

IMPLEMENTATION OF A FAMILY-BASED ONLINE PREVENTION PROGRAM FOR CHILDREN OF PARENTS WITH DEPRESSION

„GuG-Auf-Online“

2nd Munich International Symposium Evaluating preventive e-health interventions

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Background

- Parental depression is a significant risk factor for children to develop depression themselves (*e.g., Weissman et al., 2021*)
- Preventive interventions for affected children are effective (*Review: Löchner et al., 2018*)
- FGCB (Family group cognitive-behavioral preventive intervention for families of parents with depression) was developed and evaluated by Compas and colleagues in the US (*e.g. Compas et al., 2009; Compas et al. 2011*)
- First trial of a German version of the intervention ("GuG-Auf", Growing Up Happily and Healthily) in an in-person format was completed in 2019 (PRODO trial) and positively evaluated

Current Pilot Study

- Adaptation of the German version “GuG-Auf” (“Growing Up Happily and Healthily”) to “GuG-Auf-Online” due to 1) Covid Pandemic, 2) qualitative feedback and 3) selection bias
 - Delivery via Video Conferencing
 - Reduced number of sessions (8 instead of 12)
 - In between sessions: revision and training of session content in App
 - Target group and group format remains the same (3-5 families and 2 group leaders)
- Evaluation of implementation and efficacy of “GuG-Auf-Online” as part of a larger multi-site RCT study “CHIMPS-NET”

Implementation of GuG-Auf-Online

Reach

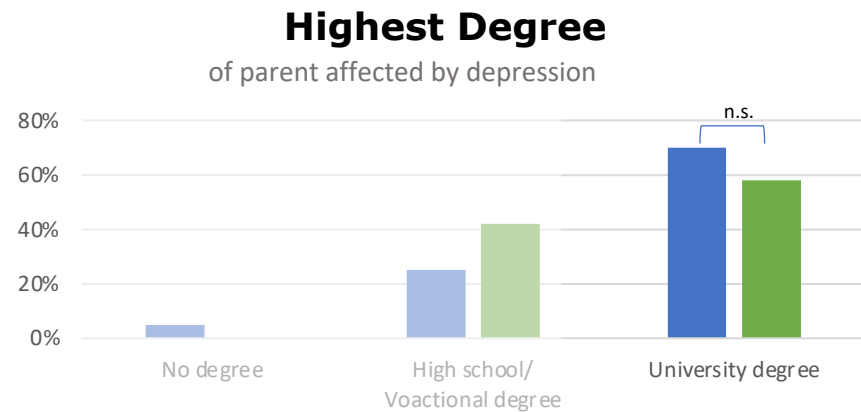
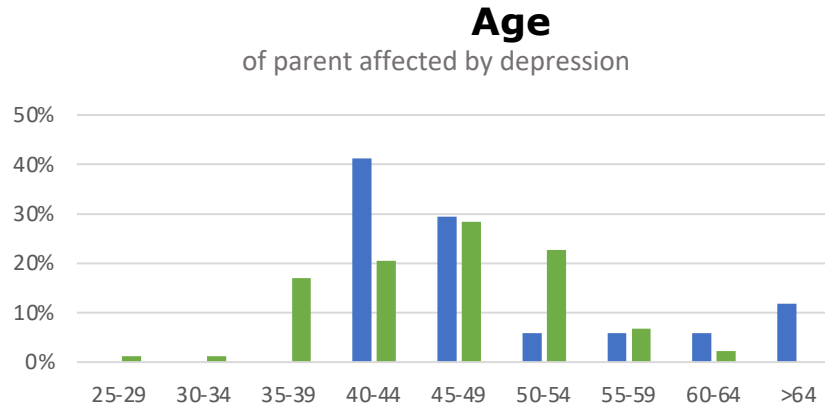
- Sample Characteristics
 - in comparison to GuG-Auf
- Attendance of group sessions
 - in comparison to GuG-Auf
- Use of App modules (for revision and training)

