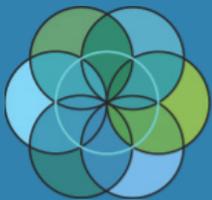


Online Therapy Unit

The Online Therapy Unit is led by Dr. Heather Hadjistavropoulos from the University of Regina and makes use of online therapy programs that were initially developed in Australia.

The Online Therapy Unit allows trained therapists or guides to provide Internet-delivered Cognitive Behaviour Therapy to individuals who have difficulties with depression, generalized anxiety, and other health conditions. The Unit provides education and training to diverse registered health professionals and students and conducts research on how to best deliver ICBT.



this issue

Director Message P.1
Greetings From the Saskatchewan Health Authority P.2
Visitors to the Online Therapy Unit P.2
Alcohol Misuse Review P.3
Stakeholder Interviews P.3
Pilot Study with Co-Operators Completed P.3
Presentations P.4
Farm Credit Canada: It All Started with a Tweet P.5
Anxiety Treatment For Children Through Online Education P.6
Self-Compassion Online – Preventing Depression P.6
New Findings P.7
New Members of our Team P.8
Presentations July - December 2018 P.8
Publications July - December 2018 P.8

DIRECTOR MESSAGE

Happy holidays everyone! We hope this newsletter finds you warm and comfortable. The last 6 months have gone by in a blur. We are excited to share with you the most recent adventures of the Online Therapy Unit. As you will see, we have made a lot of progress on various projects and have highlighted some of our recent presentations and research studies.

We are excited to announce that we have completed recruitment of participants for phase one of the CIHR project **“Advancing Mental Health Care by Improving the Delivery of Therapist-guided, Internet-delivered Cognitive Behavioural Therapy in Clinical Practice”**. In this phase of the project, we were examining the costs and benefits of offering personalized therapist support. All clients that took part in this trial have now finished the treatment and will be followed over the next year. We are hoping this study will help us to gain more insight into how we can effectively support clients as they work through the course.

Our team has grown and changed again since our last newsletter. We are happy to welcome back Heather Davidson, who was previously part of our team as a Social Work practicum student. She is now returning to

our team as a fully qualified Social Worker. We are also excited to welcome Christopher Sundström, who will be joining us as a Post-Doctoral Fellow in the New Year. In addition to the new team members on site in the Online Therapy Unit, The Saskatchewan Health Authority Online Therapy Team welcomed three new online therapy clinicians: Kimberly Bell, Annette Kapell and Bobbi Gelsinger. We also want to acknowledge the great work Dr. Katherine Owens is doing in promoting online therapy in Saskatchewan. Working with the Saskatchewan Health Authority, we are improving access to mental health care for residents of Saskatchewan.

We hope you enjoy the newsletter and would like to thank everyone for their ongoing support of the Unit and all the work that is being done. We wish you all the best in the New Year and a happy holiday season from the Online Therapy Unit team.

Warm wishes for 2019.

Heather Hadjistavropoulos, Ph.D.
Director, Online Therapy Unit

and

Marcie Nugent, MSW
Coordinator, Online Therapy Unit

GREETINGS FROM THE SASKATCHEWAN HEALTH AUTHORITY

Things continue to run smoothly with the Saskatchewan Health Authority's Online Therapy Team over at the Regina Mental Health Clinic. We continue to work with clients online and to promote the program province-wide.

There are currently 3 full-time clinicians and a Clinical Director working with the Online Therapy Team in our new team! We welcomed Bobbi Gelsing this month, a social worker who comes to us from the Community Outreach and Support Team. She has loads of experience working with clients with anxiety and depression. Our fourth member, Kristin Wilkie, will be joining us April 1st, 2019.

Early in November, we set up a promotions booth at the Saskatchewan Medical Association's Representative Assembly to provide information about the Online Therapy Unit services. All the doctors we spoke to expressed significant interest in the program. Several have gotten in touch with us since and we continue to send mail outs with posters and wallet cards to doctors province-wide.

