

Workshop Program:

Navigating the challenges of development and dissemination of internet cognitive behavioural therapy (iCBT) for anxiety and depression in children and adolescents”

Scientific Organisers: Claire Hill & Maaïke Nauta

Scientific Committee: Sarah Vigerland, Cathy Creswell & Eva Serlachius

Monday 9 October 2017

Approaches to development of iCBT for anxiety & depression in youth

- 09:00 – 10:00 Registration, Coffee
- 10:00 – 10:15 Introduction to the Lorenz Center
- 10:15 – 10:30 General aims and scheduling of this workshop (workshop organisers: Claire Hill, Eva Serlachius, Maaïke H. Nauta, Cathy Creswell and Sarah Vigerland, confirmed)
- 10:30 – 10:45 Opening statement to the workshop – Sue Spence (TBC)
- 10:45 – 11:35 Rapid fire show reel: Participants are invited to give a brief (2 min) summary of who they are, why they are at the workshop and what iCBT projects they are currently working on (Cathy Creswell as timekeeper, confirmed)
- 11:35 – 11:50 Talk: Developing iCBT - 3 different approaches (1) “in-house” within universities – Sarah Vigerland (confirmed), 2) Developing iCBT with industry within mental health institutions – Maaïke H. Nauta (confirmed), 3) Working collaboratively with industry to develop iCBT – Claire Hill (confirmed) 3 slides each - what we did, what were advantages, what are the pitfalls/challenges
- 11:50 – 12:05 Talk: What is co-design and how is it done? (Claire Hill, confirmed)
- 12:05 – 12:20 Talk: Confidentiality and data protection in iCBT (Jeroen Ruwaard, confirmed)
- 12:20 – 14:00 Lunch@Snellius cafeteria
- 14:00 – 14:15 Talk: What can we learn from e-learning? (Stefan Hrastinski, confirmed)
- 14:15 – 15:15 Discussion: Best practice in each development route (Chaired by Maaïke Nauta & Claire Hill, confirmed)

Goal: to define issues /aims for each small group for the breakout after the coffee break

- 15:15 – 15:45 Coffee break
- 15:45 – 16:45 Small groups breakout: Drafting of best practice guidelines for each aspect of development (each group to focus on a particular aspect)
- 16:45 – 17:15 Opportunity to share the day’s subgroup work (Chaired by Cathy Creswell, confirmed)

Each subgroup presents the outcomes of the discussions on the given issues/aims

- 17:15 – 17:30 Conclusions from the day (Sarah Vigerland, confirmed)
- 17:30 Wine & cheese party

Tuesday 10 October 2017

Evaluation and engagement of iCBT for anxiety & depression in youth

- 09:00 – 09:20 Talk: Alternative study designs to RCT (Casper Albers, confirmed)
- 09:20 – 10:00 Discussion: Trials or tripadvisor? Implications for funding of iCBT. Introduction and chaired by Jen Martin (confirmed)

Goal: To define issues/aims for each small group for the breakout after the coffee break. Issues should be methodology & funding & level of evidence required for commissioning by healthcare providers

- 10:00 – 11:00 Small groups breakout: If the RCT is dead for iCBT, then what research designs should we use, what should we be measuring & what are the funding implications?
- 11:00 – 11:30 Coffee break
- 11:30 – 12:30 Small groups feedback and discussion
- 12:30 – 14:00 Lunch@Snellius cafeteria
- 14:00 – 14:20 Talk: Factors influencing retention in iCBT for child anxiety – Sonja March (confirmed)
- 14:20 – 15:30 Discussion: You can take a child, adolescent, parent, teacher, clinician to the app store, but you cannot make them download it - Chaired by Lori Wozney (confirmed)
- 15:30 – 16:00 Coffee break
- 16:00 – 17:00 Plenary: Ethical issues within iCBT development and dissemination (Discussion chaired by Maaïke Nauta, confirmed)
- 18:00 Boat trip with drinks on the canals of Leiden city centre followed by the workshop dinner

Wednesday 11 October 2017

Dissemination of iCBT for anxiety & depression in youth

- 09:00 – 09:20 Talk: Partnering with commercial organisations or setting up a spin-off company to sell iCBT to healthcare providers and consumers – Sue Spence (confirmed)
- 09:20 – 09:40 Talk: Preparing for implementation of iCBT for children and adolescents in regular care – Eva Serlachius & Sarah Vigerland (confirmed)
- 09:40 – 10:00 Talk: Route to dissemination in the NHS – Jen Martin (confirmed)
- 10:00 – 11:00 Discussion: What can we learn from the approaches taken in different countries and should we see iCBT as products, not just papers?
- 11:00 – 11:30 Coffee break
- 11:30 – 12:30 Discussion: Plan for paper – agreement on areas to cover, assignment of sections to named person(s) to take forward
- 12:30 – 14:30 Lunch@Snellius cafeteria
- 14:30 – 15:30 Small group breakout: grouped by paper section - opportunity to create concrete plans for how to take forward writing of each section of the paper & timescales
- 15:30 – 16:00 Coffee break
- 16:00 – 16:45 Small group feedback
- 16:45 – 17:00 Summary of the week & strategy: Philip Kendall (confirmed)
- 17:00 Close