Acceptance

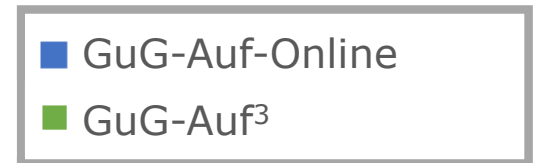
- Participating Families
 - in comparison to GuG-Auf
- Group leaders

Reach

Sample Characteristics



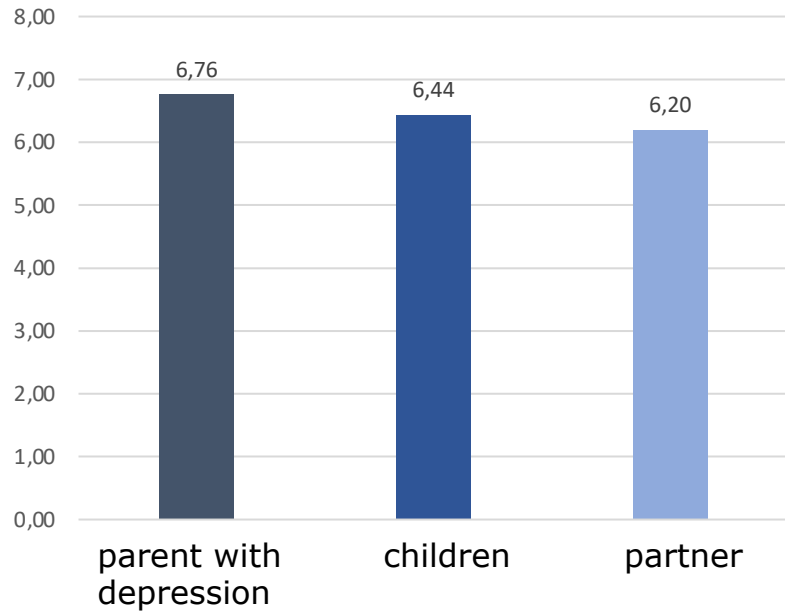
Parent affected by depression	GuG-Auf N=100	p (Chi²/T-Test)	GuG-Auf-Online N=37
Gender: female, %	62%	> 0.01, n.s.	54%
marital status: single %	16% ¹	> 0.01, n.s.	27%
Age, M (SD)	46.06 (6.43) ¹	> 0.01, n.s.	47.62 (7.66)
Participation, %	48%	> 0.01, n.s.	59%
Age (oldest child), M (SD)	11.87 (2.86)	> 0.01, n.s.	12.86 (2.69)



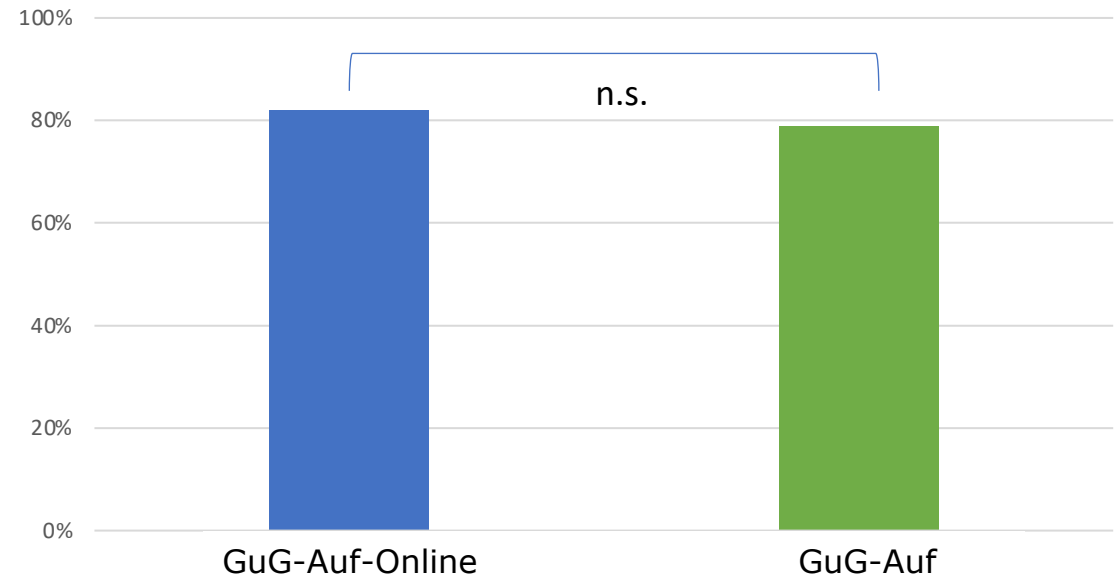
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Session attendance

