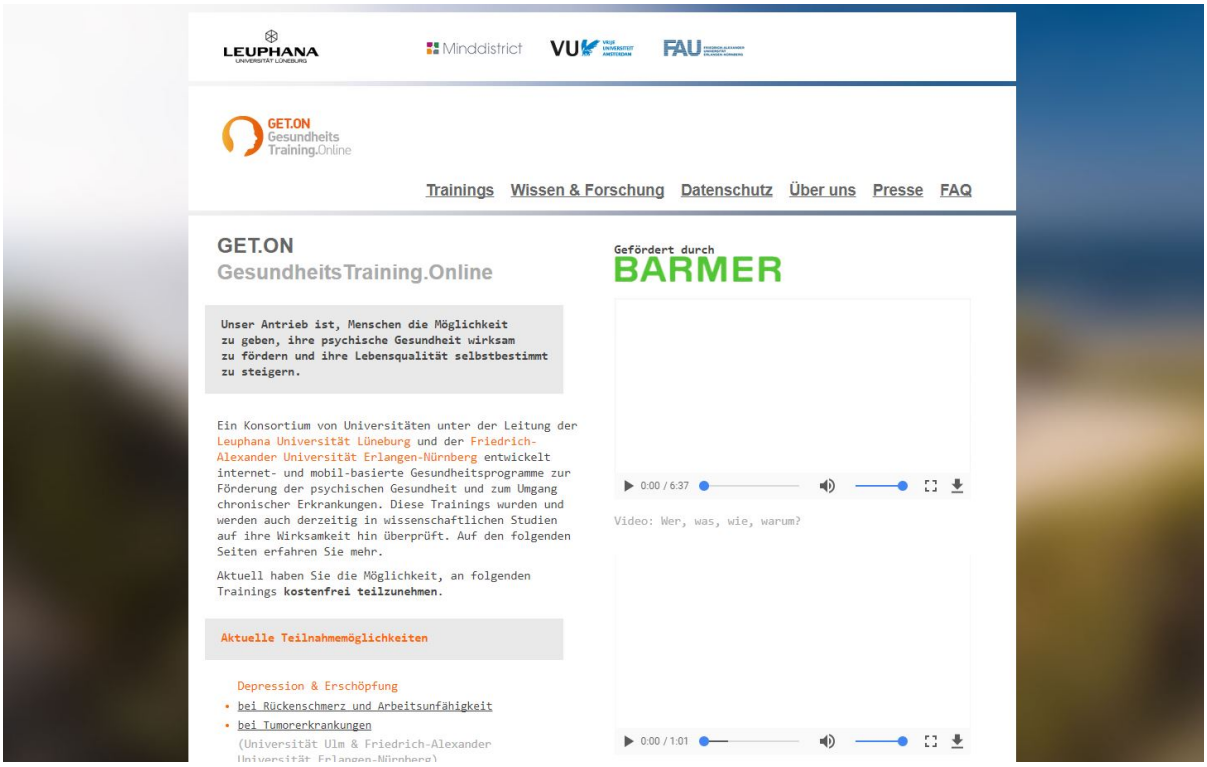
# GET.ON - Gesundheitstraining.Online

*GET.ON* er samstarfsverkefni nokkurra háskóla sem bjóða internet- (og /eða öpp) lausnir á formi þjálfunar eða námskeiða á ýmsum sviðum t.d. atvinnu og heilsu. Nú er verið að meta árangur þeirrar þjálfunar sem er í boði á vísindalega hátt meðal annars með tilliti til skilvirkni. Það hefur gerst að einstaklingar sem vilja taka þátt í námskeiði þurfa að bíða nokkuð lengi eftir því að næg þátttaka fæst og verið er að leita leiða að bæta úr því. Einnig er möguleiki á að taka sjálfspróf til að komast að því hvers konar þjálfun hentar. Auk þess eru alhliða upplýsingar um þætti eins og streitu, þunglyndi, þreytu, og áfengisnotkun.

**Viðbótarefni:** Bati, Áfengi, Rannsókn, Svefn, Læti

| Markhópur | Efni | Tegund | Land |
|---|---|---|---|
| • Fullorðnir | • Þunglyndi<br>• Kvíði<br>• Fíkn<br>• Stress<br>• Nám<br>• Erfiðleikar með svefn<br>• Langvarandi veikindi | • Náms- og starfsráðgjöf<br>• Markþjálfun | • Þýskaland |

GET.ON is a consortium of universities under the leadership of the Leuphana University Lüneburg and Friedrich-Alexander University Erlangen-Nürnberg which developed more than 14 internet- and/or app-based online programs for the facilitation of psychological health and handling chronic diseases. These online programs were evaluated in more than 30 scientific studies with regard to their effectiveness and cost-effectiveness. Current opportunities of participation are in the fields of depression and exhaustion, more precisely for back pain and inability to work, for coronary heart diseases as well as for anxieties and strengthening psychological well-being. Other accessible trainings are a recovery-couch which is an app for sustainable recovery after occupational strain, Paivina Care which is an online-training for women with pain and problems in sexual intercourse, Take Care of You for reducing alcohol consumption and StudiCare for students. Despite of that there are more training programs, however a participation isn't possible anymore because of enough participants. Interested people have the opportunity to register for future trainings in the fields of stress management, regeneration for better sleep, depression and exhaustion because of diabetes; panic and agoraphobia, self-critique, procrastination, chronic pain and gratitude. Furthermore there's the possibility to take a self-test in order to find out which training is appropriate. The website additionally provides comprehensive information about stress, regeneration, depression, alcohol, panic and procrastination as well as about internet-based health programs, research and effectiveness.




## Upphaflegt tungumál

German

## Land

Germany

## Tengill

Link: http://geton-training.de/index.php

(access date: 06/28/2017)

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