EAAD-Best:

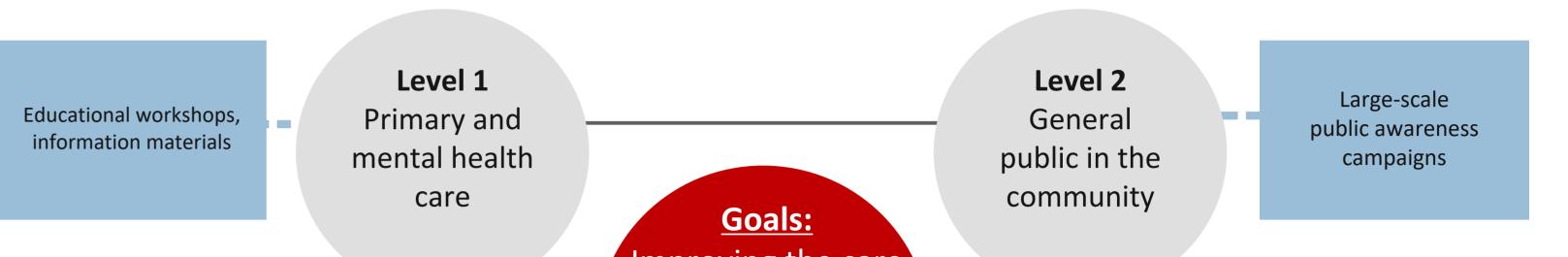
Targeting depression and suicidal behaviour through a community-based 4-level intervention

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Introduction

The EAAD-Best project (2021-2024) funded by the European Union's 3rd Health Programme has two aims: to improve care for patients with depression and to **prevent** suicidal behaviour in Europe by:

