxiety)
- Mobile application (e.g. specifications for tracking mood)
- Continuity of the project in collaboration with Suicide Prevention Biuro (development of algorithms for prevention and postvention of attempts to suicide)



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