GuG-Auf-Online
(range 3-8)



Comparison with GuG-Auf

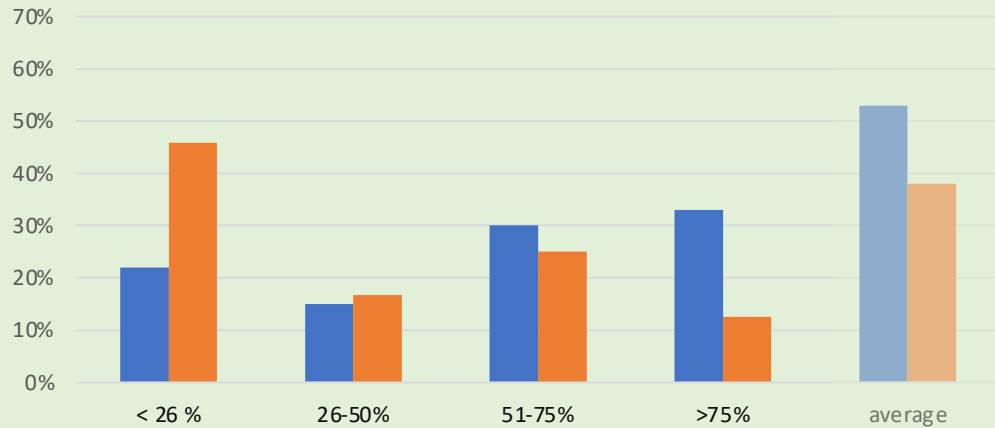


GuG-Auf-Online	GuG-Auf	p (t-test)
only parent with depression + oldest child:		
0.82% (0.16)	0.79 % (0.18)	> 0.01, n.s.

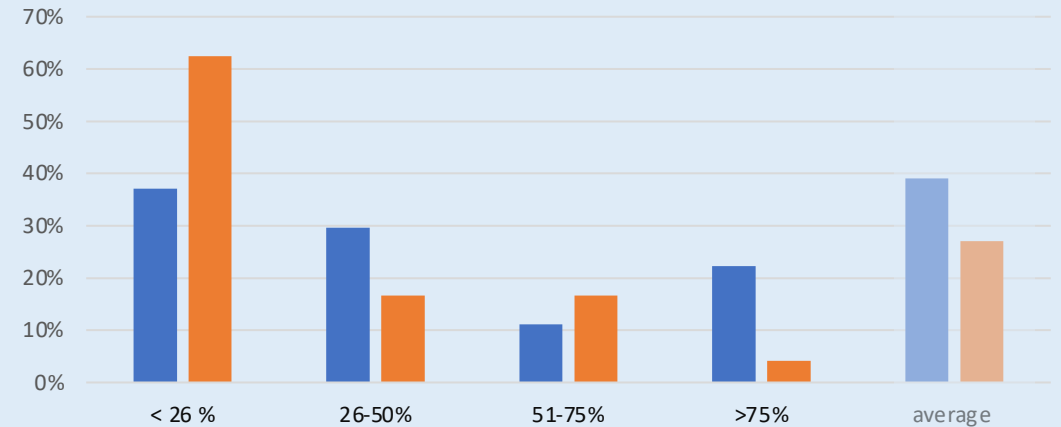
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Completion of App modules

