

# Depression can be treated.

Find out about our guided online self-management tool.

## About 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.

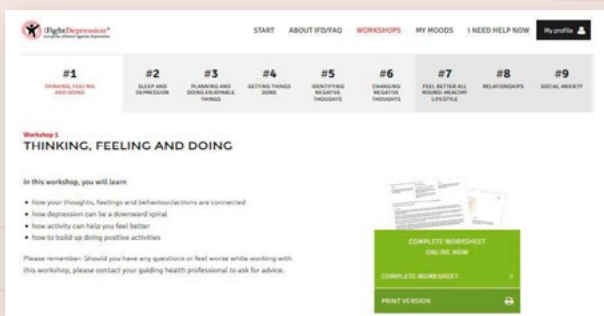
The use of this version is recommended for adolescents and young adults aged 15–24.

## 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.



■ (Mental Health Support for Ukrainian Refugees) project has received funding from the European Union under grant agreement No. 101101460. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or European Health and Digital Executive Agency (HADEA). Neither the European Union nor the granting authority can be held responsible for them. The iFightDepression® tool and the website are coordinated and disseminated by the European Alliance Against Depression (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. Eila Arensman (Ireland) from September 2011 to August 2014.

## The iFightDepression® Website

[www.ifightdepression.com](http://www.ifightdepression.com) aims to provide evidence-based information about depression and suicidal behaviour for the following groups:

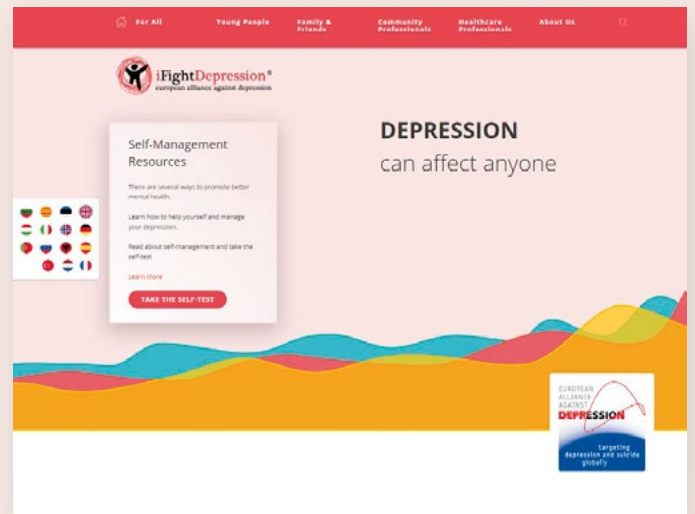
- Broad general public Young people
- Family and friends
- Community professionals (media, teachers, religious leaders, police)
- Health care professionals (general practitioners, pharmacists)

The website was launched in April 2014 and is available in **21 languages** (status March 2023). 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.



**iFightDepression®**  
mental health support for ukrainian refugees



- i** 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**.

## New and Upcoming

The organizations working together with the European Alliance Against Depression have undertaken and implemented or are planning to implement a number of initiatives to **support refugees from Ukraine**.

The translation of the iFightDepression tool into Ukrainian and Russian languages for Ukrainian and Russian speaking displaced people from Ukraine includes an **additional workshop on inner strength**, which will allow the recovery of mental resources damaged as a result of traumatic war experiences. A negative event such as the loss of a loved one, losing a job or severe and prolonged

stress can sometimes trigger a depressive episode but sometimes depression will occur spontaneously without any obvious cause.

**The iFightDepression website** has also been updated with more information on other depression-related ailments and disorders (anxiety, stress, post-traumatic stress disorder) and tips on how to access healthcare. Information about the possibility of using this support will reach refugees thanks to EAAD collaborators from all over Europe.

## Contact

**If you feel you need help**, make an appointment with a specialist and ask for access to the iFightDepression tool.

**Are you a doctor or therapist** and want to use the iFightDepression tool in your practice? Register your interest.

**We look forward to hearing from you!**

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