

COACH Chronic conditions in adolescents: Implementation and evaluation of patient-centred collaborative healthcare

Abstract

Adolescents with a chronic somatic condition (CE) show an increased risk for the development of mental comorbidities. This often concerns anxious or depressive symptoms. Currently there is only few research about the effective intervention of those mental comorbidities. The COACH project focuses on this partly undersupplied target group. Within the scope of COACH, mental comorbidities shall be recognized at an early stage, their treatment shall be optimized and they shall be better understood. On basis of study outcomes, evidence-based recommendations for collaborative healthcare of concerned adolescents ought to be provided. The COACH project addresses youth and young adults at the age of 12 to 21 years that suffer from cystic fibrosis, juvenile idiopathic arthritis or Type 1 Diabetes. The multi-centric project consists of seven project partners, cooperating in five sub-projects (SP). In doing so, SP 0 is responsible for the coordinating functions. In SP 1 three patient registers are concerned with the core documentation of children and adolescents that suffer from (1) rheumatism (National Pediatric

Project Management

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Rheumatologic Database), (2) Type 1 Diabetes (National Diabetes Registry) and (3) cystic fibrosis (Cystic Fibrosis Registry) with an expansion of their data base by a depression and anxiety screening. Participating clinics implement the screening in their diagnosis and treatment routines. Within a prospective online study, SP 2 records resources and coping strategies of the patient group in order to gain a more in-depth understanding of the development and treatment of mental comorbidities. The third sub-project examines the influence of motivational interviewing on the claim of psycho-social proposals. Skilled physicians apply the treatment method at the University Hospital of Düsseldorf. Furthermore, SP 4 deals with the effectiveness of an online intervention (youthCOACHce) that is based on cognitive-behavioral therapy. Cost effectiveness of the youthCOACHce program is assessed in the fifth sub-project. Therefore, it is analyzed which healthcare services are made use of by the adolescents with mental comorbidities and what amount of costs they imply for the national economy.

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Publications

Publications of the department can be found here:
<https://www.uni-ulm.de/en/in/psy-klips/publications/>

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