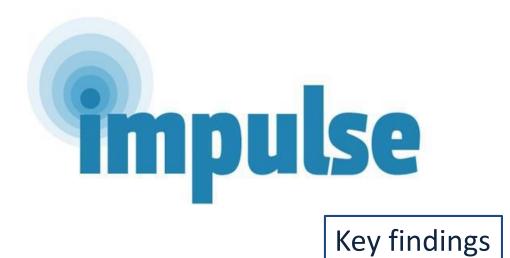


This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 779334. The funding was received through the "Global Alliance for Chronic Diseases (GACD) prevention and management of mental disorders" (SCI-HCO-07-2017) funding call.







Context

Southeast Europe: 12 countries, 70 million people

Similar socioeconomic background, tradition and organisation of healthcare systems

'Blind spot on the global mental health map' (Winkler et al, Lancet Psychiatry, 2017)



The IMPULSE study

"Implementation of an effective and costeffective intervention for patients with psychotic disorders in low and middle income countries in South Eastern Europe"

<u>Goal</u>: to improve treatment and care of people with psychosis in five SEE countries

EU funding: 2,4 million EUR

Duration: 3,5 years (April 2018 – Sept 2021)

Consortium: 9 partners from 6 countries



Consortium



- Queen Mary University of London (coordinator)
- Universiteti i Prishtines
- City, University of London
- Klinicki Centar Univerziteta u Sarajevu
- Medicinski Fakultet, Univerzitet u Beogradu
- University Clinic of Psychiatry Skopje
- Klinicki Centar Crne Gore Podgorica
- NGO Prostor, Belgrade
- NGO Menssana, Sarajevo



Scientific Advisory Board (from left to right) : Professor Dimitar Bonevski (North Macedonia), Professor Zorica Terzić (Serbia), Professor Bojan Šošić (chair) (Bosnia and Herzegovina), Professor Tanja Frančišković (Croatia), and Professor Ferid Agani (Kosovo*).

Project timeline





Building research capacity





Dissemination

01

<image>

Clinical study

- To improve treatment and care of people with severe mental illness
- To implement a generic psychosocial intervention (DIALOG+) in mental health care services





'Typical' patient recruited into the study

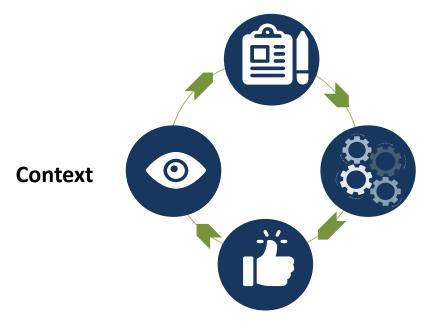
- Age: 45
- Gender: male
- General info: single, unemployed, completed secondary education, lives with parents
- Diagnosis: Schizophrenia
- Duration of illness: 12 years
- Hx of two hospital admissions
- Treatment: antipsychotic medication
- Routine psychiatric appointments: every 6 months
- Psychological treatment: not offered

Study recruitment

- <u>Services:</u> 17 mental health services were recruited. The goal was to include at least two services per country.
- <u>Eligible clinicians</u>: any mental health professional with more than 6 months of experience working with patients with psychosis in outpatient clinics
- <u>Eligible patients:</u> ICD-10 diagnosis of psychotic disorder, age above 18 years, attending the outpatient clinic or day hospital, history of at least one psychiatric hospital admission in their lifetime, no plans to be discharged from mental health care services for the next 12 months, and capacity to provide informed consent.
- <u>Exclusion criteria</u>: Patients were excluded if having a diagnosis of organic brain disorders and if having severe cognitive deficits (unable to provide information to study instruments).

01 Clinical study

Implementation strategy



Hybrid type II randomised-controlled trial

Upscaling and sustainibility

O1 Clinical study Intervention: DIALOG+

- Digital mental health intervention
- Designed to make routine clinical meetings more therapeutically effective
- What happens during the intervention:
 - The patient rates their satisfaction with 8 life and 3 treatment domains
 - The patient selects domains he/she wants to work on
 - The clinician uses principles of solution-focused therapy to help the patient find solutions to identified problems
 - They agree on actions to be completed before the next meeting
- Original trial (UK): D+ improved quality of life, reduced symptoms and saved costs

Action Items		Assessm		Ĺ				
day, 1 December 2015	Thursday, 11 February 2016	Wednesday, 3 Augus	st 2016 Frida	ay, 7 October 2016	Current A	Current Assessment		
Mental hea		2 3	4	5	6	7		
Physical hea								
Job situati								
Accommoda								
Leisure activ								
Partner / far Friendship								
						— •		
Personal sat								
Medicatio						→ √		
Practical he	elp							
Meetings	5							
		Review	Select Dis	scuss Action	n Items F	inish Session		

Action Items		Done	<u></u>						
day, 1 December 20	Medication	1	2	3	4	5	6	7	Assessment
	Step 1	Understar	ding					(i)	
	Step 1		-		0				
		- Why this r - What is w		nd not a lo	wer one?				
Mental	Step 2	Looking fo	orward					(i)	7
		- Best case						C	
Physical		- Smallest i							
Job situ									─ ✓
Accomm	Step 3	Considerir	ng opti	ions				i	
Leisure a		- What can - What can							
Partner /		- What can							
Friends	Step 4	Agreeing o	on acti	ons Add	Edit			i	✓
Personal									
Medic									─ ✓
Practica									
Meeti									_
									Finish Session

