THERAPY 2.0

Online-Selbsthilfe (Universität Bern)

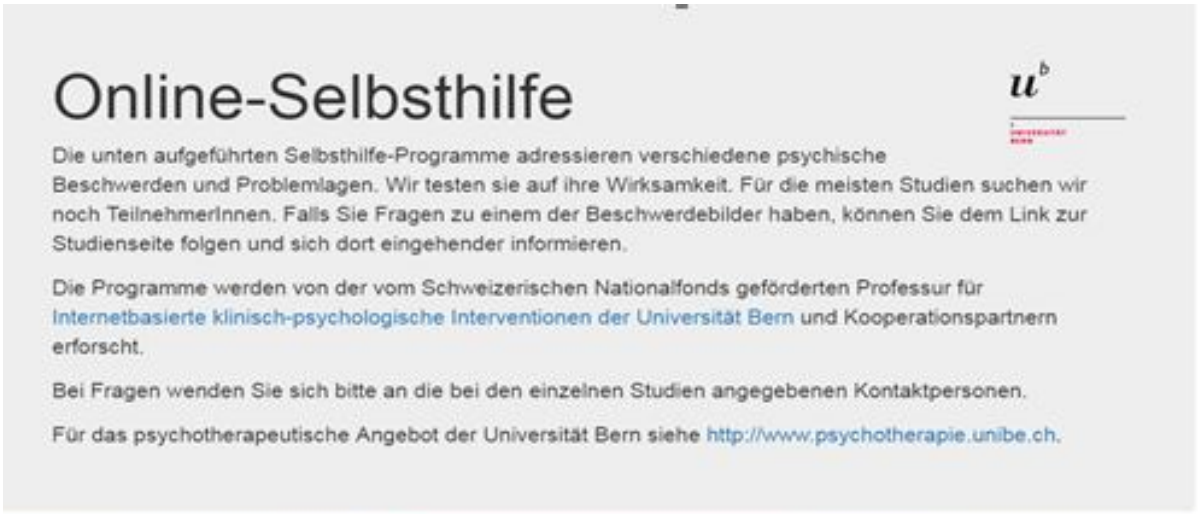
The website lists self-help programs of the university of Bern which are investigated regarding efficacy. Currently they are looking for people who suffer from insomnia, cannabis addiction or psychosis. They are invited to take part in a 6- to 8-week program.

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.









Original language

German

Country

Switzerland

Link

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

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