

Online-Selbsthilfe (Universität Bern)

The website lists self-help programs of the university of Bern which are investigated regarding efficacy. Currently they are looking for people who suffer from insomnia, cannabis addiction or psychosis. They are invited to take part in a 6- to 8-week program.

Additional topics: Cannabis addiction, Psychosis

Target Groups	Topics	Type of Best Practice	Country
• Adults	• General • Addiction • Insomnia	• Therapy	• Switzerland

Description

The website lists several self-help programs which address different psychological problems. The programs are investigated by the chair for web-based clinic-psychological interventions of the university of Bern which is funded by the Swiss National Fund. For some programs participants are wanted in order to test efficacy. For instance, there is currently an 8-week program for people with insomnia where participants are randomly assigned to one of three treatments from which one is a waiting group. Then there is a 6-week program with the aim to reduce cannabis consumption and finally an 8-week program for people suffering from psychosis.

Online-Selbsthilfe

Die unten aufgeführten Selbsthilfe-Programme adressieren verschiedene psychische Beschwerden und Problemlagen. Wir testen sie auf ihre Wirksamkeit. Für die meisten Studien suchen wir noch TeilnehmerInnen. Falls Sie Fragen zu einem der Beschwerdebildern haben, können Sie dem Link zur Studienseite folgen und sich dort eingehender informieren.

Die Programme werden von der vom Schweizerischen Nationalfonds geförderten Professur für Internetbasierte klinisch-psychologische Interventionen der Universität Bern und Kooperationspartnern erforscht.

Bei Fragen wenden Sie sich bitte an die bei den einzelnen Studien angegebenen Kontakt Personen.

Für das psychotherapeutische Angebot der Universität Bern siehe <http://www.psychotherapie.unibe.ch>.



Original language

German

Country

Switzerland

Link

<http://www.online-therapy.ch/sa/index2.html>

(access date: 07/14/2017)



CC - Attribution-NonCommercial-ShareAlike

<http://creativecommons.org/licenses/by-nc-sa/3.0/>

ILI. *Online-Selbsthilfe (Universität Bern)*. Retrieved on Monday January 26, 2026 from <https://ecounselling4youth.gunet.gr/online-material/courses/TGP148/>



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

<https://www.ecounselling4youth.eu/project/>