InterPsyk
A case study of the practical organisation and implementation of iCBT in five European countries
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A case study of the practical organisation and implementation of iCBT in five European countries

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Background

Even though depression and anxiety are serious and prevalent disorders with high costs for the individual and for society, only about half of those in need of treatment in Europe are in any contact with the formal health care system1. 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. However, implementing iCBT into routine practice has proven difficult.

Aims

The present study aims to carefully describe the implementation of iCBT in five European countries with established experience in the field to uncover best practices in relation to composition of services, organisation, implementation and financial sustainability of different iCBT services.

More specifically, the project will answer the following questions:
• How are iCBT services composed and organised?
• Which experiences have been made in relation to practical operation (funding, referral, and integration within existing health care services)?
• Which barriers and facilitators have been identified for implementation of iCBT?

Methods

The study will be carried out as a descriptive multiple case study comprising five case studies of selected European iCBT services2,3,4 in two phases:

Firstly, two case studies will be carried out in Internetspsykiatrien in Odense, Denmark and at GGZ InGeest in Amsterdam, the Netherlands.

Following phase one, a midterm analysis workshop will focus on collection of experiences and possible adaptations of the questionnaires, interview guide, or practical arrangements.

After the midterm workshop, an additional three case studies will be carried out in eMeistring in Bergen, Norway, at the Karolinska University Hospital in Stockholm, Sweden, and NHS Tayside and NHS 24, Scotland.

Data collection

The data collection in each case study combines three data sources: desk research on the individual iCBT services, an interview study with management, therapists, and researchers related to the services and demonstration of online programmes. Each case study will be initiated with desk research, where a research team from the InterPsyk project will go through the iCBT service as it is described online as well as relevant research literature describing Internet psychiatry for the target group of the individual case.

The case visit will stretch over one to two days and include semi structured qualitative interviews with the manager of the service, key staff involved in organising or performing the clinical activities, as well as relevant researchers. The interviews will be based on an interview guide formulated on the basis of existing scientific literature and preliminary desk research. Thematically, the interview guide will focus on composition of services, organisation and implementation of iCBT.

Data analysis

All interviews will be recorded and transcribed. Field and interview notes will be coded in N Vivo. Subsequently, the data material will be analysed through systematic inductive and deductive text coding and thematisation (analytical inductive method).

Firstly, the data analysis will be carried out through reading and coding of the field and interview notes based on preliminary meaning units inductively occurring in the data material. Next, the units will be systematised across all interviews in overall themes, after which data will be analysed based on themes deductively founded in the study questions2.

Both a transversal and a comparative analysis of the data material’s themes will be carried out: The transversal analysis will focus on investigating general experiences with iCBT across the participating institutions, including experience with organisation of the services, experienced effectiveness, facilitators/ barriers, etc. The comparative analysis will comprise categorisation of the material from the five case institutions into groups comparing them on strengths and weaknesses related to different ways of organising iCBT, referral pathways, experienced effectiveness, and implementation experiences.

Background

InterPsyk has generously been granted access to relevant implementation data from the large EU-project MasterMind. Additionally InterPsyk collaborates with dr. Kaldo and dr. Ramos-Quiroga. InterPsyk is funded by the private Danish fund TryFonden.

Collaborations

InterPsyk is reviewed and approved by the Regional Committees on Health Research Ethics for Southern Denmark and by the Danish Data Protection Agency.

InterPsyk

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