

**Title:** InterPsyk - a comparative case study of the practical organisation and implementation of internet based treatment of common mental health conditions in five European countries

**Type of presentation:** Oral presentation/workshop session: Anna Paldam Folker, Ph.D. Senior adviser, National Institute of Public Health, University of Southern Denmark: [anpf@si-folkesundhed.dk](mailto:anpf@si-folkesundhed.dk)

**Key words:** European case-study; mental health; internet based treatment of common mental health conditions; access to health care

**Background and importance:** Even though mental health conditions such as depression and anxiety are serious and prevalent throughout Europe with high costs for the individual and for society, only about half of those in need of support in Europe are in any contact with the formal health care system. Internet based cognitive behavioural therapy (iCBT) is a promising format of delivery of evidence based psychotherapy and could thus be an important contribution to bridging the large gap between need and supply. The evidence base for the effectiveness of iCBT is getting stronger especially for anxiety and depression. However, implementing iCBT into routine practice has proven difficult. The present study aims to carefully describe the implementations of iCBT services in five European countries in order to uncover best practices and main challenges in relation to the composition of services, organization, implementation and financial sustainability.

**Method:** The method used is a comparative multiple case study performed in two phases: the first has included Denmark and Sweden (June through August 2016). The second phase will include The Netherlands, Norway, and Scotland (September through November 2016). The case-study combines observation with semi-structured interviews with therapists and leaders of iCBT clinics. The interviews will be analyzed by means of template analysis developed on the bases of the research aims and the first phase of case-studies. The presentation will present the major findings of the study focusing on the motivation behind the provision of iCBT, integration of iCBT in the health care system, required professional and technological competences of therapists, possibilities for upscaling of services, visions for the future and reflections on the target groups and improved reach.

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