

RehaCAT+

Effectiveness and Cost-Effectiveness of a Web-based Functional Health Assessment with Integrated Treatment Recommendations for Depression and Anxiety (RehaCAT+)

Project Outline

A comprehensive diagnostic routine to assess the functional health of rehabilitation patients can be regarded as a prerequisite for personalised treatment planning. A web-based assessment is regarded as a potential solution for a precise and time-efficient, user-friendly and useful diagnostic routine. Computer adaptive testing procedures (CAT) based on item-response theory models such as RehaCAT (<https://reha.cat.de>) are an attractive variant.

As a next innovative step, it could be useful to link rehabilitation treatment standards - as they were formulated in particular for the areas of depression and anxiety - directly with the individual test results. This would allow for providing health care professionals with a) evidence-based background knowledge, b) recommendations for action as well as c) documentation aids.

Accordingly, RehaCAT+ aims to investigate the effectiveness and cost-effectiveness of RehaCAT+, a web-based test system that has been expanded to include treatment recommendations and documentation aids. RehaCAT+ will be tested in two of the most frequent indication areas of somatic rehabilitation, orthopaedic and cardiological rehabilitation. In detail, the project aims to answer the following research questions:

1. Does RehaCAT+ improve depression of the rehabilitants in the medium term and further test dimensions in the short and medium term?
2. Does RehaCAT+ lead to an improved use of health care offers according to documentation and to improved aftercare and post-rehabilitative recommendations?
3. Does RehaCAT+ lead to an improved utilization of health care services according to established treatment recommendation standards?
4. Is RehaCAT+ a cost-effective application?
5. What is the acceptance and feasibility of RehaCAT(+)?
6. Which moderators and mediators as well as potential risks are associated with RehaCAT+?

A two-armed, pragmatic, cluster-randomized study (cRCT) will be carried out with the intervention group "RehaCAT+" in comparison to RehaCAT as TAU+ in a 1:1 design with a total of N = 1,848 rehabilitants from 12 rehabilitation units. The superiority of RehaCAT+ compared to TAU+ is investigated. A mixed-method approach is used to quantitatively and qualitatively investigate user behaviour and acceptance as well as barriers and facilitating factors.

Principle Investigators

Prof. Dr. Harald Baumeister, Prof. Dr. Morten Moshagen¹, Prof. Dr. Reinhold Kilian²

1) Department Psychological Research Methods; 2) Psychiatry and Psychotherapy II, Section Health economics and supply research

Project Team

Sandro Eiler, Selina Kallinger, Paula Phillipi, Yannik Terhorst, NN

Collaborating Partners

12 orthopaedic or cardiological institutions of rehabilitation; Advisory Board and Data Safety Monitoring Board (DSMB)

Grant

Bundesministerium für Bildung und Forschung (BMBF; 01GX1901)

Duration and Funding

Duration: 2020 – 2024; Full grant: €1.651.783; Subproject €1.443.204

Publications

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

Department of Clinical Psychology and Psychotherapy, Ulm University