Reading Completion Rates



Training Completion Rates

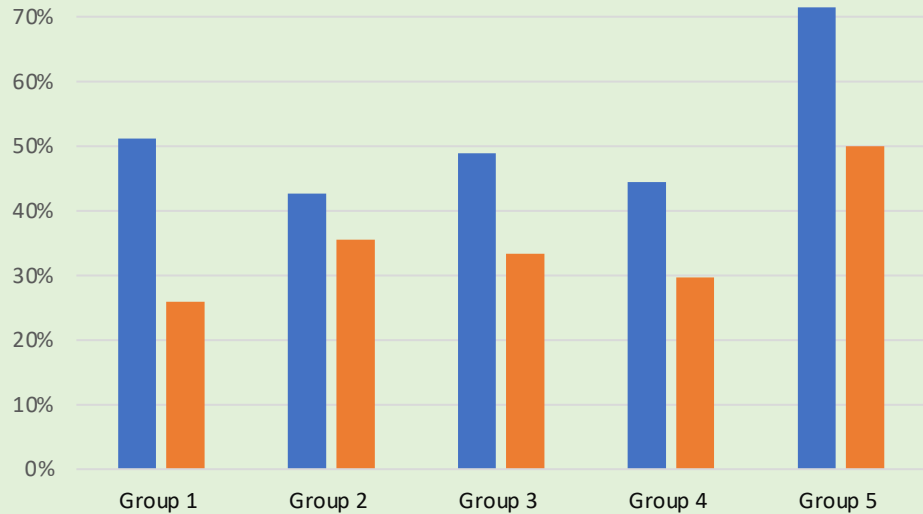


Parents N=27 **Children** N=24

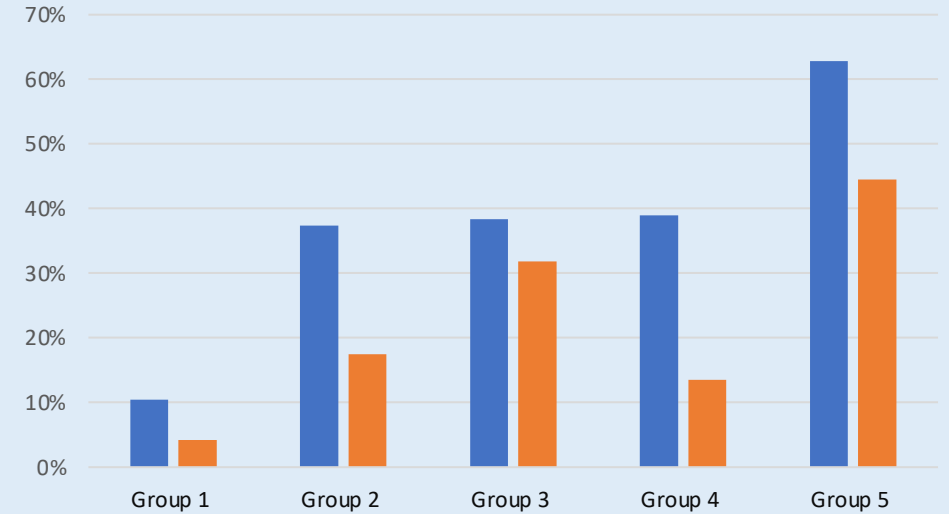
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Completion of App modules

