

Empowering you to beat depression

Health Insurance

SOFY GmbH Industriestrasse 1-7, 3400 Klosterneuburg email: [office@edupression.com](mailto:office@edupression.com)

### Submission Date

Date

### Doctor

First Name

Surname

Doctor's ID / GMC Reference Number/ NPI Number

[www.edupression.com](http://www.edupression.com)

### Patient

First Name

Surname

Policy Number

FN 488003 b, UID ATU73219867

Landesgericht Korneuburg

## Application for the reimbursement of costs for the use of edupression.com® medical products

To be completed by the doctor

**Dear Sir or Madam,**

Date

**The above-named patient has been receiving**

**Outpatient Treatment**

**Inpatient Psychiatric Treatment**

**Psychosomatic Treatment**

**Psychotherapeutic Treatment**

**for an ICD-10 depressive disorder since**

**The following diagnosis has been made according to the ICD-10:**

Diagnosis

**Anamnesis and Justification** Anamnesis and Justification

According to national and international guidelines, the scope and severity of symptoms, as well as the psychological strain suffered by the patient necessitate further supportive measures to bridge waiting times accompanying my treatment after discharge.

**edupression.com® is an online platform for patients with unipolar depression and their depression specialists (doctors, psychologists, therapists) with two CE certified medical devices: A self-help program called edupression.com® Psychoeducation and the edupression.com® Mood Chart.**

**edupression.com® Psychoeducation is an effective, evidence-based, online therapy program and treatment support. It contains many elements of cognitive behavioural therapy and offers a comprehensive explanation of depression (psychoeducation) in line with recommendations in national and international guidelines.**

The psychoeducation/cCBT modules developed by edupression.com® are aimed at patients who suffer with unipolar depression and is based on elements of cognitive behavioural therapy. It's goal is as follows:

1. A reduction in symptoms of depression,
2. Improving the course of illness in depressive patients,
3. Improving the functional level of depressive patients,
4. Improving adherence to treatment,
5. Improvement in the remission rate of depressive patients
6. Reducing the risk of relapse in patients with mild to moderately severe depression

**The edupression.com® Mood Chart was developed on a scientific basis and helps patients to recognise patterns in their illness, to document and recognise early symptoms , and to aim for an optimal treatment outcome.**

**Doctor signature**

Signature

To be completed by the patient

**Please look at the attached bill for a summary of costs for the use of edupression.com® These cover access to the edupression.com® platform with both of the CE certified both of the CE marked edupression.com® medical devices.**

**The purpose of this letter is to apply for the reimbursement of costs for access to the edupression.com® online platform, with two certified medical devices, for the treatment of unipolar depression. Remittance is to be sent to the following account:**

Name of Account Holder IBAN

Name of Bank or Building Society BIC/Swift code

**Should a refusal of this claim be likely, I would like to request that a decision is sent promptly, in accordance with the relevant laws and regulations, to the address I have provided above.**

Patient Signature

Date

To be completed by the Insurance Company

## **Health Insurance: Decision**

..

If not approved– Reason

Service Number of Insurance Company

Claims Handler - NAME IN BLOCK CAPITALS

Name of Patient

**Reimbursement of costs not approved**  
**Reimbursement of costs approved.**

Signature of Claims Handler

Date

## **References for the Effectiveness of Psychoeducation for Depression 1.1. Depression**

Donker T, Griffiths KM, Cuijpers P, Christensen H. (2009) Psychoeducation for depression, anxiety and psychological distress: a meta-analysis. BMC Med 7: 79 „Meta-analysis revealed that brief passive psychoeducational interventions for depression and psychological distress can reduce symptoms.“

Moreno-Lacalle RC. THE EFFECT OF PSYCHOEDUCATION FOR DEPRESSION: A META-ANALYSIS 2010-2016. PjN.86(2). „This meta-analysis may suggest that psychoeducation has low effect on depression. Longer and more interactive approach can be done to ensure its long-term and maximal

effectiveness. Publication bias is unlikely in this meta-analysis. The findings provide valuable information for future psychoeducation to improve content, design, quality, and process that will benefit patients with depression.“

