

DataPrev Project Summary

1. Introduction

A high level of mental health will support the EU in becoming more knowledge-based, competitive and socially cohesive. However, the EU is far from such a position, with mental disorders accounting for 20% of all European ill-health and premature death, at a cost of some 3%-4% of GDP. The WHO Helsinki Action Plan for mental health called for an integrated set of databases to provide the evidence for health promotion and protection to be integrated into mental health policy in relevant environments and sectors. Gathering and building on world-wide and European research and evidence, DataPrev aims to encourage a single EU playing field and to add value to EU and country policies by deepening the understanding and enhancing the evidence base in policy research for mental health promotion and protection. DataPrev will develop a standardized protocol for collecting and appraising programmes for infants, children, working age and elder populations, describing and synthesising the evidence base and describing programme outcomes for increased cognitive and social and emotional development, reduced mental ill health, decreased psychiatric symptoms and disorders, improved positive mental health, and describing social and economic outcomes, such as increased education attainment and decreased costs from sick leave and crime. DataPrev will enter the programmes into a standardized online information system. DataPrev will support policy making, research and practice by translating the evidence into guidelines and training for informed decision making, understanding effective interventions, improving existing implementation, and providing the arguments and outcomes to invest in effective interventions across Europe. DataPrev will constitute a building block of an integrated set of European databases and will provide the evidence base to inform policy making at the European and country levels, including support to the implementation of the forthcoming EU Strategy on Mental Health.

2. Project objectives

DataPrev aims to increase the understanding and knowledge across Member States of mental health promotion and mental disorder prevention policy and practice. It will do this by i) developing and disseminating a standardized online information system that systematically gathers, describes, reviews and appraises best practices across settings; ii) identifying and inputting into the information system (database) programme descriptions and the impact of the interventions on positive emotional and social wellbeing, improved cognitive and emotional development, reduced mental ill health, decreased psychiatric symptoms and disorders, improved positive mental health, and improved social and economic outcomes; iii) synthesising the evidence base quantitatively and qualitatively; and iv) translating the evidence based into guidelines and providing training to improve the quality of implemented interventions and informed decision making.

3. Work Packages

WORK PACKAGE 1a: Protocol for identifying, describing and appraising promotion and prevention programmes

Work Package Leader: Radboud University Nijmegen, Nijmegen, the Netherlands

Objectives

- To redefine existing methodology to systematically gather and review the available programmes and outcomes for prevention and promotion in mental health
- To develop guidelines to appraise the evidence of collected programmes and to identify best practice
- To establish definitions, concepts and criteria for EU-wide search of published and grey literature

Description of work

A protocol will be developed to identify, describe, and appraise effective programmes for promotion and prevention in mental health, including those that are described and evaluated in the published scientific literature, and those that are implemented in countries.

The protocol development does not start from new, but builds on and develops existing work, largely undertaken by the partners of the project. The developed protocol will define the search strategy to find available programmes published in the scientific literature; the methodology for different European Networks and country based focal points to identify the grey literature and programmes implemented in countries; the selection and inclusion criteria of programmes; the methodologies by which the data will be systematically collected and analysed; the coding system for systematic assessment of the data in all the identified programmes; the protocol for data synthesis and the standardized format for report development; and the criteria for evidence appraisal to select best practice programmes.

Specificity will be ensured in the protocol development for the four main settings in the work packages, 1) homes and families for infants, 2) schools for children and adolescents, 3) the work place for adults, and 4) homes and community settings for older people, also including dimensions to capture costs and benefits.

The protocol will define criteria to appraise the evidence of selected programmes and identify best practice across the four settings.

In addition to guiding the project, the project protocols and tools will be made widely available to the research and practice community.

Deliverables

D1 Protocol on search and inclusion criteria for programmes, coding system, outcome identification and appraisal of evidence of collected practices

WORK PACKAGE 1b: Development of software for inputting and searching selected programmes

Work Package Leader: Radboud University Nijmegen, Nijmegen, the Netherlands

Objectives

- To develop a user friendly standardized Internet information system which describes available practices and can be used to support policy development and implementation across Europe
- Through the Internet system, to create a suite of linked existing databases of prevention and promotion programmes in mental health

Description of work

In parallel with developing the protocol, (Work Package 1a), software will be developed to set up a database and Internet information system into which the selected programmes that promote mental health and prevent mental disorders in the different settings will be inputted and made available for searching and accessing.

