# Newsletter

## Access to mental health services



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It is estimated that at least 350 million people live with depression worldwide and approximately 1 in 7 people suffer from a severe mood disorder during their lives. Each year, about 7% of the European population suffer from a major depression. This figure rises to over 25% when applied to comorbidities such as anxiety and lighter forms of depression[1]. However, only 25% of Europeans with mental disorder have access to care and an even lower rate has been observed for people in need of psychotherapy[2]. This in turn is correlated with a higher prevalence of comorbidities including increased risk of developing diabetes, cardiovascular conditions and premature mortality[3].

There is a delay between the referral by the GP and the take-over by specialized mental health services. This delay partly due to pressures on budgets results in negative outcomes such as[4]:

- One in six patients are likely to attempt suicide
- Four in ten to self-harm
- Two thirds are likely to see their condition deteriorate before they have a chance to see a mental health professional.

Despite the availability of specialized mental health services, many patients are not referred to receive the required support, in particular amongst people with physical disabilities and those belonging to ethnic minorities. Therefore, patients are left

### Recent activities from the NEVERMIND Team!

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Professor Vladimir Carli, from Karolinska Institute, attended the MQ's 4th Mental Health Science Meeting 2018 in London, UK. MQ is one of the largest international scientific meeting dedicated solely to mental health science. The theme this year is 'Towards Prevention and Early Intervention'.

Professor Carli also presented in the Inaugural International conference in January 2018 aim to promote the mental health and wellbeing of children and adolescents organized by the United Nations Children's fund (UNICEF).

### Publication highlights:

Self-reported well-being score modelling and prediction: Proof-of-concept of an approach based on linear dynamic systems published in IEEE Engineering in Medicine and Biology society.

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[1] http://www.euro.who.int/en/health-topics/noncommunicable-
[4] The Independent (2014). Thousands attempt suicide while on NHS waiting list for psychological help
diseases/mental-health/news/news/2012/10/depression-in-europe

[2] Gingerich and Peterson (2013). Effectiveness of solution-focused brief therapy.
[3] The Mental Health Policy group – general Election 2015 (2015). A Manifesto for Better Mental health

with very few options as to when and where they may receive therapy. Furthermore, a large proportion of patients do not seek help due to anticipated stigmatization.

Thus, there is a need for solutions like NEVERMIND that would allow people in need of support, in particular patients with primary somatic diseases.

## Updates on the NEVERMIND project!

The fourth NEVERMIND consortium meeting will be held in February 2018 at Lisbon, Portugal.

### NEVERMIND clinical trial is underway!

NEVERMIND clinical trial is registered (DRKS00013391). Recruitment for 330 patients in Pisa, Turin and Lisbon starts in December 2017 for 18 months. The NEVERMIND system is

an ICT-based solution for depression self-management aiming to increase patient's quality of life and decrease burden on the healthcare system. Contact us if you would like to participate!

## About NEVERMIND project

### Project Coordinators

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