

# WARD-BP

Effectiveness and Cost-Effectiveness of a guided internet- and mobile-based intervention for patients with chronic back pain and depression (WARD-BP): A multicenter, pragmatic randomized controlled 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 subpopulation of patients with physical illnesses and depressive disorders. However, there are no studies to verify the effectiveness of a depression-specific IMI for patients with back pain. Accordingly, the present BMBF-funded project aims to investigate the effectiveness and cost-effectiveness of a depression IMI for back pain patients with a depressive disorder (WARD-BP). Thereby, WARD-BP targets the highly health care-relevant interface of rehabilitative aftercare. The following research questions are investigated:

1. Is WARD-BP effective for back pain patients with depression compared to standard treatment?

2. Is WARD-BP cost effective for back pain patients with depression compared to standard treatment?

3. What factors moderate the effect of WARD-BP?

The primary outcome of the randomised controlled trial is depression severity at the end of the intervention. Secondary outcomes are amongst others depression remission, quality of life, pain intensity, pain-related limitation, pain-related self-efficacy, work capacity, adherence and satisfaction with the intervention, side-effects and (serious) adverse events as well as costs.

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

## Principle Investigators

Prof. Dr. Harald Baumeister, Prof. Dr. Dr. Jürgen Bengel,<sup>1</sup> Prof. Dr. Matthias Berking,<sup>2</sup> Prof. Dr. Heleen Riper,<sup>3</sup> Prof. (Assoc.) Dr. Daniel David Ebert<sup>2</sup>

## Project Team

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## Collaborating Partners

82 orthopaedic rehabilitation units; Clinical Trial Centre, Freiburg, DSMB: Prof. Dr. Dr. Martin Härter, Prof. Dr. Martin Hautzinger, PD Dr. Kriston Levente

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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

- **Baumeister, H., Paganini, S., Sander, L.B., Lin, J., Schlicker, S., Terhorst, Y., Moshagen, M., Bengel, J., Lehr, D., Ebert, D.D.** Effectiveness of a guided internet- and mobile-based intervention for patients with chronic back pain and depression (WARD-BP): A multicenter, pragmatic randomized controlled trial. In Revision.
- **Paganini, S., Sander, L.B., Lin, J., Schlicker, S., Terhorst, Y., Ebert, D.D., Berking, M., Riper, H., Baumeister, H.** An internet- and mobile-based intervention for depression in adults with chronic back pain: Health economic evaluation alongside a multicenter, randomized controlled trial. Submitted.
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- **Lin, J., Sander, L., Paganini, S., Schlicker, S., Ebert, D., Berking, M., Bengel, J., Nobis, S., Lehr, D., Mittag, O., Riper, H. & Baumeister, H. (2017).** Effectiveness and cost-effectiveness of a guided internet- and mobile-based depression intervention for individuals with chronic back pain: protocol of a multi-centre randomised controlled trial. *BMJ Open*, 7, e015226.
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- Mittag, O., Kampling, H. & Baumeister, H. (2016). Epidemiologie psychischer Störungen bei chronisch körperlich Kranken - Eine Übersicht. *Psychotherapie im Dialog*, 1, 32-37.
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