On January 30th, 2019, we will be setting up another booth at the Conexus Art Center for the 'More Joy' fundraising event for the



Canadian Mental Health Club. Journey to Joy author, Christalee Froese, will be speaking along with psychologists, counselors, and life coaches. There will be meditation sessions and an anxiety survival kit. There are still tickets available if you or anyone you know may be interested in attending.

From all of us at the Saskatchewan Health Authority Online Therapy Team, we wish everyone a Merry Christmas and a joyful New Year.

VISITORS TO THE ONLINE THERAPY UNIT

In September, we were treated to a visit from Dr. Christopher Sundström, from Centre for Addiction and Mental Health in Toronto, and Dr. Matthew Keough from University of Manitoba to discuss Internet-delivered cognitive behaviour therapy (ICBT) for alcohol misuse. The Online Therapy Unit has been conducting a literature review of internet-delivered cognitive behaviour therapy for alcohol misuse problems. We invited our guests to share their knowledge of and research on this exciting topic.

Dr. Christopher Sundström is a clinical psychologist and has authored several papers on ICBT that aim to reduce alcohol consumption.



Dr. Matthew Keough is a clinical psychologist and researcher who has recently initiated research on studying an ICBT for alcohol misuse and mental health in young adults.

Clients describe a number of benefits to our online therapy courses:

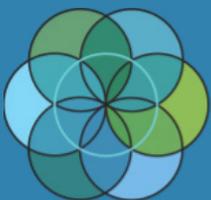
There is no cost

You can keep the material

Read course material at your convenience

Work on the course in the privacy of your own home

No travel or in person meetings required



ALCOHOL MISUSE REVIEW

We recently conducted a systematic review to examine the effectiveness of several ICBT interventions in managing alcohol misuse behaviours. In our review, we compiled the results of 29 studies to see which Internet-delivered cognitive behaviour therapy (ICBT) interventions for alcohol misuse had the largest effects. Effect sizes were calculated for each outcome: number of drinks per week, Alcohol Use Disorder Identification Test (AUDIT) scores, and abstinence. Small reductions in number of drinks per week were seen among self-directed programs. Interventions including guidance resulted in moderate to large reductions. No significant

effects were seen among studies evaluating abstinence-based outcomes. Results revealed that the ICBT programs with the largest effects tended to include guidance, exclude individuals with comorbid severe mental health issues or drug use, and assess individual's weekly alcohol consumption as an outcome measure. The review indicated that ICBT has a significant effect in reducing alcohol misuse behaviours. Larger studies evaluating ICBT compared to active control groups or ICBT in routine clinics are warranted. We look forward to using this information to develop and deliver an ICBT course for alcohol misuse in the future.

STAKEHOLDER INTERVIEWS

The Online Therapy Unit is exploring the development of an online program to support people who are experiencing problems related to alcohol use. Before proceeding with this work, we are conducting interviews with various stakeholders across Saskatchewan, including academic researchers, policy makers, consumer advocates, service providers and front line managers. From these interviews, we hope to better understand perceptions of Internet-delivered cognitive behaviour therapy (ICBT) for alcohol misuse but also potential barriers and facilitators to implementation. Stay tuned to hear more!



PILOT STUDY WITH CO-OPERATORS COMPLETED

The Online Therapy Unit is excited to share that we recently completed a pilot study in partnership with the Co-operators Insurance. The Online Therapy Unit was approached by the Co-operators in 2017 about the prospect of conducting a pilot study of the Wellbeing Course with their employees, who self-identify as having problems with anxiety and/or depression. Participants were referred to the Wellbeing Course by the Co-operators between September 7, 2017 and May 30, 2018. In total, 21 Co-operators employees were accepted into treatment.