Reading Group average



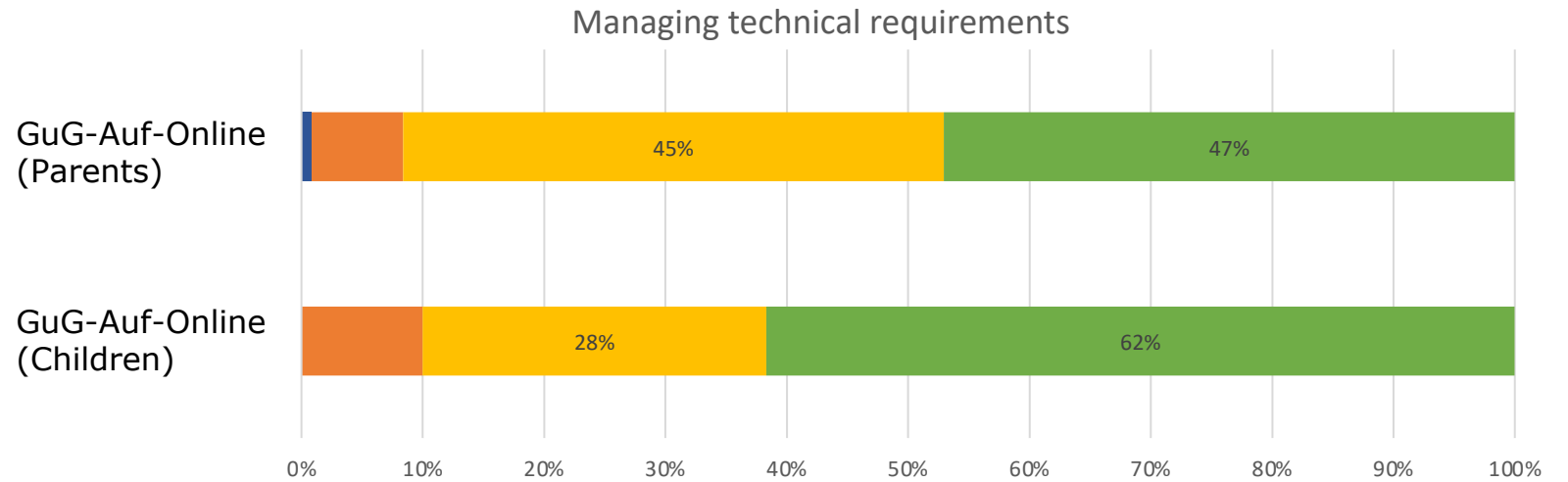
Training Group average



■ **Parents** N=27 ■ **Children** N=24

Acceptance Participants' perspective

after each group session

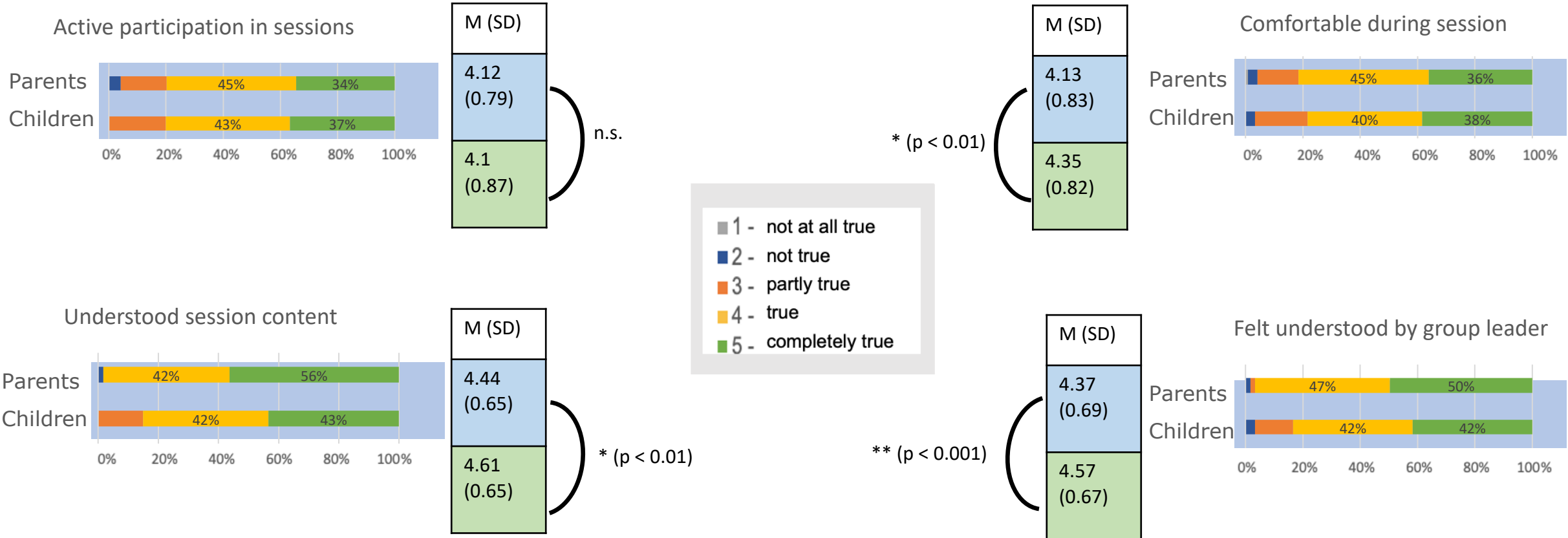


M (SD) = 4.42 (0.67)

179 out of 338 possible session ratings = 53%

Acceptance Participants' perspective