The dimensions that will be described systematically and in a standardized manner in the online database, will include: program history, country of origin and of implementation; goals, target populations and addressed risk and protective factors; theoretical basis and intervention methods; research design and quality of evidence; quantitative and qualitative outcomes; working mechanisms, principles, effect moderators; implementation history across communities and countries and relevant publications and websites. This will ensure that co-ordination and communication across Europe can be enhanced by providing contact details of those already active with implementing prevention and promotion in other countries.

Programmes implemented worldwide will be identified through the systematic literature reviews. If they fulfil the selection criteria, programmes implemented in Europe will be further described including all the dimensions specified above. Programmes not implemented in Europe will be summarized briefly according to a set of dimensions including target group, aim of programme, country, research design and main outcomes, and key references, and will be further linked with other databases, also to avoid duplication with the USA SAMHSA database.

Deliverables

D2 Development and improvement of the software of a standardized Internet database to input all the programme descriptions and outcomes

WORK PACKAGE 2: Evidence and outcomes of home and community based parenting support programmes

Work Package Leader: University of Warwick, Coventry, United Kingdom

Objectives

- Engagement of relevant stakeholders at country level to identify programmes implemented in Europe
- Identification of grey literature and programmes currently implemented in Europe
- Identification of evidence based programmes through systematic literature searches
- Selection of programmes according to specified criteria (WP1)
- Systematic coding of selected programmes (specified WP1)
- Description of selected programmes
- Input of descriptions of selected programmes into internet database
- Identification of best practice through evidence appraisal guidelines
- Preparation of a publication on the methodology, process and findings

Description of work

This work package identifies programmes currently implemented in Europe, summarizes the evidence base supporting currently implemented programmes, appraises their evidence and outcomes, and describes best practices for promotion and prevention of mental health through parenting support. Evidence will be sought for programmes for parents of infants, children and adolescents, delivered either in the family home, schools or in the community, and offered either on a one to one basis or to groups. This WP will work closely in co-ordination with WP 3 (interventions in the educational settings) to support the search processes and to discuss and share programmes.

Each programme will be coded and described according to the guidelines developed in WP1 and inputted in the Internet system. Special focus will be given to capture the research methodology, the quality of the studies and their quantitative and qualitative outcomes. The guidelines developed to appraise evidence will be applied to identify best practice.

A paper summarizing the evidence for parenting support interventions will be undertaken to inform the report of this WP, outlining the best type of programmes, their evidence, types of outcomes expected and analysing the situation across European countries in terms of available evidence based programmes and non-evidence based, but implemented and sustained practices. This will be based on the systematic review undertaken for the WP. Where possible, and in co-ordination with WP9, quantitative outcomes will be translated into effect sizes and meta-analytical techniques will be applied to calculate main pooled effects depending on the heterogeneity of the findings.

Deliverables

D3. Description and input of gathered parenting support programmes in database and appraisal of best practice

D4. Evidence synthesis and report on evidence and outcomes for prevention and promotion through parenting support.

WORK PACKAGE 3: Evidence and outcomes of school based programmes for children and adolescents

Work Package Leader: University of Southampton, Southampton, United Kingdom

Objectives

- Engagement of relevant stakeholders at country level to identify programmes implemented in Europe
- Identification of grey literature and programmes currently implemented in Europe
- Identification of evidence based programmes through systematic literature searches
- Selection of programmes according to specified criteria (WP1)
- Systematic coding of selected programmes (specified WP1)
- Description of selected programmes
- Input of descriptions of selected programmes into internet database
- Identification of best practice through evidence appraisal guidelines
- Preparation of a publication on the methodology, process and findings

Description of work

This work package identifies programmes currently implemented in Europe, summarizes the evidence base supporting currently implemented programmes, appraises the evidence and outcomes, and describes best practices for promoting mental health and preventing mental disorders for children and adolescents implemented in educational settings. This WP will work closely in co-ordination with WP 2 (interventions for infants and families) to support the search processes and to discuss and share programmes.

Each programme will be coded and described according to the guidelines developed in WP1 and inputted in the Internet system. Special focus will be given to capture the research methodology, the quality of the studies and their quantitative and qualitative outcomes. The guidelines developed to appraise evidence will be applied to identify best practice.

A paper summarizing the evidence for school based programmes for children and adolescents will be undertaken to inform the report of this WP, outlining the best type of programmes, their evidence, types of outcomes expected and analysing the situation across European countries in terms of available evidence based programmes and non-evidence based, but implemented and sustained practices. This will be based on the systematic review undertaken for the WP. Where possible, and in co-ordination with WP9, quantitative outcomes will be translated into effect sizes and meta-analytical techniques will be applied to calculate main pooled effects depending on the heterogeneity of the findings.

