

Implementation of internet and tele-based prevention services to strengthen psychological health and prevent mental illness in the green professions: Implementation Study for the Evaluation of a National Prevention Project (ImpleMentIT)

Brief Description

Persons working in the agricultural sector are exposed to a variety of potentially debilitating factors (e.g. high workload, financial difficulties, lack of social esteem) which can lead to psychological stress and even manifest mental illness. Despite the negative consequences for the individual, the farm and the health system, the use and acceptance of psychological interventions in the target group of farmers is low.

This study evaluates the implementation of preventive measures such as online-based self-help measures (GET.ON) and individualised telephone coaching (IVP-Net) for those insured by the Social Insurance for Agriculture, Forestry and Horticulture (SVLFG). Qualitative methods aim at insights into barriers, support facts and process components in implementation.

The study is located at the Department of Clinical Psychology and Psychotherapy of the Friedrich-Alexander-University Erlangen-Nuremberg (FAU) in cooperation with the Department of Clinical Psychology and Psychotherapy of the University of Ulm (UUm).

The aim is to evaluate the implementation outcomes and processes as a whole and the differences between the respective offers and federal states. This takes place within the framework of a pre-post comparison of the change in mental impairment caused by training, but also of other parameters such as use, drop-out and acceptance in connection with different recruitment strategies. The study uses a mixed method approach.

The results can enable a formative further development of the model project as well as provide recommendations for action for an improved target group-specific approach.

Project Management

Prof. (Assoc.) Dr. David Daniel Ebert¹,
Prof. Dr. Harald Baumeister

Project Collaborators

Ingrid Titzler¹, Dr. Claudia Buntrock¹,
Johanna Freund¹, Janika Thielecke¹, Lina
Braun, Yannik Terhorst

Project Partner

¹ Department of Clinical Psychology and Psychotherapy,
University of Erlangen-Nürnberg

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

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

Promotion

Social Insurance für Agriculture, Forestry and
Horticulture (SVLFG)

Duration and Funding

01.06.2017 – 31.05.2021
Funding amount : € 1.840.075
Subproject UUm: € 701.340

Publications

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