after each group session



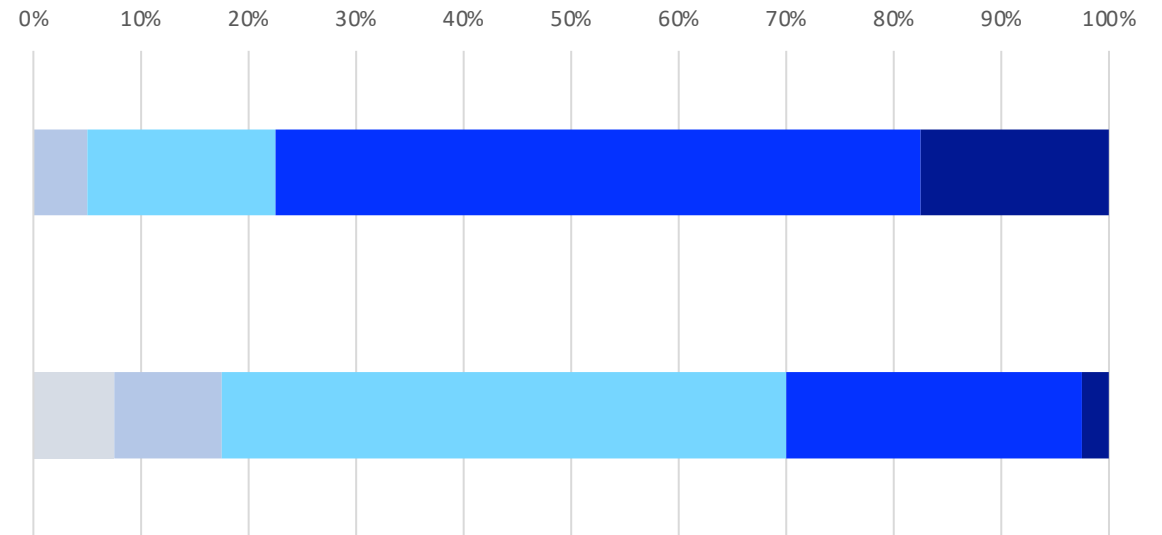
Acceptance **Group Leaders' perspective**

after each session's completion¹

Ratings for N=40 sessions

I believe we are working on my patient's problem in the right way.

My patients have gained a clearer understanding of how they can change as a result of the sessions.



