

# e-Mental Health Implementation in Europe: Training and Digital Health Literacy

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eMEN Work Package Transnational Policy

# Transnational Policy



The eMEN consortium has developed a Transnational Policy that aims to

- outline a European approach with priority areas for action, policy recommendations and a proposed action plan
  - provide guidance for policy makers and other relevant stakeholders on European and national level on how to deal with challenges for eMH implementation
- **facilitate the use of eMH in routine mental health care of eMEN partner countries and beyond**

# Content of the Transnational Policy document



1. Topics addressed
  - Mental health in Europe
  - eMH as an opportunity to improve mental health
  - eMH development in NWE countries
  - The need for a European policy
  - The critical role of political commitment and leadership
  - Quality of eMH solutions
  - Awareness, acceptance and digital health literacy
  - Dissemination and implementation of eMH
  
2. Recommendations for eMH implementation in NWE countries and beyond
  
3. Proposed actions for the European Commission, national policymakers and stakeholders involved in eMH

## Recommendation no. 8

***Integrate* eMH into established (mental) health care models and other key areas of interest such as mental health in the workplace or mental health in schools through:**

- providing transparent guidance for mental health professionals in terms of available eMH products and services as well as the possibilities and risks that eMH entails
- promoting the development of eMH implementation protocols
- piloting eMH implementation within health care settings, and sharing the learnings
- stimulating the development of a multidisciplinary strategy to prepare health care provider organisations for eMH implementation in terms of (clinical) workflows, care pathways, responsibilities, professional roles, financing, training, etc.
- integrating eMH and cultural awareness in (future) professional training and education
- setting standards for digital (health) literacy in the (mental) health workforce

# Challenges



# Challenges to integration into routine care

## Organizational/management level

- Lack of time, resources, and knowledge to integrate eMH solutions into established treatment processes

## Concerns of health care professionals

- Disruption of routine care / more effort
- No benefits compared to established treatment processes

➤ **Provision of time, resources and space for training and education may diffuse concerns and facilitate the uptake of eMH**

# eMH in higher level curricula

## Germany

A few universities offer courses on general digital health care

## The Netherlands

Many non-compulsory introductory courses for psychology students

## France

Several initiatives for university education in eHealth offer courses for health care professionals

## Belgium

A few universities offer courses with explicit focus on eMH

## UK

'Digital Health' a recognised area of postgraduate study, which also includes mental health

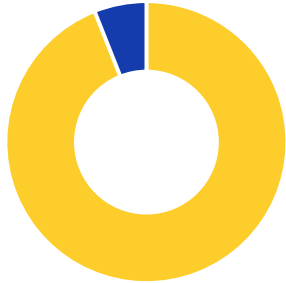
# Digital health literacy of the public

*the ability to seek, find, comprehend and evaluate health information from electronic sources and to apply it to addressing a health problem*

- ability to use a digital device and its programmes
- retrieval skills and the ability to manage incoming information
- ability to identify reliable information sources
- critical thinking to make informed judgements
- knowledge how personal data is handled, who can access data and how the user themselves can access the data

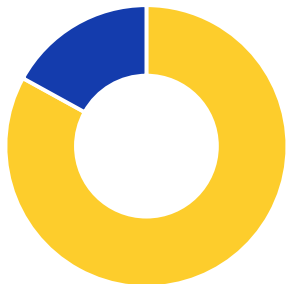


# Digital health literacy in the EU

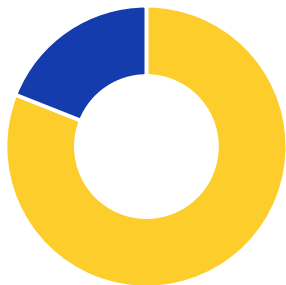


94 % agree that they know how to navigate the Internet to find answers to health-related questions

**BUT**



83 % agree that they understand the terminology used on the Internet for health-related topics



81% agree that they can distinguish high-quality information from low-quality health-related information on the Internet

# Initiatives to improve digital (health) literacy



- **Digital Skills and Jobs Coalition**
  - Brings together organizations that aim at improving European citizens' digital skills
  - Provision of certification about IT skills
- **PIX**
  - Public online service to improve digital literacy in France
  - Provision of certification about digital skills
- **Widening Digital Participation programme**
  - Programme to reduce digital exclusion in the UK
  - Development of digital learning products within the next four years to raise awareness of digital health technologies



**ImpleMentAll**



- EU-funded, multidisciplinary and international collaboration
- Aim:
  - provide an evidence-based answer to the gap between knowledge generation and practice
  - improve implementation of eHealth interventions
- Investigation of implementation processes in eight European countries plus Australia
- Development of a theory-based framework for Intervention Tailoring Strategies (the **ItFits-toolkit**)

- European mHealth Innovation and Knowledge Hub
- Aim:
  - Identifying trends and gaps in policies, standards, regulations, etc.
  - Showing best practices and barriers to the creation of consistent digital health infrastructure and strategy
  - Producing knowledge tools for health systems and services
- Development of a platform to collect and share national experiences on digital health and to support regions with implementation of digital health programmes

- **eMHPrac** provides **free e-mental health training** and support for health practitioners
- Funded by the Australian Government in partnership with research institutions

### eMHPrac objectives

- Increasing awareness, knowledge and positive attitudes
- Building confidence and self-efficacy
- Provision of training and workforce support in the use of e-mental health
- Provision of advice to the government on the most effective ways to support e-mental health

### A Practitioner Guide to Digital Mental Health Resources (example tool)

#### E-Mental Health Resources by Diagnosis

DEPRESSION	R	CT	HP	F
<b>MoodGYM</b> A free, interactive self help program for preventing and coping with depression and anxiety. Teaches self-help skills drawn from cognitive behavior therapy. <a href="http://www.moodgym.anu.edu.au/welcome">http://www.moodgym.anu.edu.au/welcome</a>	•		•	•

**R** = Requires registration with name/email; **CT** = Counsellor/Coach/Therapist assistance included or available; **HP** = Separate Health Practitioner access available; **F** = Free to access/no cost; Hollow circle = Refer to program description for more details

# Conclusion – Implementation research



- Lack of research on factors that affect implementation in the **real-world setting** hampers the decision-making process on organizational level
- Implementation guidelines need to include
  - Information and comparison of (cost-)effectiveness of eMH products
  - Reimbursement of eMH products
  - Infrastructural requirements (e.g. hardware, wifi connection, data storage)
  - Legal and administrative requirements (e.g. data protection, data management)

# Conclusion - Training for professionals



- Knowledge and guided support of health professionals are **relevant determinants** for successful implementation in routine care
- Training needs to include
  - handling eMH products (e.g. their underlying concepts, how they are used, the technical support needed)
  - integrating eMH solutions effectively into care processes
  - assessing the associated risks for using eMH solutions

## Conclusion – Education for the public



- Another determinant whether eMH solutions are successfully adopted: individuals need sufficient knowledge and skills in order to trust and use an eMH product
- Education needs to focus on
  - ability to use a digital device and its programmes
  - ability to identify reliable information sources
  - critical thinking to make informed judgements
  - knowledge how personal data is handled, who can access data and how the user themselves can access the data



# Interreg



EUROPEAN UNION

# North-West Europe

# eMEN

European Regional Development Fund

# Thank you!