

# iCHIMPS

## Online-based intervention program for children of mentally ill parents

### Short description

Adolescents with a parent suffering from mental illness and/or addiction are at a three to seven times higher risk of developing a mental illness themselves. However, there are hardly any care services for this specific risk group. The aim of the multi-centre project CHIMPS-NET (Children of Mentally Ill Parents) is to implement new care structures to treat symptoms of mental health problems in adolescents with a parent suffering from mental illness and/or addiction at an early stage as well as to counteract chronification.

Overall, the CHIMPS-NET project investigates how the vicious circle of transgenerational transmission of mental illnesses can be broken. The Ulm sub-project iCHIMPS devises and evaluates a psychosocial, eclectic online programme, which is oriented towards evidence-based online interventions of the University of Ulm and the CHIMPS program. It focuses on increasing the psychological well-being as well as the subjective quality of life of the affected adolescents.

iCHIMPS targets young people between 12 and 18 years affected by parental mental illness. The online program consists of 8 consecutive modules designed for weekly processing. In terms of content, iCHIMPS deals with specific topics for the high-risk group, such as coping strategies with illness of family members, resource activation, and dealing with aversive emotions such as fear, feelings of guilt and shame.

The effectiveness of this internet-based form of the CHIMPS program will be evaluated in a randomized controlled trial in comparison to "treatment as usual" with three measuring points. Nationwide, 21 clinics for child and adolescent psychiatry/psychotherapy in cooperation with clinics for adult psychiatry in 15 German states are participating in the study.

Find more information about the online program at: <https://esano.klips-ulm.de/de/trainings/fur-jugendliche/ichimps/>

### Project management

Prof. Dr. Harald Baumeister  
(sub-project iCHIMPS)

### Project team iCHIMPS

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### Cooperation Partner

Prof. Dr. Silke Wiegand-Grefe  
(Consortium management CHIMPS-NET)  
The CHIMPS-NET Consortium:  
<https://www.chimpsnet.org/>

### Funding

Innovation fund to promote new forms of care  
(Innovation Committee of the Joint Federal  
Committee)

### Duration and Funding Amount

Duration: 2020 – 2022 (36 months); Funding  
amount: € 6.797.740; sub-project: € 485.269

### Publications

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

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