■ 1 - Rarely ■ 2 - Sometimes ■ 3 - Often ■ 4 - Very often ■ 5 - Always

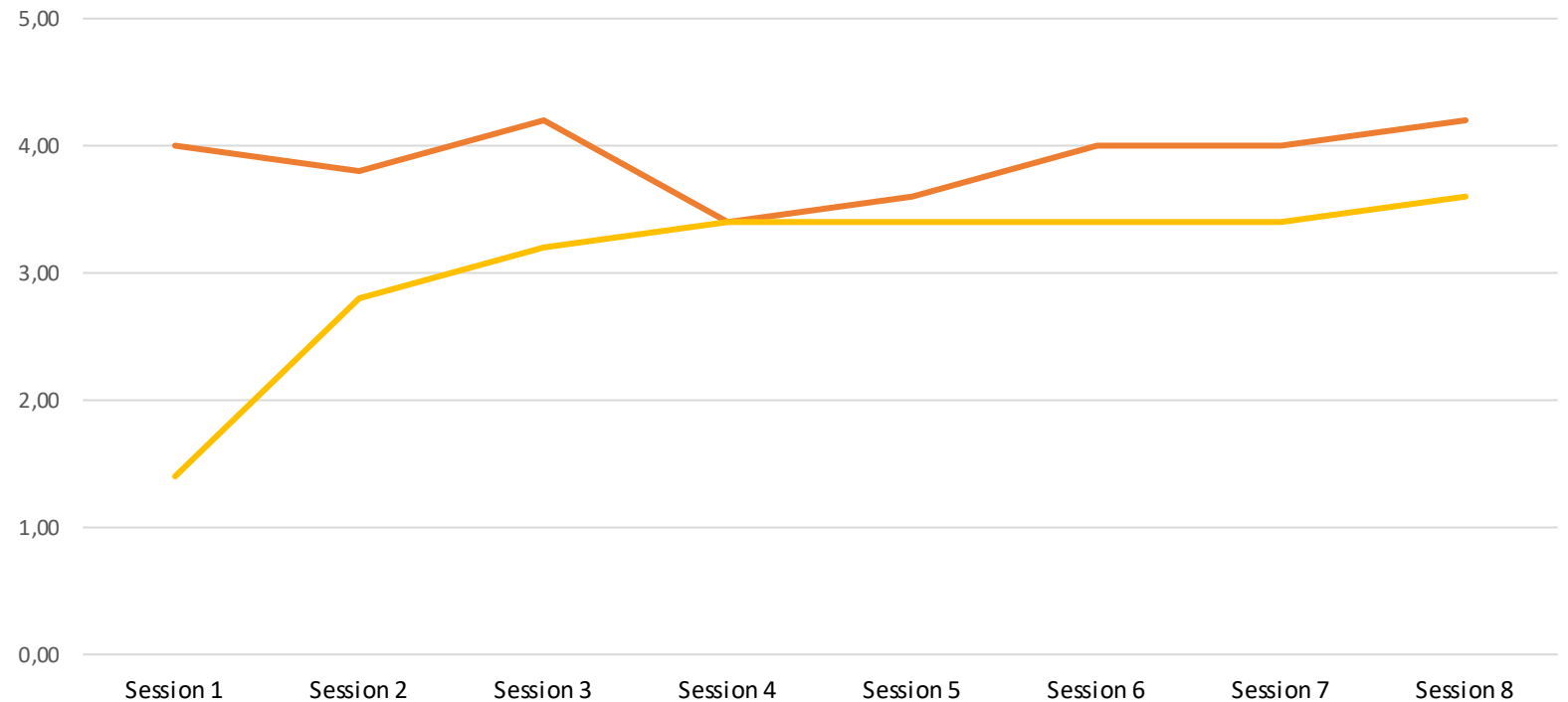
¹assessed using items from the Working Alliance Inventory (WAI-SF; Hatcher & Gillaspay)

Acceptance

Group Leaders' perspective

after each session's completion¹

- I believe we are working on my patient's problem in the right way.
- My patients have gained a clearer understanding of how they can change as a result of the sessions.