Deliverables

D5. Description and input of gathered school-based programmes for children and adolescents in database and appraisal of best practice

D6. Evidence synthesis and report on evidence and outcomes for school-based programmes for children and adolescents

WORK PACKAGE 4: Evidence and outcomes of workplace programmes for adult's mental health

Work Package Leader: Institute of Psychiatry and Neurology, Warsaw, Poland

Objectives

- Engagement of relevant stakeholders at country level to identify programmes implemented in Europe
- Identification of grey literature and programmes currently implemented in Europe
- Identification of evidence based programmes through systematic literature searches
- Selection of programmes according to specified criteria (WP1)
- Systematic coding of selected programmes (specified WP1)
- Description of selected programmes
- Input of descriptions of selected programmes into internet database
- Identification of best practice through evidence appraisal guidelines
- Preparation of a publication on the methodology, process and findings

Description of work

This work package identifies programmes currently implemented in Europe, summarizes the evidence base supporting currently implemented programmes, appraises the evidence and outcomes, and describes best practices for promotion and prevention in the workplace for adults' mental health (including stress prevention and improving mental health in the workplace as well as programmes to increase employment and reduce the mental ill health associated with unemployment).

Each programme will be coded and described according to the guidelines developed in WP1 and inputted in the Internet system. Special focus will be given to capture the research methodology, the quality of the studies and their quantitative and qualitative outcomes. The guidelines developed to appraise evidence will be applied to identify best practice.

A paper summarizing the evidence for adult's mental health interventions will be undertaken to inform the report of this WP, outlining the best type of programmes, their evidence, types of outcomes expected and analysing the situation across European countries in terms of available evidence based programmes and non-evidence based, but implemented and sustained practices. This will be based on the systematic review undertaken for the WP. Where possible, and in co-ordination with WP9, quantitative outcomes will be translated into effect sizes and meta-analytical techniques will be applied to calculate main pooled effects depending on the heterogeneity of the findings.

Deliverables

D7. Description and input of gathered workplace programmes for adults' mental health in database and appraisal of best practice

D8. Evidence synthesis and report on evidence and outcomes for workplace programmes for adults' mental health

WORK PACKAGE 5: Evidence and outcomes of programmes for older people

Work Package Leader: University of Helsinki, Helsinki, Finland

Objectives

- Engagement of relevant stakeholders at country level to identify programmes implemented in Europe
- Identification of grey literature and programmes currently implemented in Europe
- Identification of evidence based programmes through systematic literature searches
- Selection of programmes according to specified criteria (WP1)
- Systematic coding of selected programmes (specified WP1)
- Description of selected programmes
- Input of descriptions of selected programmes into internet database
- Identification of best practice through evidence appraisal guidelines
- Preparation of a publication on the methodology, process and findings

Description of work

This work package (WP) identifies programmes currently implemented in Europe, summarizes the evidence base supporting currently implemented programmes, appraises the evidence and outcomes, and describes best practices for promotion and prevention in mental health for older people, implemented through home based initiatives or in the community.

Each programme will be coded and described according to the guidelines developed in WP1 and inputted in the Internet system. Special focus will be given to capture the research methodology, the quality of the studies and their quantitative and qualitative outcomes. The guidelines developed to appraise evidence will be applied to identify best practice.

A paper summarizing the evidence for will be undertaken to inform the report of this WP, outlining the best type of programmes, their evidence, types of outcomes expected and analysing the situation across European countries in terms of available evidence based programmes and non-evidence based, but implemented and sustained practices. This will be based on the systematic review undertaken for the WP. Where possible, and in co-ordination with WP9, quantitative outcomes will be translated into effect sizes and meta-analytical techniques will be applied to calculate main pooled effects depending on the heterogeneity of the findings.

Deliverables

- D9. Description and input of gathered prevention and promotion programmes for elder populations in database and appraisal of best practice
- D10. Evidence synthesis and report on evidence and outcomes for prevention and promotion programmes for elder populations

WORK PACKAGE 6: Cost-effectiveness and economic outcomes of home based, school, workplace programmes and programmes for elder populations

Work Package Leader: The London School of Economics and Political Science, London, United Kingdom