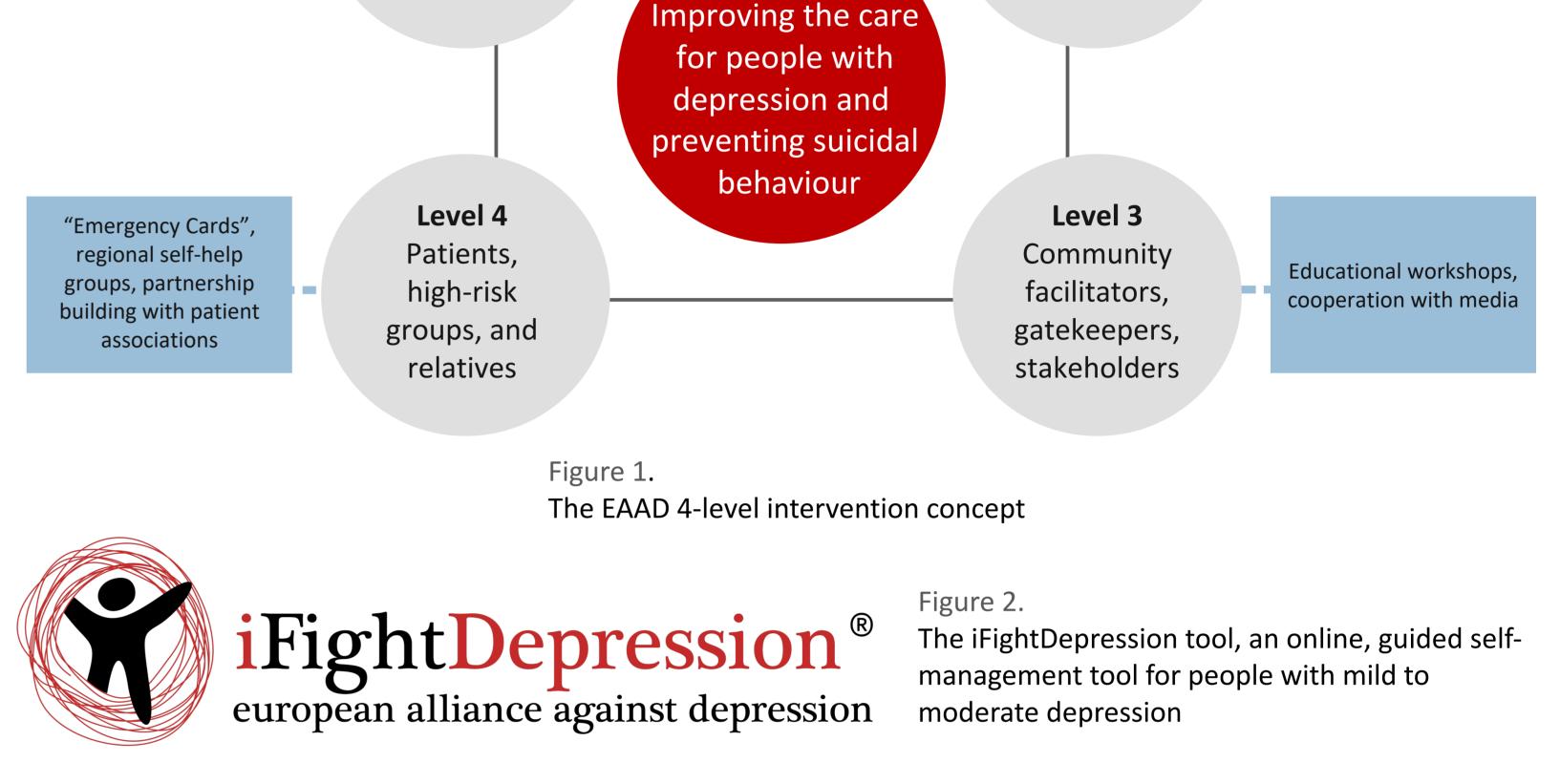




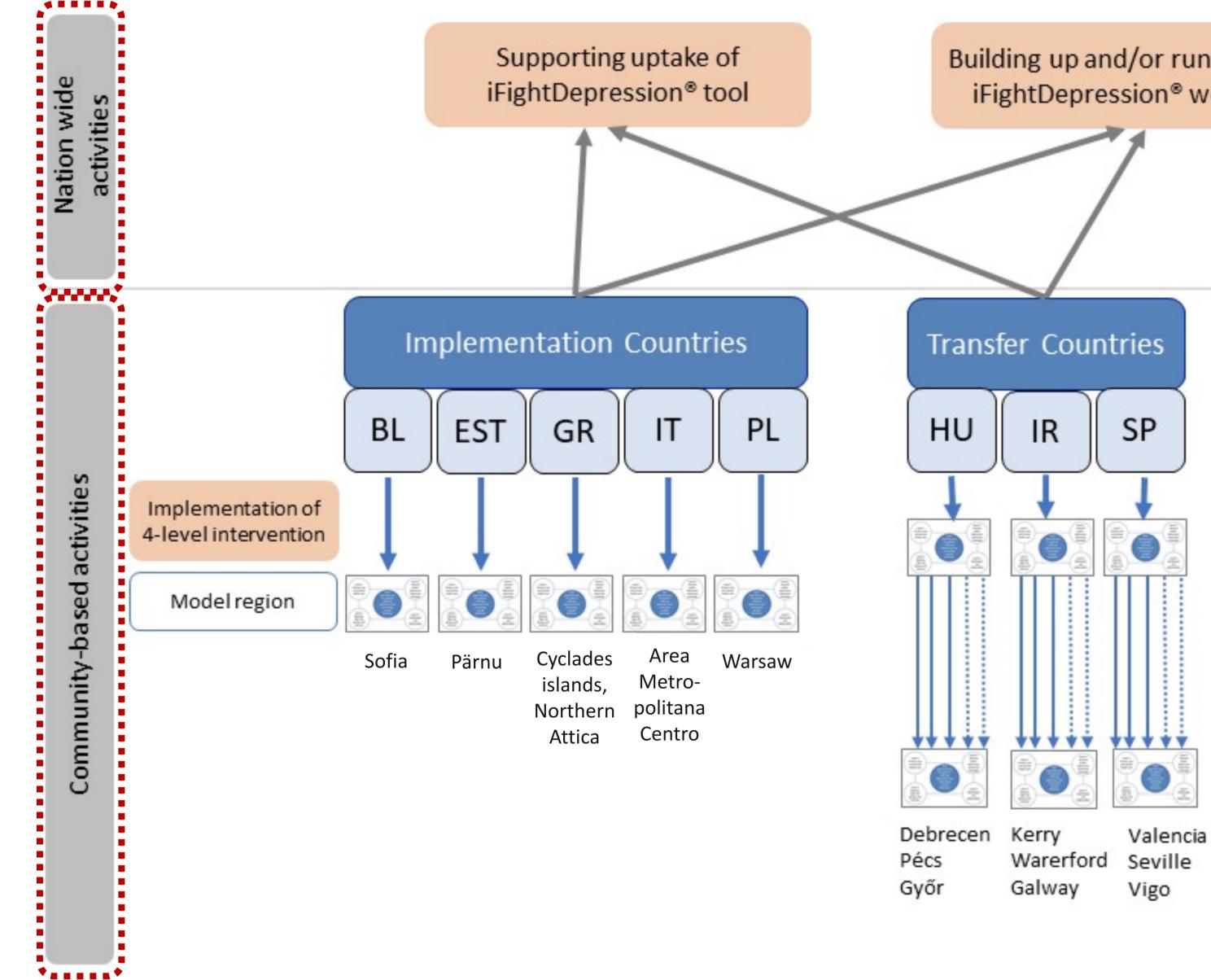
- facilitating the implementation and transfer of the evidence- and community-based EAAD 4-level intervention concept Figure 1
- promoting **iFightDepresion (iFD) tool** to new regions and countries in Europe Figure 2.

