

# European Alliance Against Depression (EAAD)



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**Source reference:**  
EU Compass

## Practice description:

- Start in 2004 as an EU-funded project, registered non-profit association since 2008, with partners in 22 countries globally
- **Main aims** are i) to improve care and optimise treatment for patients with depressive disorders and ii) to prevent suicidal behaviour
- To achieve these aims, EAAD implements and promotes its community-based **4-level programme**: (1) Cooperation with primary and mental health care; (2) Public awareness campaigns; (3) Cooperation with community facilitators; (4) Support of high risk groups and their relatives
- EAAD supports other regions and countries with initiating this 4-level programme
- The **iFightDepression®** tool is disseminated: a guided, non-profit self-management tool developed by EAAD for patients with milder forms of depression (available in 12 different languages including an Arabic version)
- The [ifightdepression.com](http://ifightdepression.com) website provides evidence-based info on depression in 15 different languages



## Outcomes/Results:

- The 4-level intervention has already been implemented in over **110 regions from 20 countries**. Broad experience has accumulated on how to implement the 4-level intervention in different countries and health care systems.
- Evidence for **effects of this 4-level intervention** concerning the prevention of suicidal behavior has been provided not only by the model project in Germany, the Nuremberg Alliance against Depression (Hegerl et al. 2006, 2010), but also from another city in Germany (Regensburg, Hübner-Liebermann et al. 2010), a controlled study in Hungary (intervention region, Szolnok, control region Szeged, Szekely et al. 2014) and a controlled study from Portugal (intervention region Amadora, control region Almada, OSPI-study).
- iFightDepression® tool has an increasing number of registered patients in Germany and across Europe (> 1200 users by January 2019)
- [ifightdepression.com](http://ifightdepression.com) website has > 60.000 monthly visitors

**Priority:**  
Preventing depression and promoting resilience.