Objectives

- Engagement of stakeholders across countries through European partner networks and participants
- Updating systematic review of evidence on the cost effectiveness of promotion and prevention interventions previously undertaken by the Mental Health Economics European Network
- Using information identified on effective interventions identified in WPs 2-5 to estimate the human and material resources required to deliver interventions
- To build a series of decision analytical models to determine the potential cost effectiveness of interventions in high, medium and low resourced countries in the EU, with threshold analysis to identify the number of individuals to be reached and events avoided and/or good health promoted for interventions to be cost effective
- Systematic coding of cost effectiveness and economic outcomes (using coding tool WP1)
- Description of cost-effectiveness and economic outcomes and input in internet database (specified in WP1)
- Development of a publication on the process and findings (e.g., systematic review, meta-analysis)

Description of work

This work package is focusing on identifying cost effectiveness and social and economic outcomes in the identified programmes in WPs 2-5. A special focus on cost-effectiveness and economic outcomes is chosen since these are important elements in choosing which programmes to implement and economic outcomes can feed into decisions about which strategies to support when promoting a viable, socially responsible and productive Europe as envisaged by the Lisbon strategy.

It is hypothesised, based on previous work undertaken by the DG SANCO co-financed European Network for Mental Health Economics (MHEEN), that the amount of information previously reported on the cost effectiveness of interventions will be limited. Thus it will be crucial to consider how to ascertain the costs and potential economic benefits associated with interventions identified in the other work packages. Information on the resources required to implement interventions will be collected in each of WPs 2-5. This will include not only the immediate costs of delivering an intervention in terms of personnel and equipment, but in the absence of appropriately trained personnel, it will also consider the costs required in order to deliver trained personnel for programmes.

In addition to a synthesis of available information on the cost effectiveness of interventions the potential cost effectiveness of key interventions identified by the other work packages will be estimated. While it will be impossible to estimate individual cost effectiveness ratios for all countries, an aid to decision makers will give the relative costs and resource requirements, estimated for three different groups of EU countries (high, medium and low resourced countries). The clustering of countries will be determined on the basis of purchasing parity adjusted national accounts.

Information will be input into the project Internet database information system. In addition to reporting and estimating cost effectiveness special focus will be given to the practical challenges in undertaking economic evaluation in this area; innovative methodological approaches such as the evaluation of fiscal instruments will be discussed, as will the quality of current economic analyses in this area, and their quantitative outcomes.

Deliverables

- D11. Updated systematic review, augmented by information gathered in WPs 2-5 on the potential cost effectiveness MHP and MDP programmes identified in WPs 2-5

D12. Description and input of costs effectiveness analyses and economic outcomes of gathered programmes identified in WPs 2-5

D 13. Report on practical and methodological challenges of economic evaluation of MHP and MDP interventions, including estimation of the human and material investments required to deliver interventions, and use of decision analytical modelling to consider the potential cost effectiveness of a range of interventions in different settings and in countries with different levels of resources; thresholds for cost effectiveness will be estimated.

WORK PACKAGE 7: Dissemination and cross-fertilization: Networks' and Countries' knowledge management and dissemination

Work Package Leader: IMHPA (European Network for Mental Health Promotion and Mental Disorder Prevention), Barcelona, Spain

Objectives

- Engagement of European networks listed in WPs 2-6 to identify country partners
- Country focal points to engage identified country partners
- Identification of grey literature and programmes of the topics of WPs 2-5 currently implemented in European countries by the country partners of the above European networks coordinated by country focal point
- Review of existing European and country based guidelines and recommendations for promotion and prevention in mental health for the topics of WPs 2-6
- Creation of a dissemination list serve
- Active dissemination of WP 8 and the project's deliverables

Description of work

Through the partners of the 30 countries of the existing IMHPA network this work package will identify the grey literature and programmes of the topics of WPs 2-5 currently implemented in European countries. It will develop a critical mass at the country level and will also disseminate the deliverables and outcomes of the project through European and country based networks.

Using criteria developed in WP1, the IMHPA partners will collect the grey literature and descriptions and reports of the implemented programmes. Use will be made of the European conference (WP8) to stimulate and advance this activity.

All of the European networks listed in WPs 2-6 and their country focal points will be engaged in the active dissemination of the deliverables of the project.

Deliverables

D14. Database of country focal points to identify grey literature and implemented programmes (supports deliverables D3 through to D12)

D15. List serve at European, country, regional and local levels to disseminate findings

WORK PACKAGE 8: European Conference

Work Package Leader: Charles University, Prague, Czech Republic

Objectives

To convene a European conference on promotion and prevention in mental health to:

- identify and engage relevant stakeholders at European and country levels;
- share existing knowledge and experience in promotion and prevention in mental health;
- create a critical mass at the European and country level on prevention and promotion in mental health, and,
- motivate the active involvement of European and country based stakeholders in the project, the identification of grey literature and currently implemented programmes, and to prepare stakeholders for the active dissemination of the deliverables of the project.