01 Clinical study

Main findings (I)

- Delivered > 85% of planned sessions in both arms
- Delivered > 5 DIALOG+ sessions per person
- The mean duration of sessions was ~20 minutes in the control arm and ~28 in the intervention arm

01 Clinical study

Main findings (II)

- DIALOG+ improved patients' quality of life after 4 sessions
- There were some trends indicating that patients receiving DIALOG+ improved in negative symptoms and were more satisfied with services
- The average costs of delivering DIALOG+ intervention was ~ €130 per participant over the 12 months trial period
- The intervention was cost saving in mental health services in Serbia and North Macedonia

Patients and clinicians' feedback

DIALOG+ sessions were found to be:

- suitable for the local context
- enjoyable and empowering
- focused on finding solutions
- fostering better therapeutic relationships
- providing an inclusive structure to clinical meetings
- improving patients' quality of life



<image>

User involvement

- To set up service user advisory panels for the project in each country
- To develop a model of efficient and sustainable user involvement in mental health



02 User involvement

Lived Experience Advisory Panels

- Set up in each country including 6-8 service users
- Meetings every 3 months over 3 years
- Advising on all aspects of research (e.g. topic guides for focus groups, interpretation of research findings, dissemination, etc.)
- Service users were paid for their time
- Service user feedback: positive experience, people felt empowered



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LET'S WORK Together

Guide to developing and sustaining user - involvement in mental health care in South Eastern Europe

"The booklet works on multiple levels, as an advocacy document, a tool box for those who want to establish their own user lead organisation, and as a resource for those who want to know more."

> DR SUSAN COLLINSON, CHAIR OF LEAP (LIVED ADVISORY GROUP), UK

http://impulse.qmul.ac.uk/dissemination/lets-work-together-booklet/

WEBINAR

SERVICE USER AND CARER INVOLVEMENT IN MENTAL HEALTH CARE AND RESEARCH

EXPERIENCES FROM SOUTH-EAST EUROPE

19TH APRIL 202 3-5PM CET

Speakers:

Professor Norman Sartorius Ms Tihana Majstorović Ms Dženana Nikšić Ms Mina Aleksić Dr Nikolina Jovanović "You provided clear view on user lead organisation which is something I am hearing for the first time. I will try to implement in my country this new approach for users". (Attendee)

https://www.youtube.com/watch?v=MO4Lm9pYi3o

03 Building research capacity

- To increase capacity in mental health research in the participating countries
- To develop training programme for researchers on the project



Building research capacity

Training programme

- > 65 hours of training over 3.5 years
- Mixture of internal and external trainers
- Key areas: trial methodology, implementation science, interviewing individuals with psychosis, qualitative research, publishing, dissemination
- Residential stays for researchers affected by the pandemic

Dissemination

04





 To disseminate key findings to relevant stakeholders





Dissemination

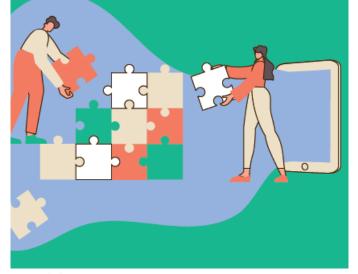
Dissemination activities

- Research papers need to be open access (> 20 papers already published!)
- Going beyond research publications by innovative public engagement (booklets, videos, policy brief)
- Website: <u>http://impulse.qmul.ac.uk</u>
- Webinars, meetings, workshops
- Social media outreach
- National and international conferences



Psychosocial treatment for individuals with psychotic disorders

Guide for implementation and sustainable use of DIALOG+ in healthcare systems in Southeast Europe



- A practical resource to support implementation of psychosocial interventions in healthcare systems in the region.
- It describes the DIALOG+ intervention, its delivery, effectiveness, as well as experiences of clinicians and patients.



European Horizon 2020 European Union funding for Research & Innovation



https://www.youtube.com/watch?v=9u4dipx0ZzI&ab_channel=IMPULSEProject

Impulse Study

Going beyond medications to improve treatment of people with psychosis in Southeast Europe





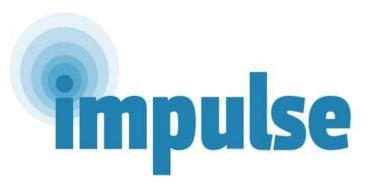
Conclusion

- Unique mental health research in SEE
- Novelty:
 - Digital intervention for psychosis
 - Hybrid effectiveness implementation trial methodology
 - User involvement in research
- The largest RCT of a psychosocial intervention ever conducted in SEE
- Improved outcomes for patients and utilisation of resources for healthcare systems

Our last pre-pandemic meeting...



The IMPULSE research team and members of the Scientific advisory board during the fourth project meeting in February 2020 in Montenegro



We'd love to hear from you! Get in touch Follow us on social media

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#IMPULSEstudy