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Effectiveness and cost-effectiveness of online-based health training to prevent depression in farmers, foresters and horticulturists (PROD-A)

Brief Description

Due to their living and working conditions, farmers are exposed to numerous psychological burdens (high workload, financial problems, bureaucracy, etc.). Depressive disorders often occur and are very stressful for those affected and their relatives. Specific preventive measures are available to reduce the likelihood of depressive disorders occurring and to improve mental health.

In this randomized controlled study PROD-A online based interventions against standard care (TAU+) are compared. The study is conducted at the Department of Clinical Psychology and Psychotherapy of the University of Ulm in cooperation with the Chair of Clinical Psychology and Psychotherapy of the Friedrich-Alexander-University Erlangen-Nuremberg. The target group are insured farmers and foresters, horticulturists and landscapers, their spouses as well as working family members and senior citizens of the Social Insurance for Agriculture, Forestry and Horticulture (SVLFG) with increased depression.

The aim is to evaluate the effectiveness and cost-effectiveness of an online intervention program for depression reduction consisting of a selection of one of six interventions of GET.ON (Mood Enhancer, Mood Enhancer Diabetes, Recovery, Panic, Be smart - drink less), which is assigned depending on the initial diagnosis and the user preference. The control group has information material on stress, exhaustion and psychological complaints as well as offers in standard care.

The volunteers take part at different times in surveys regarding their psychological state (T0 baseline, T1-T5 9 weeks, 6, 12, 24, 36 months after randomization). The primary outcome is the reduction of depressive symptoms in the self-report (QIDS-SR16).

The results of the study provide insights into the short, medium and long-term (cost) effectiveness of online depression prevention for SVLFG members.

Project Management

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