

## edupression.com® Psychoeducation

### INSTRUCTION MANUAL

This instruction manual will help you to use edupression.com® properly. Therefore, please read this document carefully and follow the instructions contained therein as closely as possible. If you have any questions, the edupression.com® team is available to answer them in the supported forums or via the e-mail address [kontakt@edupression.com](mailto:kontakt@edupression.com) during normal business hours.

### INTENDED USE

The online-based psychoeducation for unipolar depressive patients developed by edupression.com® is based on the goal-oriented and structured communication of preventive and illness-relevant information to patients with unipolar depression, combined with psychotherapeutic effective factors, which are largely derived from elements of cognitive behavioral therapy, with the aim of

- the reduction of depressive symptoms,
- the improvement of the course of disease in depressive patients,
- of improving the functional level of depressed patients,
- the improvement of treatment adherence,
- of improving remission rates of depressed patients,
- the reduction of the risk of relapse in mildly to moderately ill depressed patients,
- preventive effects in people with low symptom severity.

The term psychoeducation covers systematic, didactic-psychotherapeutic measures that are suitable for informing patients and their relatives about the disease and its treatment, for promoting an understanding of the disease and a self-responsible approach to dealing with it, and for supporting them in coping with the disease.

Psychoeducation includes the following elements:

1. education about diagnosis and treatment principles.
2. providing disorder-related information (e.g., appropriate disorder model).
3. imparting therapy-relevant information (e.g., therapy methods, mechanisms of action, opportunities and risks),
4. teaching compensatory skills for specific problem-related deficits (e.g., social skills),
5. supporting the patient in developing general self-management and coping skills (e.g., problem-solving strategies for dealing with relapses),

especially to promote participatory decision-making in the therapist-patient relationship. This typically includes elements from Cognitive Behavioral Therapy (CBT), also known as Cognitive Therapy.

### FUNCTION

edupression.com® Psychoeducation offers help to people suffering from unipolar depression by informing them about diagnosis and treatment principles, providing therapy-relevant information (e.g., therapy methods, mechanisms of action, opportunities and risks), compensatory skills for specific, problem-related deficits (e.g., social skills), and supporting the patient in developing general self-management and coping skills (e.g., problem-solving strategies for dealing with relapses). This typically includes elements from cognitive behavioral therapy.

The therapy contents are repeated in a playful manner and are thus internalized. To ensure the safety of the patients, technical safety precautions are in place (e.g., in the case of suicidal thoughts, a warning is sent with a request to seek help) and professionally trained contact persons are available in the supervised forums. In addition, the patient has the possibility to do the program together with a depression specialist (doctors, psychologists, psychotherapists).

The edupression.com® psychoeducation is ideally applied with the edupression.com® mood chart.

### CONDITION OF USE

You need a computer, a laptop, a smartphone or a tablet PC with Internet access as well as a browser in a current version (Google Chrome, Mozilla Firefox, Internet Explorer/Edge or Safari). Furthermore, you need an e-mail address. Special computer skills are not required.

Language skills in German or English are required.

### AERA OF APPLICATION

edupression.com® Psychoeducation is suitable for all unipolar depressive disorders without psychotic symptoms, as well as for depressive moods that are below the diagnostic threshold of a depressive episode.

### CONTRAINDICATION



edupression.com® psychoeducation is not suitable for patients with bipolar depression, or patients with psychotic symptoms or suicidal ideation.

### METHOD AND DURATION OF APPLICATION

Access to edupression.com® is possible via a code to be entered during registration. The period of use per code covers the prescription period from initial registration.

During this period, users are given access to the Activity Feed (Home). Personalized therapy sessions are played out via this feed. Many playful elements (videos, quizzes, ...) and e-mails

encourage users to actively engage with the information and exercises and to integrate them into their everyday lives.

### NOTES

A medical examination should always be carried out at the beginning of treatment for unipolar depressive disorder in order to exclude physical causes (e.g. thyroid disease). Any change in existing medication and/or treatment should not be made without consulting your doctor/psychotherapist. Furthermore, we recommend contacting your doctor or your therapist if your mood and condition do not improve for a longer period of time (several days/weeks) or if they even worsen acutely.

Suicidal thoughts or thoughts of harming yourself can occur as a symptom of depression. If you experience these thoughts acutely, we strongly recommend that you consult your doctor or psychotherapist, or the nearest hospital.

SOFY GmbH recommends the use of the edupression.com® Psychoeducation in consultation with the treating doctor, psychotherapist or psychologist. (These three professional groups are often simplified at edupression.com® as "depression specialists").

### FREQUENCY OF USE

Experience shows that edupression.com® should ideally be used 4-5 times a week for 10-15 minutes each time.

### MINIMUM AGE

edupression.com® Psychoeducation is suitable for patients aged 18 and over.

### SIDE EFFECTS

Not all patients may be able to benefit from program use. This can potentially cause feelings of disappointment.

You may find that dealing with upsetting issues is stressful for you. If dealing with the program is too stressful for you, you should take a break, stop using the program and talk to your doctor/psychotherapist about it.

Not every exercise is equally suitable for every patient. If an exercise causes you difficulty, feels uncomfortable or affects you, do not continue to do that exercise. Consult your doctor/psychotherapist if necessary.

If any side effects occur in connection with the use of edupression.com®, report them immediately to your doctor or psychotherapist or contact us by e-mail at [kontakt@edupression.com](mailto:kontakt@edupression.com).

You can find further contact options on the edupression.com® homepage responsible for your country.

## INTERACTIONS

We are not aware of any side effects.

## EMERGENCY INFORMATION

In case of emergencies (e.g., crises, suicide risk), contact your attending physician/psychotherapist, or a hospital in your area immediately. Alternatively, please dial the emergency numbers applicable to your country.

## MANUFACTURER



SOFY GmbH, Inkustrasse 1 – 7, 3400 Klosterneuburg, Austria

## STATE OF THE SOFTWARE

For the current software version of edupression.com® Psychoeducation, please refer to the imprint of the edupression.com homepage.

## STATE OF INFORMATION

18.10.2021

## FURTHER INFORMATION

For further questions, please contact us by e-mail [kontakt@edupression.com](mailto:kontakt@edupression.com).