In the Co-operators pilot study, participants

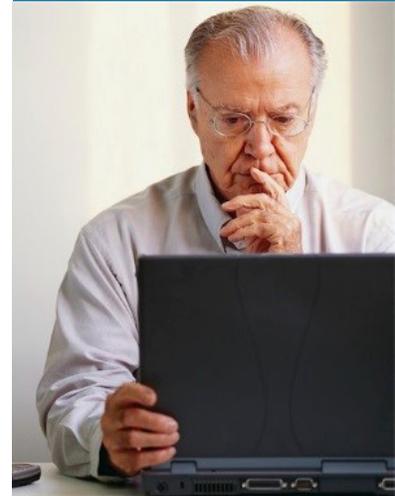
ranged in age from 28 to 65 and the majority were caucasian, married, and had at least some university education. Over 55% reported living in small cities or rural areas. Over 70% of participants were on short- or long-term disability. Participants who enrolled in the Co-operators pilot study had significant levels of depression and anxiety, with 67% reporting severe symptoms of depression and/or anxiety at the time of enrollment, and the remainder reporting moderately severe symptoms. Co-operators participants, on average, had a higher level of symptom severity than past clients who have completed the Wellbeing Course via the Online Therapy Unit. In terms of

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videos on our website:
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engagement, 71.4% of participants completed four of the five core lessons. Also on average, participants emailed their therapist 3.71 times during treatment and benefited from 9.9 emails and 1.29 phone calls from their therapist. Among those who completed the follow-up questionnaires, we saw a 35% reduction in depression, 35% reduction in anxiety, 42% reduction in panic symptoms, 37% reduction in psychological distress, and a 37% reduction in disability symptoms.

Consistent with previous Online Therapy Unit clients, participants who completed the post-treatment questionnaires reported high satisfaction with treatment; 94% reported they would recommend the Wellbeing Course to a friend and felt the course was worth their time. Qualitative feedback from participants indicated the most helpful skills taught by the Wellbeing Course were controlled breathing, activity planning, thought challenging, and exposure/step-ladder development. Participants also reported they liked the Do It Yourself Guides and examples from previous participants. In terms of areas for improvement, participants suggested changes could be made to the



questionnaires (e.g., more response options), lessons (e.g., limiting yellow/green fonts, including more stories), and timing (e.g., less time pressure). Unit eTherapist, Kelly Adlam, who worked with Co-operators participants, described high satisfaction in working with these clients. She also shared that, in addition to the core lessons, the following resources were of benefit to many participants: managing panic and strong physical symptoms, managing beliefs, communication, and assertiveness. Some additional topics were identified as being of potential interest to participants, including managing relational conflict, grief, and separation/divorce.

PRESENTATIONS

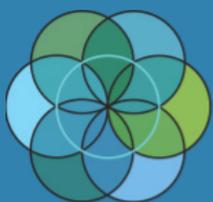
ARTHRITIS SYMPOSIUM - In early November, Dr. Swati Mehta and Giuliano La Posta of the Online Therapy Unit presented at the “Pain—Relief is Within Reach” Arthritis symposium in Saskatoon. The symposium was for people living with, and affected by, arthritis. A wide variety of topics related to pain and symptom management were covered, and Swati and Giuliano were able to give a run-through of how Internet-delivered cognitive behaviour therapy (ICBT) can be a useful tool in addressing and managing symptoms for those suffering from arthritis. They presented on current and past research in chronic conditions, and provided a brief walk-through of the Chronic Conditions course offered by the Online Therapy Unit.



CMHA - In October, Nichole Faller of the Online Therapy Unit was invited to present her Master’s research on disclosure of a mental health condition in the workplace at the Canadian Mental Health Association national conference in Montreal. At the conference, Nichole was excited to present her research to a packed room of service providers from across Canada. There were several questions and comments following the presentation that demonstrated a need for more practical and applied research within the area of mental health in the workplace.



As of October 2018, 3486 people have enrolled in one of our online courses for treating anxiety and depression. On average we expect to treat approximately 1200 people per year.