### **1.2. Psychoeducation - Bipolar**

Colom F, Lam D. (2005) Psychoeducation: improving outcomes in bipolar disorder. Eur Psychiatry 20: 359-364. „The usefulness of psychotherapy for improving treatment adherence and clinical outcome of bipolar patients is nowadays unquestionable, and future treatment guidelines

should promote its regular use amongst clinicians.“

### **1.3. Psychological Treatments & Depression**

Cuijpers P, van Straten A, van Schaik A, Andersson G. (2009) Psychological treatment of depression in primary care: a meta-analysis. Br J Gen Pract 59: e51-60. „Psychological treatment of depression was found to be effective in primary care, especially when GPs refer patients with depression for treatment“

### **1.4. E-Health & Employment**

Stratton E, Lampit A, Choi I, Calvo RA, Harvey SB, Glozier N. (2017) Effectiveness of eHealth interventions for reducing mental health conditions in employees: A systematic review and meta-analysis. PloS one 12: e0189904.

„There is reasonable evidence that eHealth interventions delivered to employees may reduce mental health and stress symptoms post intervention and still have a benefit, although reduced at follow-up.“

Tan L, Wang MJ, Modini M, Joyce S, Mykletun A, Christensen H, Harvey SB. (2014) Preventing the development of depression at work: a systematic review and meta-analysis of universal interventions in the workplace. BMC Med 12: 74.

„There is good quality evidence that universally delivered workplace mental health interventions can reduce the level of depression symptoms among workers. There is more evidence for the effectiveness of CBT-based programs than other interventions. Evidence-based workplace interventions should be a key component of efforts to prevent the development of depression among adults.“

## 1.5. Online & Mobile Mental Services

Karyotaki E, Ebert DD, Donkin L, Riper H, Twisk J, Burger S, Rozental A, Lange A, Williams AD, Zarski AC, Geraedts A, van Straten A, Kleiboer A, Meyer B, Unlu Ince BB, Buntrock C, Lehr D, Snoek FJ, Andrews G, Andersson G, Choi I, Ruwaard J, Klein JP, Newby JM, Schroder J, Laferton JAC, Van Bastelaar K, Imamura K, Vernmark K, Boss L, Sheeber LB, Kivi M, Berking M, Titov N, Carlbring P, Johansson R, Kenter R, Perini S, Moritz S, Nobis S, Berger T, Kaldø V, Forsell Y, Lindefors N, Kraepelien M, Bjorkelund C, Kawakami N, Cuijpers P. (2018) Do guided internet-based interventions result in clinically relevant changes for patients with depression? An individual participant data meta-analysis. *Clinical psychology review* 63: 80-92.

„Guided Internet-based interventions lead to substantial positive treatment effects on treatment response and remission at post-treatment.“

Königbauer J, Letsch J, Doebler P, Ebert D, Baumeister H. Internet- and mobile-based depression interventions for people with diagnosed depression: A systematic review and meta-analysis. *J Affect Disord*. 2017;223:28-40.

„IMIs significantly reduce depression symptoms in adults with diagnosed depression at the end of treatment and at follow-up assessments when compared to waitlist conditions. These findings argue for IMIs to be recommended in depression treatment guidelines.“

Wahle F, Bollhalder L, Kowatsch T, Fleisch E. (2017) Toward the Design of Evidence-Based Mental Health Information Systems for People With Depression: A Systematic Literature Review and Meta-Analysis. *J Med Internet Res* 19: e191.

„Technology-mediated MHIS for the treatment of depression has a consistent positive overall effect compared to controls. A total of 15 components have been identified.“

Rogers MA, Lemmen K, Kramer R, Mann J, Chopra V. (2017) Internet-Delivered Health Interventions That Work: Systematic Review of Meta-Analyses and Evaluation of Website Availability. *J Med Internet Res* 19: e90.

„The majority of Internet-delivered health interventions found to be efficacious in RCTs do not have websites for general use.“

Richards D, Richardson T. (2012) Computer-based psychological treatments for depression: a systematic review and meta-analysis. *Clinical psychology review* 32: 329-342. „The review and meta-analysis support the efficacy and effectiveness of computer-based psychological treatments for depression, in diverse settings and with different

populations.“

Cuijpers P, Donker T, Johansson R, Mohr DC, van Straten A, Andersson G. Self-guided psychological treatment for depressive symptoms: a meta-analysis. *PLoS One*. 2011;6(6):e21274.

