

Enhancing the efficacy and adherence rate of a French internet intervention for people struggling with the death of or separation from a loved one.

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1. Introduction

The loss of a close one is one of the most stressful life events. It is associated with negative consequences for health and well-being (Bennett & Soulsby, 2012)

7-15% show particular difficulties dealing with this event (Mancini et al., 2015)

Interventions for grieving individuals have modest but significant effects. Those are bigger for people who report struggling with the grieving process (Wittouck et al., 2011).

Internet-based interventions (IBI) are effective for a variety of mental health disorders, including **complicated grief** (Berger, 2015; Wagner et al, 2006).

But mainly **with guidance**.

The IBI offer is very scarce in French. Moreover, no validated IBI exists to treat complicated grief symptoms.

PHASE 1

Brodbeck, Berger and Znoj (2017) from the University of Bern, Switzerland, developed LIVIA, a German **guided IBI for people who lost their romantic partner** (either by death or separation). Its efficacy has been demonstrated (Brodbeck et al., 2019).

PHASE II

Test of a **French unguided version of LIVIA, LIVIA 1**. (see Efinger et al., *this congress*).

First results show **medium effect sizes on some indicators** (grief symptoms and avoidance) and **moderate satisfaction**. About **half of participants dropped-out**.

PHASE III

Development and implementation of LIVIA 2, where different modifications will address the shortcomings of LIVIA 1 by preserving human resources.

2a) Modifications and innovations

1. Guidance on demand

Berger et al. (2011) demonstrated that, when given the choice, only part of the participants required guidance and that efficacy is maintained.

Hence to optimize resources, we will only provide guidance to those requesting it.

2. Module on autobiographic memory and identity

This processes are affected by complicated grief and can be modified by specific exercises that we will integrate.

3. Assessment and promotion of personal resources:

We will use the AERES to allow participants better know their strengths and better deal with the tasks of the programme (Bellier-Teichmann et al., 2018)

4. Freedom to chose the own way through the programme

Based on their preferences and our recommendation

5. Automated e-mails

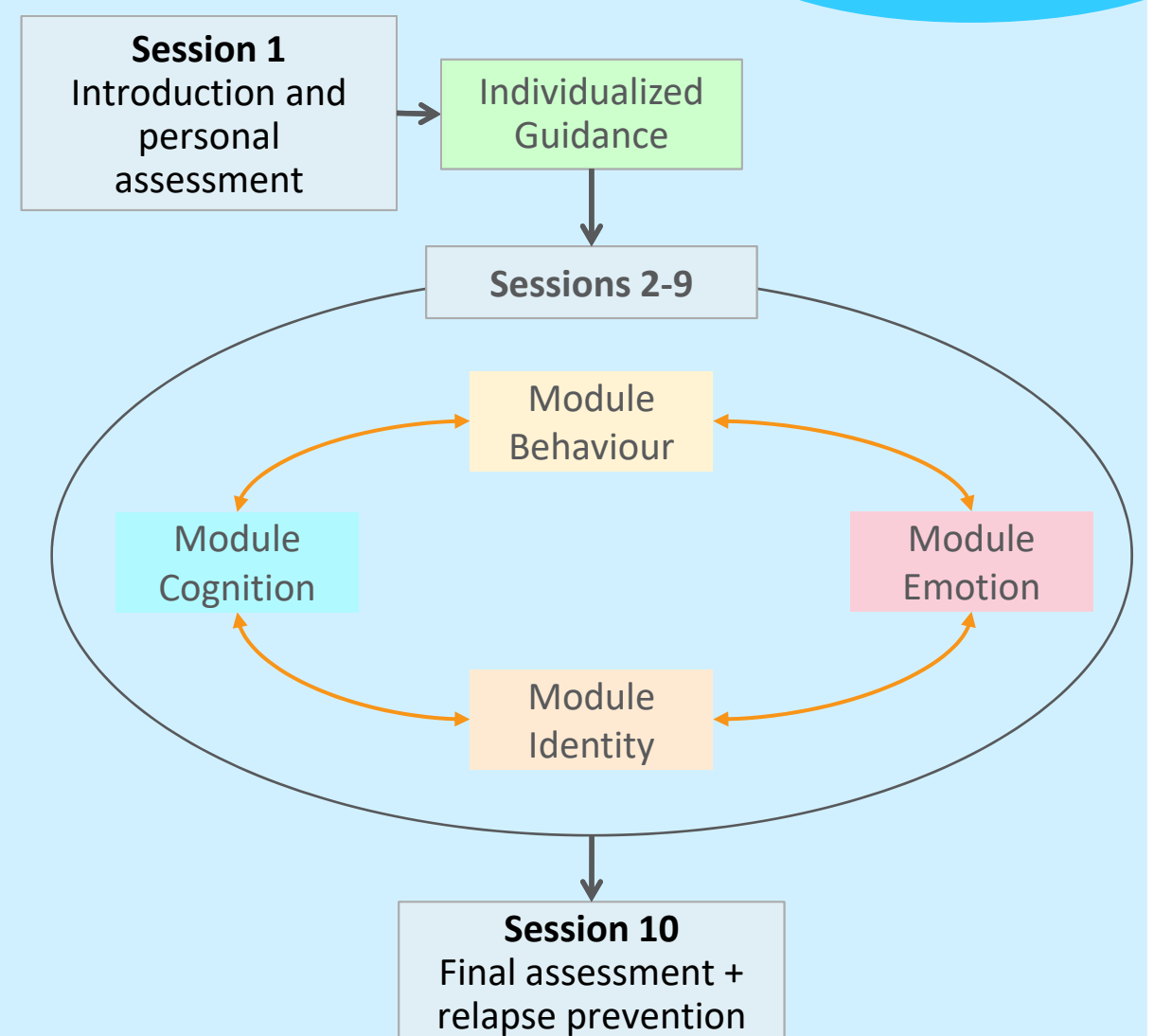
Reminders, positive reinforcement

6. Enhanced interactivity

Animated videos and optional additional content and explanations

2. LIVIA-2

2b) Structure of the programme



2c) Our project

RCT comparing LIVIA 1 vs. LIVIA 2

- Outcomes:**
- General and grief symptoms
 - Personal and interpersonal well-being
 - Coping abilities
 - Loneliness
 - Drop-out rate

AIM:

Recruit > 200 participants in French-speaking parts of Europe
(begin Sept. 2020)

Main references

- Bellier-Teichmann, T., Golay, P., & Pomini, V. (2018). Which are your resources and how do they contribute to your recovery? *European Review of Applied Psychology*, 68 (6), 215–226.
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- Brodbeck, J., Berger, T., Biesold, N., Rockstroh, F., & Znoj, H. J. (2019). Evaluation of a guided internet-based self-help intervention for older adults after spousal bereavement or separation/divorce: A randomised controlled trial. *Journal of Affective Disorders*, 252, 440–449.
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- Efinger, L., Debrot, A. & Pomini, V. (2020, March). *Implementation of a French-unguided internet intervention for people struggling to overcome the loss of a dear one: results of a pilot study*. 18th EPA Congress, Madrid, Spain.