Description of work

A European scientific conference on mental health promotion and mental disorder prevention will be convened during the early stages of year two of the project to motivate the involvement and engagement of European and country based stakeholders in the identification of available programmes and evidence, and to engage support for the implementation, dissemination and success of the project. The European conference would follow approximately two years after the last European conference on mental health promotion and prevention (Barcelona, September 2007).

It is planned to convene a conference of over 300 participants with active representation of relevant European networks and organizations and country representation of up to 10 delegates representing the European and other country based networks and organizations involved in the project. The delegates should include policy makers, fund givers, researchers and programme implementers working in promoting and prevention in mental health, as well as other relevant sectors and disciplines. The conference will serve as a further search strategy for identification of interventions implemented in Europe and for discussion about evidence appraisal and implementation essentials.

The planned outcomes of the conference will include engaged and motivated stakeholders, active and co-ordinated partnerships at the European and country levels, enhanced knowledge and experience, and the creation of stakeholders and a list serve for the active dissemination of the deliverables of the project.

Deliverables

D16. European conference on promotion and prevention in mental health to engage European and country based stakeholders

WORK PACKAGE 9: Guideline development and capacity building

Work Package Leader: Radboud University Nijmegen, Nijmegen, the Netherlands

Objectives

- Development of guidelines and recommendations for policy makers, fund givers, researchers, and programme implementers
- Based on the outcome indicators delivered in WPs 1-6, calculation of effect sizes and application of meta-analytical techniques to calculate main pooled effects depending on the heterogeneity of the findings.
- Delivery of one train the trainers course to build capacity in decision making to 30 people

Description of work

This work package will appraise and bring together the material and deliverables of WPs 1-6 to prepare guidelines and recommendations for policy makers, fund givers, researchers, and programme implementers. Based on the guidelines and recommendations a train the trainers' course will be developed and delivered to 30 European stakeholders help build capacity in decision making for programme identification and delivery.

Much of this work of WPs 2-6 will be technical, and not always accessible or easily understandable for a wide range of policy makers, fund givers, researches and programme implementers. The aim of this WP, in collaboration with the WP leaders of WPs 2-6, will be to translate the deliverables of WPs 2-6 into easily accessible and understandable language, with straightforward recommendations and guidance for decision making implementation of programmes for prevention and promotion in mental health for infants, children and adolescents, adults, and elder populations across settings on: Where possible, to make results understandable, effect sizes will be calculated and meta-analytical techniques applied to calculate main pooled effects (depending on the heterogeneity of the findings). Pooled effects will be translated into percentages and other indicators that make sense to policy makers and might support decision making processes.

Based on the recommendations and guidance, a two day training programme will be set up and delivered for one person from each of the partner countries, who can act as a subsequent trainer in their country. The training programme will be participatory and skills based, covering the topic areas covered in the recommendations and guidance, and aimed to build capacity in decision making for implementation based on evidence. It will address topics like:

- How to interpret and appraise published and grey literature and currently implemented programmes;
- How to interpret economic outcomes and cost-effective analyses;
- How to determine and chose good practice; and,
- How to appraise and consider the transferability of programmes from other European or non-European countries.

Deliverables

D17. Recommendations and guidance book for policy makers, fund givers, researchers and programme implementers

D18. Train the trainers programme and course based on recommendations and guidance

WORK PACKAGE 10: Management

Work Package Leader: Radboud University Nijmegen, Nijmegen, the Netherlands

Objectives

- To create and sustain communication within the steering committee of the project
- To ensure that the project proceeds according to the project plan and timetable (milestones), WP objectives and deliverables
- To identify any implementation and communication problems and resolve these
- To produce financial reports and to ensure that the project remains within budget
- To manage the quality of project outputs
- To ensure communication between project partners, European Commission, and other relevant stakeholders
- To produce interim progress reports
- To produce the final project report

Description of work

This work package (WP) will involve all work package leaders and participants and will oversee the management and coordination of the whole project. The WP will include:

- General management and communication within the project through the creation and co-ordination of the steering committee which will be composed by all WP leaders and high level experts; ensuring and participating in the communication between and within WPs; ensuring the quality of the project products; ensuring co-ordinated communication between all participants; ensuring that project deliverables and other appropriate documents are properly delivered; managing the funding of the project; reporting regularly as required to the Commission

Deliverables

D19. 1st technical and financial report

D20. 2nd technical and financial report

D21. Final technical and financial report