„We found evidence that self-guided psychological treatment has a small but significant effect on participants with increased levels of depressive symptomatology.“

## 2. Systematic reviews 1.1. Psychoedukation - Depression

Tursi MF, Baes C, Camacho FR, Tofoli SM, Juruena MF. (2013) Effectiveness of psychoeducation for depression: a systematic review. *Aust N Z J Psychiatry* 47: 1019-1031. „Psychoeducation is effective in improving the clinical course, treatment adherence, and psychosocial functioning of depressive patients“

Cuijpers P, Munoz RF, Clarke GN, Lewinsohn PM. (2009) Psychoeducational treatment and prevention of depression: the "Coping with Depression" course thirty years later. *Clinical psychology review* 29: 449-458.

„The "Coping with Depression" course (CWD) is by the far the best studied psychoeducational intervention for the treatment and prevention of depression, and is used in routine practice in several countries. ... Direct comparisons with other psychotherapies did not result in any indication that the CWD was less efficacious.“

## 1.2. E-Health & Employment

Stratton E, Lampit A, Choi I, Calvo RA, Harvey SB, Glozier N. (2017) Effectiveness of eHealth interventions for reducing mental health conditions in employees: A systematic review and meta-analysis. *PLoS one* 12: e0189904.

„There is reasonable evidence that eHealth interventions delivered to employees may reduce mental health and stress symptoms post intervention and still have a benefit, although reduced at follow-up.“

Joyce S, Modini M, Christensen H, Mykletun A, Bryant R, Mitchell PB, Harvey SB. (2016) Workplace interventions for common mental disorders: a systematic meta-review. *Psychol Med* 46: 683-697.

„...Stronger evidence was found for CBT-based stress management although less evidence was found for other secondary prevention interventions, such as counselling. ... Tertiary interventions with a specific focus on work, such as exposure therapy and CBT-based and problem-focused return-to-work programmes, had a strong evidence base for improving symptomology and a moderate evidence base for improving occupational outcomes. Overall, these findings demonstrate there are empirically supported interventions that workplaces can utilize to aid in the prevention of common mental illness as well as facilitating the recovery of employees diagnosed with depression and/or anxiety.“

## 1. Meta-analysis

Tan L, Wang MJ, Modini M, Joyce S, Mykletun A, Christensen H, Harvey SB. (2014) Preventing the development of depression at work: a systematic review and meta-analysis of universal interventions in the workplace. *BMC Med* 12: 74.

„There is good quality evidence that universally delivered workplace mental health interventions can reduce the level of depression symptoms among workers. There is more evidence for the effectiveness of CBT-based programs than other interventions. Evidence-based workplace interventions should be a key component of efforts to prevent the development of depression among adults.“

Dietrich S, Deckert S, Ceynowa M, Hegerl U, Stengler K. Depression in the workplace: a systematic review of evidence-based prevention strategies. *Int Arch Occup Environ Health*. 2012;85(1):1-11.

„The intervention, which combined the provision of diagnosis and psychoeducation, had a positive effect on people with depression, with a significant trend towards chances of recovery or remission after 1 year.“

### 1.3. Online & Mobile Mental Services

Königbauer J, Letsch J, Doeblner P, Ebert D, Baumeister H. Internet- and mobile-based depression interventions for people with diagnosed depression: A systematic review and meta-analysis. *J Affect Disord*. 2017;223:28-40.

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Rogers MA, Lemmen K, Kramer R, Mann J, Chopra V. (2017) Internet-Delivered Health Interventions That Work: Systematic Review of Meta-Analyses and Evaluation of Website Availability. *J Med Internet Res* 19: e90.

„The majority of Internet-delivered health interventions found to be efficacious in RCTs do not have websites for general use.“

Wahle F, Bollhalder L, Kowatsch T, Fleisch E. (2017) Toward the Design of Evidence-Based Mental Health Information Systems for People With Depression: A Systematic Literature Review and Meta-Analysis. *J Med Internet Res* 19: e191.

