GET.ON - Gesundheitstraining.Online

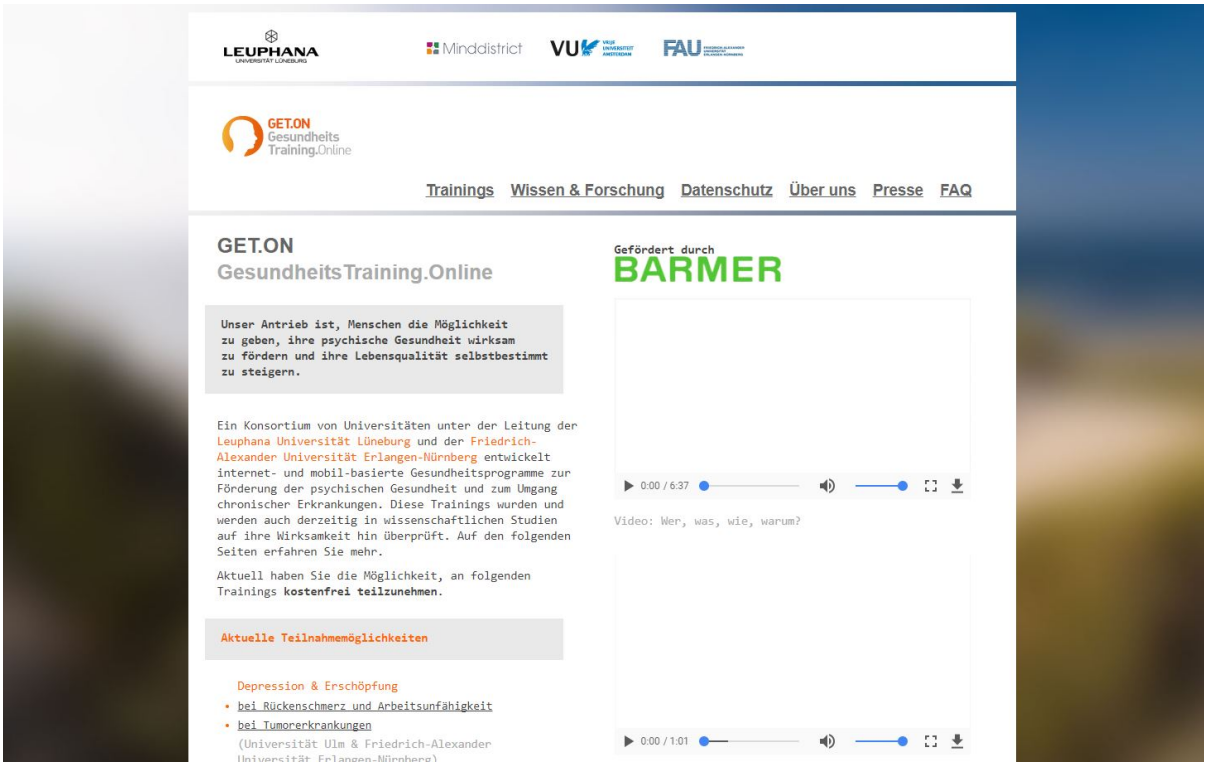
GET.ON je konzorcij sveučilišta koji pruža nekoliko internetskih i aplikacija iz različitih područja kao što su npr. posao i zdravlje kao i depresija i iscrpljenost. Svi treninzi se trenutno znanstveno procjenjuju s obzirom na njihovu učinkovitost te se može dogoditi da neki ljudi koji žele prisustvovati treningu moraju čekati neko vrijeme (kontrolna skupina čekanja). Ako program osposobljavanja već ima dovoljno sudionika, zainteresirane osobe mogu se prijaviti za buduće studije iz polja interesa. Postoji i mogućnost samo-provjere kako bi se utvrdila koja je obuka prikladna za pojedinca. Osim toga, postoje sveobuhvatne informacije o npr. stresu, depresiji, alkoholizmu i istraživanjima.

Dodatne teme: Oporavak, alkohol, studija, spavanje, panika

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Odrasli	• Depresija • Anksioznost • Ovisnost • Stres • Obrazovanje • Problemi spavanja • Kronične bolesti / bol	• Savjetovanje • Coaching	• Njemačka

Opis

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.



Jezik originala

German

Zemlja

Germany

Poveznica

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

(access date: 06/28/2017)

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ILI. *GET.ON - Gesundheitstraining.Online*. Skinuto sa Sunday November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP399/

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

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