



PSYCHOnlineTHERAPIE

Integration of online interventions in outpatient psychotherapeutic treatment for patients with depression and anxiety disorders

Short description

The efficacy of psychotherapy for the treatment of mental disorders is well established in routine care. Guided online interventions have shown comparable efficacy (e.g., for depression and anxiety disorders), even though they are not widely employed. However, research on the combination of both approaches in order to combine “the best of both worlds” (i.e., *Blended Therapy*) is rather scarce.

The project PSYCHOnlineTHERAPIE merges psychotherapeutic routine treatment with online modules. The latter form a structured program based on cognitive behavioral therapy (CBT) that is accessible via a secured platform. The content is aimed at patients with depression or anxiety disorders (agoraphobia, generalized anxiety disorder, panic disorder, social phobia, and specific phobia).

Participating therapists are randomly allocated to one of the following conditions and their patients, who are eligible and agree to be part of

the study, receive the respective treatment (*cluster-randomized clinical study*):

- **PSYCHOnline_{fix}**: maximum 8 online-modules and maximum 8 routine sessions, alternating weekly
- **PSYCHOnline_{flex}**: maximum 16 online-modules/routine sessions, divided at the discretion of the therapist
- **PSYCHOnline_{Standard}**: maximum 16 psychotherapeutic routine sessions

The project aims to implement the intervention program, assess the non-inferiority and cost-efficacy of the two blended versions (fix and flex) compared to psychotherapeutic routine treatment, evaluate the conditions both quantitatively and qualitatively, and investigate moderators and mediators.

For details see www.psychonlinetherapie.de.

Project management

Prof. Dr. Harald Baumeister

Project team (employees)

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Cooperation partners

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Duration and grant

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Publications

Publications of the department can be found here: <https://www.uni-ulm.de/en/in/psy-klips/publications/>

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