

SelfIT – FIT AGAIN AFTER AN ACCIDENT

Development of a Cost-effective Online Intervention

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BACKGROUND

Internet-based self-help interventions have proven beneficial for a broad range of mental health problems. However, there are no self-help interventions for people who developed adjustment problems after experiencing an accident.

ACCIDENTS

Since 2012 there have been around 800'000 registered accidents in Switzerland, causing a sum of about 4 billion Swiss Francs in accident-related costs every year [1]. Accidents and the injuries resulting from them often cause long-term effects on both psychological and physical health.

ADJUSTMENT PROBLEMS

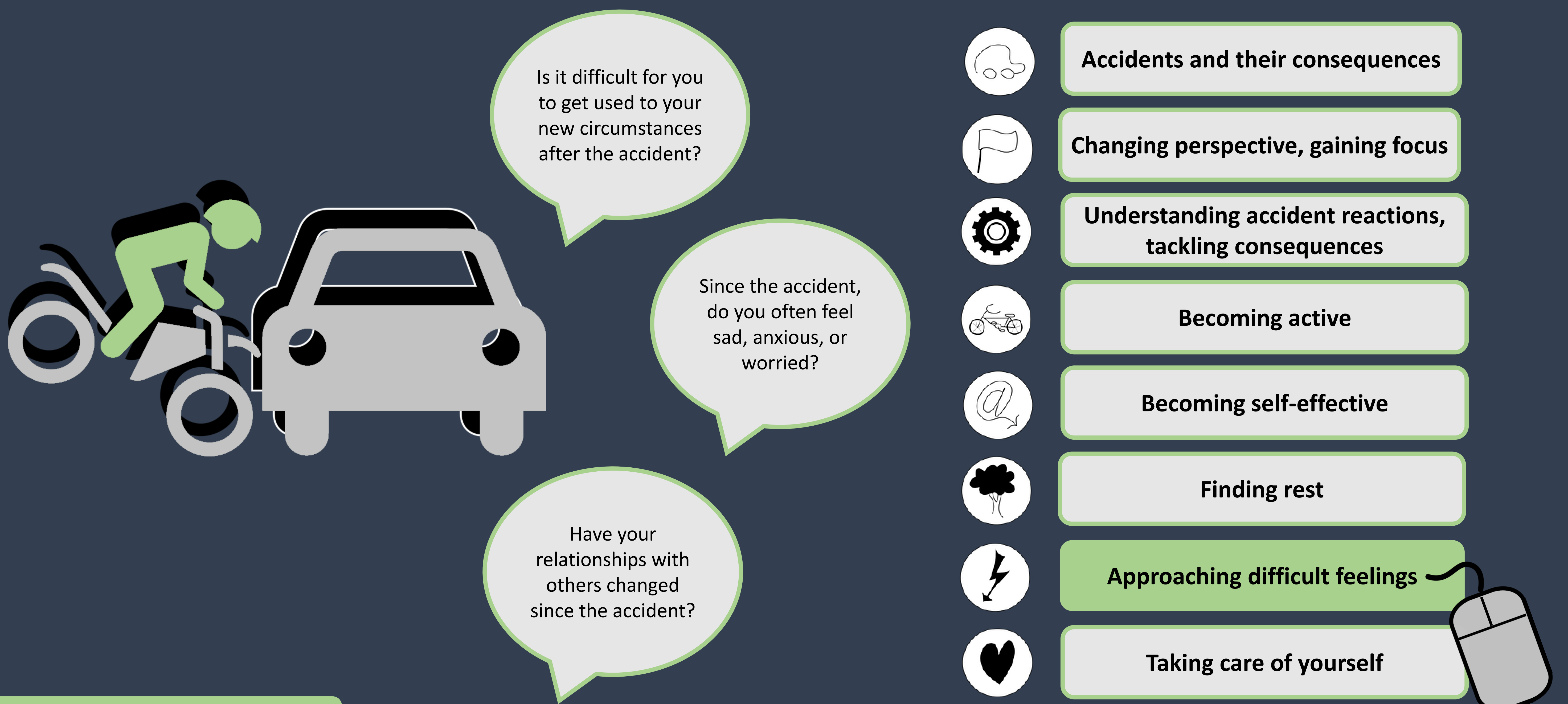
Adjustment problems are among the most frequently diagnosed mental health conditions in clinical practice [2]. Patients who have suffered an accident often only realize after their medical treatment or rehabilitation is over that they cannot cope with the consequences of their accident in everyday life [3].

AIM

The aim is to develop a cost-effective Internet-based unguided self-help program for people with adjustment problems after having experienced an accident.

THE PROGRAM: SelfIT- FIT AGAIN AFTER AN ACCIDENT

Based on the theoretical background mentioned above, the study team developed SelfIT. The program provides low-threshold help that can be offered to people with adjustment problems resulting from an accident. SelfIT is also a certified medicinal product. SelfIT comprises various modules that incorporate evidence-based methods of cognitive behavioral therapy (CBT) as well as aspects of acceptance and mindfulness. The program consists of eight modules, which include videos, texts and audio files to reflect different learning styles and preferences. Various exercises serve to put what is learned into practice.



ENHANCING COST-EFFECTIVENESS

- **Internet-based:** Online it is possible to reach a maximum of people with minimum cost [4]. Furthermore, online programs increase the level of convenience for users by being more flexible, e.g. no need to take time off from work.
- **Unguided:** More people can be treated at the same time since no personnel resources are needed to use an unguided program. Furthermore unguided programs are easily and cheaply accessible as well as multipliable while offering consistent quality [5].

EVALUATION

The SelfIT program will be evaluated in a RCT (N=240). The aims are to evaluate (1) the efficacy of SelfIT in comparison to CAU in a waitlist control group, (2) the cost-effectiveness compared to CAU in a waitlist control group, and (3) the acceptance and user-friendliness for further development of the program.

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