ICare Prevent

ICare Prevent é uma plataforma de formação on-line que é ajustada individualmente à pessoa, de acordo com o seu sofrimento/problema. A plataforma on-line combina a prevenção baseada em evidência, o diagnóstico precoce e tratamento das perturbações psicológicas mais comuns. As pessoas interessadas em participar têm de preencher um formulário no website, seguido do preenchimento de questionários para perceber se a pessoa interessada cumpre os requisitos. Um grupo de participantes participa diretamente na formação e o outro grupo só após um período de espera de 12 meses, com o objetivo de estudar a eficácia da formação através da análise comparativa dos grupos. Os componentes da formação são a relação entre necessidades insatisfeitas e o bem-estar psicológico, humor depressivo, ansiedade e outros sentimentos negativos, bem como estratégias para a sua redução e a aprendizagem de estratégias para superar queixas individuais.

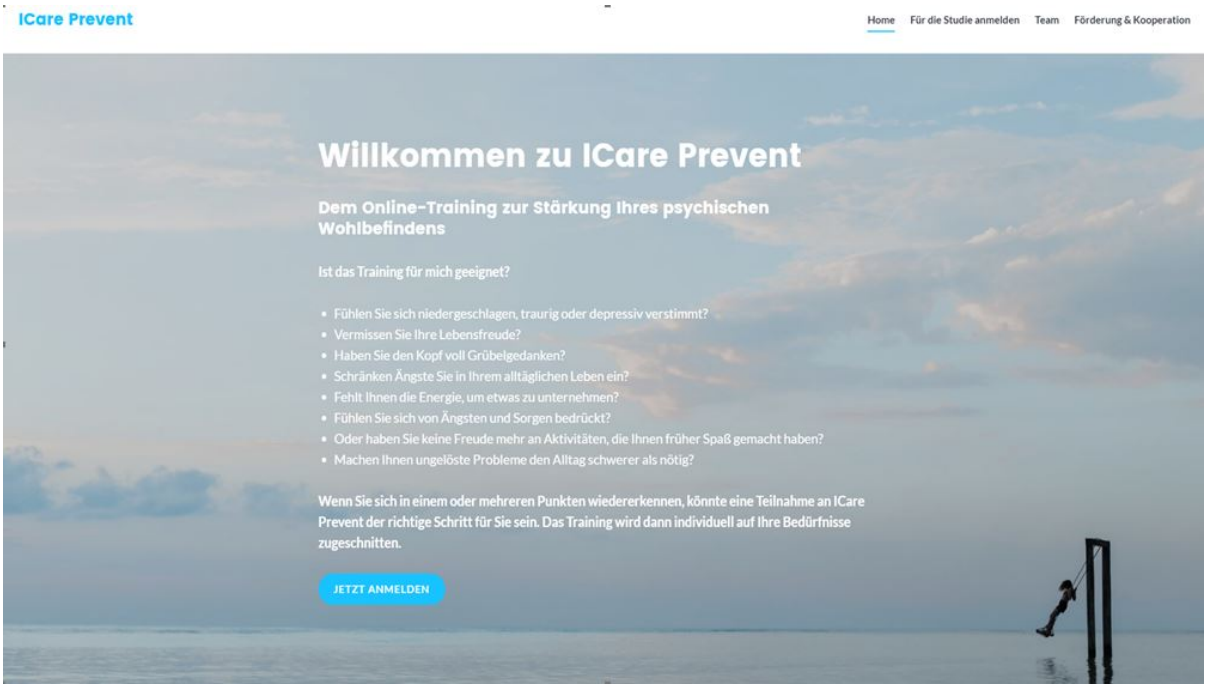
Grupos-alvo	Tópicos	Tipo de Melhores Práticas	Países
• Adultos	• Geral • Depressão • Ansiedade	• Coaching • Plataforma	• Alemanha

Descrição

ICare Prevent is a 7-week-long Online-Training to strengthen psychological well-being for people who feel subdued, sad or depressive, miss vitality or energy, ruminate, are restricted because of anxieties or have unsolved problems. The training will be adjusted individually depending on what the person suffers from. Participants will be trained systematically in using strategies like problem solving and activity planning for strengthening important aspects of life and psychological well-being as well as reducing psychological complaints. It is not appropriate for people who were diagnosed with a psychosis in the past, who suffer from a changed perception of the own person, sense of identity, perception of direct feelings as well as control of body movements. The first step of participation is to fill out questionnaires as well as a telephone interview so that it can be found out whether the person fulfills the requirements. After accepting participation the participant will be randomly assigned to one of two groups. Because the effectiveness of the training is examined scientifically, the participants can't get access to the training all at the same time. 2/3 of participants will attend the training which consists of 7 lessons which take around 45-60 min. They learn how unfulfilled needs and psychological well-being are related, how depressive moods, anxieties and other negative feelings occur and how to reduce them as well as individually adapted strategies for overcoming individual complaints. The other 1/3 of participants gets access to the training after a waiting period of 12 months.

ICare Prevent is a cooperation project within the project ICare – Integrating Technology into Mental Health Care Delivery in Europe and is funded by the European Union. The goal is to establish an innovative, comprehensive supply model for facilitating psychological health in Europe. It combines evidence-based prevention, early diagnosis and treatment of common psychological disorders on an online platform. It aims to supplement existing offers in cooperation with established actors of health care or to be integrated in these in order to avoid and reduce long-term costs which arise through psychological diseases. The project partners stem from six European countries; these are

Germany, Austria, Switzerland, Great Britain, the Netherlands and Spain. Interested people can fill out a form on the website in order to sign in for participation in the study.



Idioma original

German

Países

Germany

Ligação

https://icareprevent.com/

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