

# Evaluation of the implementation of eHealth solutions for depression in mental health care in the Netherlands

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## Background

Despite its potential advantages and the evidence for its effectiveness, the implementation of evidence-based eHealth interventions for depression in routine mental health care is lower than expected.

## Objective

To identify factors that promote or hinder the implementation of internet-based Cognitive Behavioral Therapy (iCBT) and videoconferencing (VC) in the treatment of patients with depression in routine practice.

## Methods

Qualitative and quantitative measures will be used to help understand the factors related to the implementation and up-scaling of iCBT and VC. The evaluation will assess three levels of stakeholders:



patients therapists organisations

The study is part of the MasterMind project, a large scale implementation to treat 5230 patients. The project is funded by the EC under the CIP-PSP-ICT program (GA no. 621000).

## Measurements

- Questionnaires
  - satisfaction, usability, quality of life
- Routine outcome monitoring
  - severity depression symptoms
- Technical platform
  - logins
- Questionnaires
  - satisfaction, usability
- Focus groups
  - implementation factors, effectiveness
- Semi-structured interviews
  - implementation factors, costs, uptake



## Discussion

The results will provide valuable insight into the factors that influence the implementation and up-scaling of iCBT and VC in mental health care. They will provide insight into the perspectives of stakeholders, and result in concrete recommendations for implementing and up-scaling eHealth for depression.

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