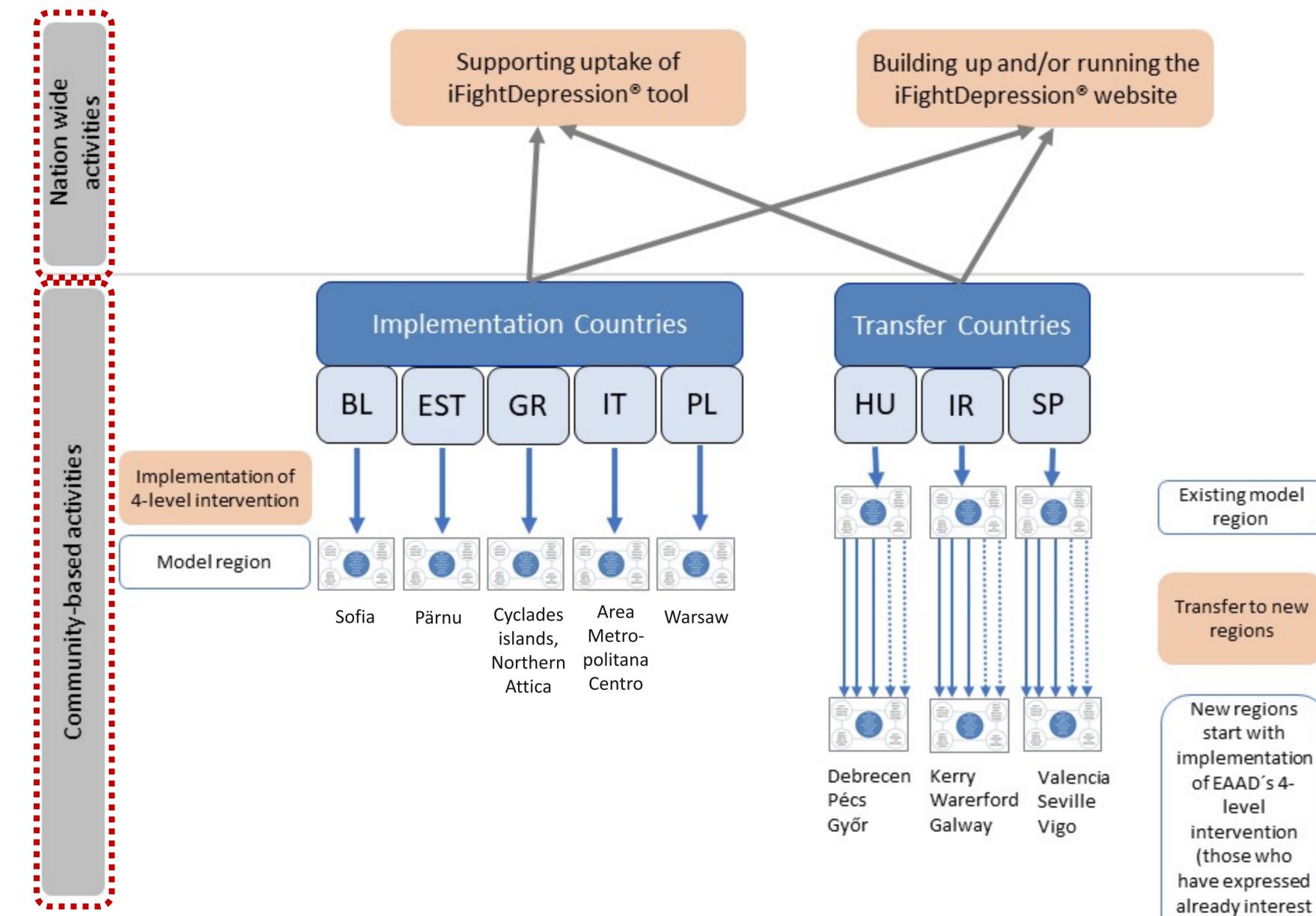
The 4-level intervention concept of the European Alliance Against Depression (EAAD) and the iFD tool have been implemented in **120 regions** in **17** countries in and outside Europe. In recognition of their efficacy proven by controlled studies^{1,2,3}, both the concept and the iFD tool were voted as the following:

2014 The 4-level intervention concept – "Best Practice" intervention programme in the WHO report on suicide prevention **2019** The concept and the iFD tool – "Mental Health Best Practices" by the representatives of the EU Member States at the European **Commission's Joint Research Centre**



Methodology





Study Design

The study design will be an uncontrolled pre- and post-intervention. It entails multiple sources of data collection to investigate the delivery and implementation of the intervention in different countries.

Participants

Target groups representing each level in Figure 1 will be recruited through the regional alliance building activities in 8 countries listed in Figure 3. In **5 implementation countries**, the 4-level intervention concept and the iFD tool are going to be newly established. In 3 transfer countries, the interventions will be expanded to further regions.

Interventions

Concrete activities will **simultaneously** occur at four levels in Figure 1. For each activity in each country, comprehensive and tailored materials will be used following translation and cultural adaptation.

Measures

Monitoring (process & output indicators) and **Evaluation** (3) intermediate outcome indicators Figure 4) data pooled from 8 countries will be analyzed to measure short-term impact linked to the project aims and the context of the interventions.

Figure 4.

are named)

Three intermediate outcome indicators

Skills (Level 1 and 3) ex) views, understanding

Figure 3. Basic structure of activities within the EAAD-Best Project

Conclusion

By improving capacity building of regions in each country through evidence- and community-based interventions the "4-level intervention concept" and "iFD tool", the EAAD-Best project fosters an effective and sustainable improvement in depression treatment and prevention of suicidal behaviour.

Attitudes (Level 1 and 3) ex) stigma, positive/negative attitudes Mental Wellbeing (Level 4) ex) level of depressive

symptoms

