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Effectiveness and cost-effectiveness of telephone interventions to prevent depression in farmers, foresters and horticulturists - TEC-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 TEC-A, individual telephone case coaching in the intervention group is compared with offers from the re-gel care (TAU+). The study is located at the Department of Clinical Psychology and Psychotherapy of the Friedrich-Alexander-University Erlangen-Nuremberg in cooperation with the Department of Clinical Psychology and Psychotherapy of the University of Ulm. The target group are insured farmers and foresters, horticulturists and landscapers, their spouses as well as working family members and alumni of the Social Insurance for Agriculture, Forestry and Horticulture (SVLFG).

The aim is to evaluate the effectiveness and cost effectiveness of telephone based individual case coaching as a preventive offer.

The telephone based individual case coaching is carried out for 6 months by the service provider IVP Networks. The counselling is individualised to aspects of mental health (psychoeducation, stress experience, financial, socio-economic and family problems, etc.). The control group has information material on stress, exhaustion and psychological complaints as well as offers in the regular care. The volunteers take part in surveys at various times regarding their mental state (T0 Baseline, T1 Post, T2 6 months, T3 12 months). Primary outcome is the reduction of depressive symptoms in the self-report. The results of the study provide scientific evidence for the implementation of telephone based individual case coaching in the regular care of the SVLFG.

Project Management

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Promotion

Social Insurance für Agriculture, Forestry and
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Publications

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