

## Poster – #EIE2021

### Digital prevention of depression among farmers? A Qualitative Study of participants' experience with a tailored internet intervention

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#### *Research aim*

Depressive disorder has a major impact on public health. Thus, prevention of depression is becoming increasingly important. Farmers and workers in related occupations are in particular exposed to many of the risk factors for mental illnesses and have a higher risk of developing depression compared to other occupational populations. Despite the effectiveness of internet- and mobile-based interventions (IMIs), their uptake and usage in routine care remains low. The aim of this qualitative study is to explore the experience of farmers, forest owners and gardeners using preventive internet- and mobile-based interventions with a special focus on the reported determinants for the acceptance of and satisfaction with the tailored intervention program.

#### *Methods*

The potential of internet- and mobile-based interventions (IMIs) that are tailored to the specific target group is examined in the nationwide pilot project (“With us in balance”) of the German social insurance company for farmers, forest owners and gardeners (SVLFG). The insured members have access to six different IMIs based on Cognitive Behavioural Therapy and focusing on subclinical depressive symptoms, stress, anxiety, insomnia, harmful alcohol use and depressive symptoms in the context of diabetes. After completing a computer-adaptive initial assessment, a first consultation with the coach (psychologist) takes place in which an intervention is chosen according to the risk profile and individual preferences. The IMIs consist of six to eight online modules, each 30 to 60 minutes, and are guided by a coach. Content of the IMIs have been adapted to the target group. Semi-structured interviews were conducted with 22 coachees who received the intervention as part of a randomized controlled trial intervention group (IG) (N = 171). The interview guide was developed based on theoretical models of user acceptance and patient satisfaction. The interviews were recorded and transcribed verbatim. The interview participants did not significantly differ from non-responding participants in the IG regarding sociodemographic and clinical characteristics except for the Inventory for the Assessment of Negative Effects of Psychotherapy (INEP). The analysis is currently ongoing.

#### *Key findings*

Qualitative results on acceptance and satisfaction from participants' perspective will be presented.

#### *Discussion*

What are determinants for successful implementation and usage of IMIs to prevent depression? What are the possibilities and limits of digital, individually tailored approaches for mental health issues based on the experiences of farmers, forest owners and gardeners?