

# MasterMind

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MasterMind

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**Source reference:**  
RTD

**Type:** Promising  
Research Results

## Practice description:

- Providing computerised Cognitive Behavioural Therapy (cCBT) and Videoconference for Collaborative care and treatment (ccVC) to adults suffering from mild, medium, or severe depression including inpatients and outpatients at an international level
- MasterMind aimed to:
  - Upscale the ICT-based mental health care services
  - Trigger the uptake of the services
  - Demonstrate clinical outcomes and economic effectiveness
  - Optimise the organisation of mental health services
  - Increase the equal access to mental health care
  - Ensure that the services are safe for patients and do not increase the incidence of adverse events

## Outcomes/Results:

### Overall level:

- Both services are clinically and organisationally effective
- Cross-border collaboration is an efficient way to upscale services
- MasterMind influenced the market to develop and improve innovative mental health solutions

### Country level:

- Denmark: The regional solution “Internetpsykiatrien” has been upscaled to a national service.
- Scotland: Full national rollout of cCBT was completed in July 2018.
- Turkey: Top Sende was successful as a pilot application. Service continues in a new research project.
- Basque Country: cCBT and ccVC is to be included in Osakidetza's services
- Wales: The service is currently being upscaled across Powys Teaching Health Board
- Catalonia: Service has been running since 2018 in Badalona, including more than 300 professionals
- Aragon: Running in daily operation, new version just implemented
- Germany: Running as a daily service in Schön Clinic and included in the reimbursement system
- Italy: Running in daily operation in ALSTO3 provide though a GP network.

Better access to mental health