At the conference, Nichole also had the opportunity to briefly meet and describe her research to the Federal Minister of Health, the Honourable Ginette Petitpas Taylor. For her Master's research, Nichole worked with the Co-operators to understand the experiences of those who had disclosed a mental health condition and those who had been disclosed to in the workplace. Using a grounded theory methodology and analysis, she evaluated 25 open-ended interviews that were conducted with leaders and employees of Co-operators. This analysis led to the discovery of a conceptual model that explained how eight interconnected codes/factors influenced perceptions of disclosure in the workplace. In turn, these perceptions impacted how the act of mental health disclosure was experienced by the discloser and the disclosed to. For instance, perceptions influenced how disclosure was performed, to whom, when it was disclosed, to how many people, and how it was reacted to. Research findings were then used by the Co-operators to develop educational campaigns aimed at improving mental health disclosure within employment settings.

SUNNYBROOK - Dr. Swati Mehta, the Online Therapy Unit's Post-Doctoral Research Fellow, met with St. John's Sunnybrook Health Sciences Centre team in Toronto to present on how access to Internet-delivered cognitive behaviour therapy (ICBT) can improve overall wellbeing as a patient journeys through the rehabilitation process. Individuals from chronic health populations experience significant levels of distress that can impact their ability to engage in activities of daily living. Unfortunately, access to mental health services is lacking due to a lack of resources, specialized training, and other barriers. While individuals wait to receive referrals to specialized mental health services, their wellbeing continues to deteriorate. Our pilot study among persons with spinal cord injury demonstrated the effectiveness of ICBT in improving anxiety, depression, and quality of life among those undergoing rehabilitation for chronic health conditions. The Online Therapy Unit continues to support this community through the *Chronic Health Conditions Course*, which provides individuals with chronic health conditions across Canada with the skills to manage their emotional well-being. Please visit our website: www.onlinetherapyuser.ca for more information on how to participate.



FARM CREDIT CANADA: IT ALL STARTED WITH A TWEET

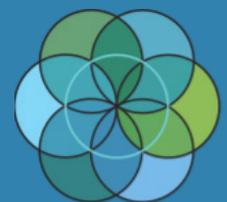
It all started with a tweet. Darren Howden, senior vice-president of prairie operations with Farm Credit Canada (FCC), saw a tweet from a prairie producer challenging industry leaders to do something to help with the mental health crisis in agriculture. Darren took that challenge seriously and straight to the heart of the industry leader for which he works. FCC created the Rooted In Strength campaign, to provide mental health support to Canadian agriculture producers. Cynthia Beck, a research assistant in the Online Therapy Unit, contributed to the campaign, bringing a voice that represented both producer and mental health support worker. The campaign includes a mental health publication mailed to every agriculture producer across Canada, a special edition on the RealAgriculture Radio show, and mental health tips videos being released monthly on the FCC website. To see the Rooted In Strength mental health publication or the mental health tips videos written by Cynthia, please visit www.fcc-fac.ca.



To participate in a course, visit:

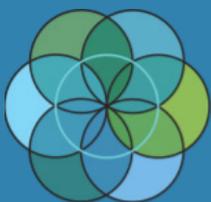
www.onlinetherapyuser.ca

1. Click Apply Now for the course you wish to enroll in and complete the online screening.
2. Take part in a telephone conversation with a Unit staff member to discuss if the course, or another treatment method, would best meet your needs at this time.





Current Online Therapy Partners



ANXIETY TREATMENT FOR CHILDREN THROUGH ONLINE EDUCATION

ACE is a free Internet-delivered cognitive behaviour therapy (ICBT) program for parents of children between the ages of 7 and 12 who experience anxiety. Through ACE, parents receive guidance and education on simple but effective techniques for helping their child to manage anxiety. ACE is a 9-week program consisting of 7 lessons designed to teach parents how to work with their children on their thoughts, behaviours, and physical symptoms of anxiety. As parents work through the program, they are able to communicate on a weekly basis with an online coach, who can answer their questions and provide support. Coaches are Master's and PhD level students in clinical psychology working under the supervision of Dr. Lynn Loutzenhiser, a registered doctoral psychologist.

