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Model project to improve mental health care to prevent psychological stress among farmers, foresters and horticulturists

Brief Description

In the so-called "green professions", psychological stress such as depressive and anxious symptoms are a considerable health problem. The resulting negative consequences for the individual, the company and the health system are numerous. Despite the effectiveness of preventive psychological interventions, the use of these services in the target group of farmers is low.

Telemedical services such as telephone and Internet-based prevention services could usefully supplement the scope of measures against psychological stress and disorders in the future. The Social Insurance for Agriculture, Forestry and Horticulture (SVLFG) set up an innovative model project in which insured persons can take advantage of various low-threshold prevention offers. The offer is embedded in the local support of the SVLFG for its insured persons. Interested parties are offered suitable measures via a telephone switchboard.

In addition to the SVLFG's long-established workshops, the offerings include the possibility of Internet- and mobile-based health interventions via the service provider GET.ON as well as telephone-based health services via the service provider IVP-Net.

The Department of Clinical Psychology and Psychotherapy at the University of Ulm and the Friedrich-Alexander-University Erlangen-Nuremberg (FAU) are evaluating the model project as part of two randomized controlled trials (RCTs) on online interventions for depressive and pain problems, one RCT on telephone based prevention and an accompanying evaluation of the nationwide implementation of the model project as part of a mixed method approach. Among other things, effectiveness, cost-effectiveness, acceptance, beneficial and impeding factors of the use of the offer, possible side effects as well as moderators and mediators of effectiveness are examined.

Project Management

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GET.ON Institut <https://geton-institut.de/>

IVPNetworks (IVP-Net) <https://www.ivpnetworks.de/>

Promotion

Social Insurance für Agriculture, Forestry and
Horticulture (SVLFG)

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Publications

Departmental publications can be found at
<https://www.uni-ulm.de/in/psy-klips/publikationen/publikationen/>

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