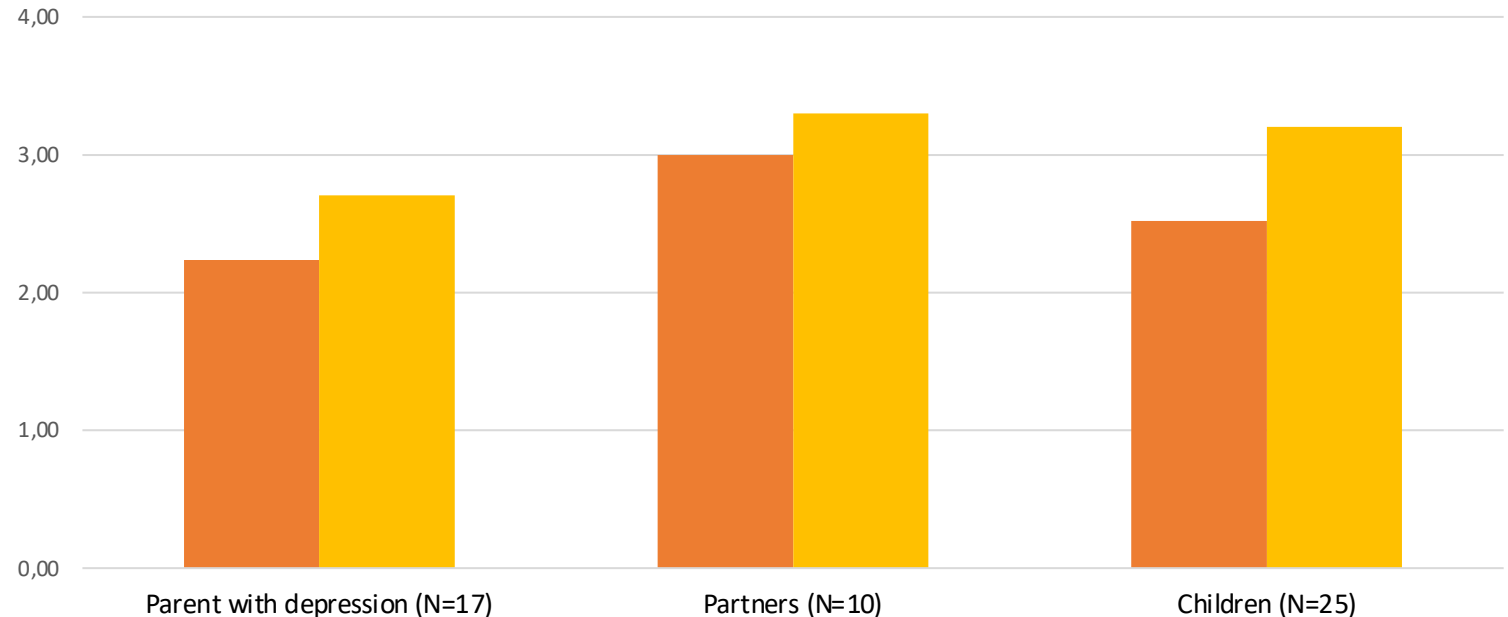
¹assessed using items from the Working Alliance Inventory (WAI-SF; Hatcher & Gillaspay)

Acceptance

Group Leaders' perspective

after each group's completion¹

- [The family member] was able to receive and use my input well.
- I was comfortable working with [the family member].



■ 0 - Not at all true ■ 1 - Barely true ■ 2 - Partly true ■ 3 - Mostly true ■ 4 - Completely true

¹assessed using items from Fragebögen zur Beurteilung der Behandlung (FBB, Matthejat & Remschmidt)

Conclusion and Outlook

- Online format reached similar families as the in-person format of the intervention
 - Parents of younger age and without university degrees continued to be underrepresented
 - Slight increase in single-parents and fathers affected by depression in the sample
- Online intervention was generally well-accepted by participating families and group leaders
 - Sessions were rated somewhat worse in comparison to GuG-Auf (by participants)
 - Use of the accompanying app was lower than expected but increased throughout the pilot study
- **Evaluation of intervention efficacy (Follow-Ups until Dec 2023)**
 - *Conducting a larger scale implementation trial (including both an online and an in-person version of GuG-Auf)*
 - *Cooperating with public health insurance companies to accomplish regular implementation in the German health care system*

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Literature

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Thank you for your attention!



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