

PROD-BP

Effectiveness and Cost-Effectiveness of a Guided Web-Based Self-help Intervention to Prevent Depression in Patients With Persistent Back Pain: The PROD-BP Randomized Clinical Trial

Project Outline

Internet and mobile-based interventions (IMI) are a promising approach for integrating psychosocial interventions into patients' daily lives and for promoting flexible depression interventions in terms of time and place. IMI are effective in the treatment of depressive disorders. Individual studies prove the effectiveness also for the sub-population of patients with physical illnesses as well as for the prevention of depressive disorders. However, there are no studies, which examined the effectiveness of online-based depression prevention for back pain patients. Accordingly, the present self-funded project, based on the BMBF-funded project WARD-BP, aims to investigate the effectiveness and cost-effectiveness of an online-based depression prevention for back pain patients without depressive disorders but with subthreshold depressive symptoms (= indicated prevention). The study focuses on the relevant interface of rehabilitation aftercare. The following questions are examined:

1. Does PROD-BP reduce the incidence of depressive disorders in back pain patients within 12 months compared to standard treatment?

2. Is PROD-BP effective compared to standard treatment in terms of depression- and pain-related as well as other outcomes?

3. Is PROD-BP cost effective for back pain patients compared to standard treatment?

4. Which factors moderate the effect of PROD-BP?

Primary outcome of the randomised controlled trial is onset of depression within 12 months after randomisation. Secondary outcomes include depression, quality of life, pain intensity, pain-related limitation, pain-related self-efficacy, work capacity, adherence and satisfaction with the intervention, as well as intervention costs.

The present prevention study focuses on back pain and depression as two of the most common health conditions associated with a high burden of disease and health care costs. By focusing on the interface between in-patient rehabilitation care and out-patient rehabilitation aftercare, the intervention aims to further improve the interface between the two health care sectors.

Project Team

Dr. Lasse Sander,¹ Dr. Daniel David Ebert², Prof. Dr. Harald Baumeister

Dr. Sarah Paganini,¹ Dr. Jiaxi Lin,¹ Sandra Schlicker,² Kerstin Spanhel,¹ Yannik Terhorst

1 University Freiburg, 2 University Erlangen/Nürnberg

Collaborating Partners

- 82 orthopaedic rehabilitation units
- Centre for Clinical Studies, University Medical Centre Freiburg
- Data Safety and Monitoring Board: Prof. Dr. Dr. Martin Härter, Prof. Dr. Martin Hautzinger, PD Dr. Kriston Levente

Grant

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Duration and Funding

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Publications

Publications of the Department:

<https://www.uni-ulm.de/en/in/psy-klips/publications/>

Department of Clinical Psychology and Psychotherapy, Ulm University

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Publications

- Sander, L.B., Paganini, S., Terhorst, Y., Schlicker, S., Lin, J., Spanhel, K., Buntrock, C., Ebert, D.D., Baumeister, H. (2020). Effectiveness of a guided Web-based self-help intervention to prevent depression in patients with persistent back pain: The PROD-BP randomized clinical trial. *JAMA Psychiatry* e201021.
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Department of Clinical Psychology and Psychotherapy, Ulm University