„Technology-mediated mental health information system for the treatment of depression has a consistent positive overall effect compared to controls. A total of 15 components have been identified.“

Zhao D, Lustria MLA, Hendrickse J. (2017) Systematic review of the information and communication technology features of web- and mobile-based psychoeducational interventions for depression. *Patient Educ Couns* 100: 1049-1072.

„There is a need to further examine ways information and communication technology can be optimized to reduce the burden on clinicians whilst enhancing the delivery of proven effective therapeutic approaches.“

Richards D, Richardson T. Computer-based psychological treatments for depression: a systematic review and meta-analysis. *Clin Psychol Rev*. 2012;32(4):329-342.  
„The review and meta-analysis support the efficacy and effectiveness of computer-based psychological treatments for depression, in diverse settings and with different

populations.“

### Randomized Controlled Trials

Dowrick C, Dunn G, Ayuso-Mateos JL, Dalgard OS, Page H, Lehtinen V, Casey P, Wilkinson C, Vazquez-Barquero JL, Wilkinson G. (2000) Problem solving treatment and group psychoeducation for depression: multicentre randomised controlled trial. Outcomes of Depression International Network (ODIN) Group. *BMJ* 321: 1450-1454.  
„Both interventions reduced caseness and improved subjective function.“

Christensen H, Griffiths KM, Jorm AF. (2004) Delivering interventions for depression by using the internet: randomised controlled trial. *BMJ* 328: 265. „Both cognitive behaviour therapy and psychoeducation delivered via the internet are effective in reducing symptoms of depression.“

Mackinnon A, Griffiths KM, Christensen H. (2008) Comparative randomised trial of online cognitive-behavioural therapy and an information website for depression: 12-month outcomes. *Br J Psychiatry* 192: 130-134.  
„Both the CBT site and depression information sites were associated with statistically significant benefits in CES-D score reduction compared with controls at post-test.“

Geisner IM, Neighbors C, Larimer ME. (2006) A randomized clinical trial of a brief, mailed intervention for symptoms of depression. *Journal of consulting and clinical psychology* 74: 393-399. „Results support the use of personalized feedback as a low-cost, initial intervention for college students suffering from symptoms of depression.“

Jacob KS, Bhugra D, Mann AH. (2002) A randomised controlled trial of an educational intervention for depression among Asian women in primary care in the United Kingdom. *Int J Soc Psychiatry* 48: 139-148.  
„Patients with with milder forms of the condition, who received the educational material had a higher recovery rate than patients who do not receive such education.“

Rollman BL, Herbeck Belnap B, Abebe KZ, Spring MB, Rotondi AJ, Rothenberger SD, Karp JF. (2018) Effectiveness of Online Collaborative Care for Treating Mood and Anxiety Disorders in Primary Care: A Randomized Clinical Trial. *JAMA psychiatry* 75: 56-64.  
„Guided computerized cognitive behavioral therapy (CCBT) alone is more effective than usual care for these conditions.“

Reins JA, Boss L, Lehr D, Berking M, Ebert DD. (2018) The more I got, the less I need? Efficacy of Internet-based guided self-help compared to online psychoeducation for major depressive disorder. *J Affect Disord* 246: 695-705.  
„Both guided Internet-based cognitive behavior therapy (iCBT) and online psychoeducation (OPE) were effective in reducing depressive symptoms.“

Beiwinkel T, Eissing T, Telle NT, Siegmund-Schultze E, Rossler W. (2017) Effectiveness of a Web-Based Intervention in Reducing Depression and Sickness Absence: Randomized Controlled Trial. *J Med Internet Res* 19: e213. „The Web-based intervention was effective in reducing depressive symptoms among adults with sickness absence. „

Buntrock C, Ebert DD, Lehr D, Smit F, Riper H, Berking M, Cuijpers P. (2016) Effect of a Web-Based Guided Self-help Intervention for Prevention of Major Depression in Adults With Subthreshold Depression: A Randomized Clinical Trial. *JAMA : the journal of the American Medical Association* 315: 1854-1863.  
„Among patients with subthreshold depression, the use of a web-based guided self-help intervention compared with enhanced usual care reduced the incidence of MDD over 12 months.“

