

# ProTransition

Digitally supported care optimisation for transitioning young adults with mental health problems

## Abstract

The smooth transition from children and adolescent mental health services (CAMHS) to adult mental health services (AMHS) cannot always be ensured. This happens partly because the AMHS has a somewhat different organisational culture in which young adults are mostly left to their own resources. Furthermore, problems of communication between the CAMHS and AMHS seem to impede an effective transition. These factors often pose a major obstacle to the therapeutic success, leading to early treatment withdrawal. As a consequence, patients may return to the AMHS at a later stage with more severe and chronic disorders.

The aim of the ProTransition project is to use digital technologies to help reduce the care gap between CAMHS and AMHS. For this purpose, one sub-project (lead by Prof. Fegert) will develop and test an eLearning platform for further education in transition for health care professionals. The other sub-project (lead by Prof. Baumeister) will devise a smartphone-based intervention app that addresses relevant problems of young adults with mental disorders – including stigma, active coping strategies with their illness,

adulting, autonomy, and setting healthy boundaries. The smartphone app will offer online intervention modules with interdependent tasks that are designed based on CBT principles and can be completed regardless of time and place. To increase users' motivation, the 15 modules will contain various interactive elements, identification figures, their background story, video animations, and podcasts. Moreover, an e-Coach will provide the young adults with asynchronous feedback on the completed module.

The target group of the smartphone-based project are 17 to 26 year-old young adults, with a specific focus on 17+ year olds, who will leave the CAMHS within the next 12 months. In order to optimally meet the needs of the target group, a basic thinking aloud usability study will be run both with mental health care professionals and young adults throughout the development of the online interventions. The app will be tested for its practicality and potential effectiveness in a feasibility study.

## Principle Investigators

Prof. Fegert (PI)<sup>1</sup>, Prof. Dr. Harald Baumeister (ProTransition app subproject)

<sup>1</sup> Clinic for Child and Adolescent Psychiatry and Psychotherapy, University Hospital Ulm

## Project Team Members (App Subproject)

Ayca Ilgaz, Fiona Orban

## Collaborators

PD Dr. med. Ulrike Schulze  
Center for Psychiatry Calw, Northern Black Forest Hospital  
Baden-Württemberg

## Funding

Forum Gesundheitsstandort, Ministry of Social Affairs and Integration, Baden-Württemberg

## Duration and Funding Amount

Duration: 22 months; 2020-2022

Funding Amount: €806,375; Subproject: €410,140

## Publications

Further information on publications can be found on the department website: <https://www.uni-ulm.de/in/psy-klips/publikationen/publikationen/>

Department of Clinical Psychology and Psychotherapy, Ulm University