



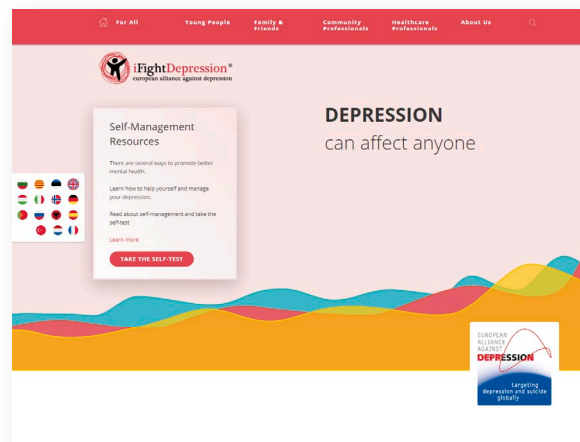
### The iFightDepression<sup>®</sup> website

www.ifightdepression.com aims to provide evidence-based information about depression and suicidal behaviour for the following groups:

- Broad general public
- Young people
- Family and friends
- Community professionals (media, teachers, religious leaders, police)
- Health care professionals (general practitioners, pharmacists)

The website was launched in April 2014 and is available in 15 languages (status July 2019). More languages will follow in the future.

The website consists of various subpages on different topics related to depression, e.g. information on the causes, symptoms and treatment options of depression.



Visitors can take a self-test, provide feedback about the website, find national help contact details as well as other useful links, a glossary and a download section with country specific material.

You would like to

- provide your patients with the iFightDepression<sup>®</sup> tool
- use the iFightDepression<sup>®</sup> tool as a patient yourself
- contribute to the iFightDepression<sup>®</sup> website or
- join the iFightDepression<sup>®</sup> / EAAD network?

We look forward to hearing from you!  
ifightdepression@eaad.net

### EAAD coordination centre

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www.eaad.net

**Depression can be treated.**  
Find out about our guided  
online self-management tool.

www.ifightdepression.com



# Fighting against depression

## Depression

- Depression is a severe and often life-threatening mental illness. According to the World Health Organization (WHO) it is one of the most disabling conditions in the world.
- Depression can affect anyone. Men and women of all age groups, educational levels, or social and economical circumstances suffer from depression.
- It is a very prevalent disorder affecting roughly one in five women and one in ten men at some point in their lifetime. Each year, in Europe, it is estimated that 7% of the population experience an episode of depression.
- Moreover, it is a major risk factor for suicidal behaviour. According to the WHO (2014), approximately 800.000 people worldwide die by suicide every year. The rate of attempted suicides is approximately 20 times higher than this.

## The iFightDepression® tool

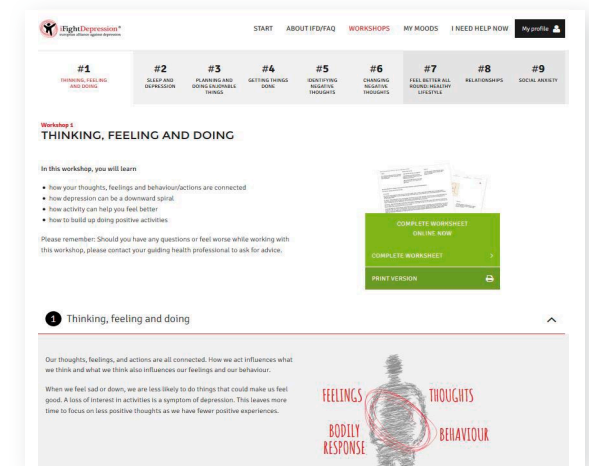
... is an internet based and guided self-management tool for adults and adolescents with milder forms of depression. It is available in several languages.

The iFightDepression® tool is **free to use**. It is intended to help individuals to **self-manage** their symptoms of depression and to promote recovery **with support** from a trained (mental) health professional. The tool is based on principles of cognitive-behavioural therapy (CBT), a type of therapy which has been proven to be effective in treating depression.

The iFightDepression® tool is available for registered patients via a personal login. Users can work through it at their own pace.

For **young people**, an adapted version of the programme is available with specific workshops on social relationships and social anxiety.

The use of this version is recommended for adolescents and young adults aged 15–24.



## The core workshops:

- 1 Thinking, Feeling and Doing
- 2 Sleep and Depression
- 3 Planning and Doing Enjoyable Things
- 4 Getting Things Done
- 5 Identifying Negative Thoughts
- 6 Changing Negative Thoughts

The **iFightDepression® tool** consists of clearly arranged and easy to read texts supported by graphics. Additionally, a mood monitoring questionnaire and work sheets are offered for homework and personal exercises.

There is good evidence that guided programmes are more effective than those without guidance. Therefore the **guidance by (mental) health professionals**, such as a general practitioner or psychotherapist, is a central element of the tool. They have completed a training course and are supposed to maintain personal contact (via telephone or personal meetings) over the whole course of the intervention.

■ The iFightDepression® tool and the website are coordinated and disseminated by the European Alliance Against Depression ([www.eaad.net](http://www.eaad.net)). Both products are results of the EU-funded research project PREDI-NU (Preventing Depression and Improving Awareness through Networking in the EU) which was coordinated by Prof. Ulrich Hegerl (Germany) in cooperation with Prof. Ella Arensman (Ireland) from September 2011 to August 2014.