Nobis S, Lehr D, Ebert DD, Baumeister H, Snoek F, Riper H, Berking M. (2015) Efficacy of a web-based intervention with mobile phone support in treating depressive symptoms in adults with type 1 and type 2 diabetes: a randomized controlled trial. *Diabetes Care* 38: 776-783.  
„ A guided, web-based intervention to reduce depression in adults with type 1 and type 2 diabetes is effective in reducing both depressive symptoms and diabetes-specific emotional distress.“

Buntrock C, Ebert D, Lehr D, Riper H, Smit F, Cuijpers P, Berking M. (2015) Effectiveness of a web-based cognitive behavioural intervention for subthreshold depression: pragmatic randomised controlled trial. *Psychother Psychosom* 84: 348-358.  
„This study lends support to the idea that problem solving coupled with behavioural activation over the internet is an effective treatment for sD.“

Han DY, Chen SH. (2014) Reducing the stigma of depression through neurobiology-based psychoeducation: a randomized controlled trial. *Psychiatry Clin Neurosci* 68: 666-673.  
„Neurobiology-based psychoeducational intervention significantly elevated the biological attribution of depression and reduced the social distance from depressed individuals.“

Stangier U, Hilling C, Heidenreich T, Risch AK, Barocka A, Schlosser R, Kronfeld K, Ruckes C, Berger H, Roschke J, Weck F, Volk S, Hambrecht M, Serfling R, Erkwow R, Stirn A, Sobanski T, Hautzinger M. (2013) Maintenance cognitive-behavioral therapy and manualized psychoeducation in the treatment of recurrent depression: a multicenter prospective randomized controlled trial. *Am J Psychiatry* 170: 624-632.  
„The results indicate that structured patient education has significant effects on the prevention of relapse or recurrence only in patients with a moderate risk of depression recurrence.“

Morokuma I, Shimodera S, Fujita H, Hashizume H, Kamimura N, Kawamura A, Nishida A, Furukawa TA, Inoue S. (2013) Psychoeducation for major depressive disorders: a randomised controlled trial. *Psychiatry Res* 210: 134-139.  
„We demonstrated the effectiveness of patient psychoeducation on the course and outcome of major depressive disorders.“

Cuijpers P, Donker T, Johansson R, Mohr DC, van Straten A, Andersson G. (2011) Self-guided psychological treatment for depressive symptoms: a meta-analysis. *PloS one* 6: e21274. „We found evidence that self-guided psychological treatment has a small but significant effect on participants with increased levels of depressive symptomatology.“

Karyotaki E, Ebert DD, Donkin L, Riper H, Twisk J, Burger S, Rozenal A, Lange A, Williams AD, Zarski AC, Geraedts A, van Straten A, Kleiboer A, Meyer B, Unlu Ince BB, Buntrock C, Lehr D, Snoek FJ, Andrews G, Andersson G, Choi I, Ruwaard J, Klein JP, Newby JM, Schroder J, Laferton JAC, Van Bastelaar K, Imamura K, Vernmark K, Boss L, Sheeber LB, Kivi M, Berking M, Titov N, Carlbring P, Johansson R, Kenter R, Perini S, Moritz S, Nobis S, Berger T, Kalso V, Forsell Y, Lindefors N, Kraepelien M, Bjorkelund C, Kawakami N, Cuijpers P. (2018) Do guided internet-based interventions result in clinically relevant changes for patients with depression? An individual participant data meta- analysis. *Clinical psychology review* 63: 80-92.

„Guided Internet-based interventions lead to substantial positive treatment effects on treatment response and remission at post-treatment.“

Richards D, Richardson T. (2012) Computer-based psychological treatments for depression: a systematic review and meta-analysis. *Clinical psychology review* 32: 329-342. „The review and meta-analysis support the efficacy and effectiveness of computer-based psychological treatments for depression, in community, primary, and secondary care, and with diverse populations. As well as reductions in self-reported symptoms, computer-based interventions can also produce clinically significant improvements and recovery in depression. Supported interventions yield better outcomes, along with greater retention.“