ACE is designed for parents who live in Saskatchewan, have regular access to the Internet, and have a child between the ages of 7 and 12 who experiences anxiety. This program is not recommended for children who have diagnoses of obsessive-



compulsive disorder, post-traumatic stress disorder, autism spectrum disorders, or oppositional defiant disorder. Parents interested in participating in ACE can visit <http://uregina.ca/~loutzlyn/Research.html>.

SELF-COMPASSION ONLINE – PREVENTING DEPRESSION (SCOPE)

Depression is a highly reoccurring disorder; the majority of depression patients experience multiple episodes in their life. Dr. Shadi Beshai (University of Regina), in collaboration with Online Therapy Unit Director Dr. Heather Hadjistavropoulos, received funding from the Saskatchewan Health Research Foundation for \$117,539 to examine whether a novel intervention can prevent future episodes of depression. The intervention relies on the concept of self-compassion, or the capacity to be aware of one's own suffering and the drive to lessen this suffering for one's self. Self-compassion is particularly low in people who are vulnerable to depression. The intervention is entirely online, and therefore, those who have completed the Wellbeing Course (Online Therapy Unit) are eligible to participate.

Recruitment for the 18-months long **Self-Compassion Online - Preventing DEpression Trial (SCOPE Trial)** will commence in February 2019.



NEW FINDINGS

Internet-delivered cognitive behaviour therapy in routine care: A descriptive analysis of successful clinics in five countries

Titov, N., Dear, B., Nielssen, O., Staples, L., Hadjistavropoulos, H. D., Nugent, M., Adlam, K., Nordgreen, T., Hogstad Bruvik, K., Hovland, A., Repal, A., Mathiasen, K, Kraepelien, M., Blom, K., Svanborg, C., Lindefors, N., & Kaldo, K.

Clinical trials have demonstrated the efficacy of Internet-delivered cognitive behaviour therapy (ICBT) for anxiety and depression. However, relatively little is known about the context, operations, and outcomes of ICBT when administered as part of routine care. This newly published research article, with contributors from the Online Therapy Unit, describes the setting, relationship to existing health services, procedures for referral, assessment, treatment, patients, and outcomes of ICBT clinics in Sweden, Denmark, Norway, Australia, and Canada.

All clinics, including Canada's Online Therapy Unit, provide services for free or low cost and have systems to monitor quality of care, patient safety, therapist performance, and data security. All clinics perform initial assessments by clinicians and 10-20 minutes of therapist support each week. Published outcomes all demonstrate large clinical improvement, low rates of deterioration, and high levels of patient satisfaction with ICBT. Services requiring face-to-face assessments treat less people and have fewer people accessing services from remote locations.

This paper shows that therapist-guided ICBT is a valuable mental health service for anxiety and depression. Important components of successful ICBT services are rigorous governance to maintain a high standard of clinical care, as well as, measuring and reporting of outcomes.

Who benefits most from therapist-assisted Internet-delivered cognitive behaviour therapy in clinical practice? Predictors of symptom change and drop out

Edmonds, M., Hadjistavropoulos, H. D., Schneider, L., H., Dear, B., & Titov, N.

While Internet-delivered cognitive behaviour therapy (ICBT) is effective for treating anxiety and depression, some participants in the course drop out and do not experience benefit. Predictors of what leads to dropout remain unclear, showing potential benefit for a larger

community based sample using advanced statistics. In this study, researchers from the Online Therapy Unit sought to identify predictors of dropout and symptom change in a large community sample of 1201 individuals, who received therapist-assisted transdiagnostic ICBT for depression and/or anxiety. Dropout was assessed and showed that those who fully completed all lessons were older and endorsed lower psychological distress at intake than those who partially completed the lessons. High symptom scores prior to the lessons were predictive of greater symptom improvement. Symptom improvements were greater among those who were off work on disability.

Effectiveness, acceptability, and feasibility of an Internet-delivered cognitive behavioural pain management program in a routine online therapy clinic in Canada

Hadjistavropoulos, H. D., Schneider, L. H., Hadjistavropoulos, T., Dear, B., Titov, N.

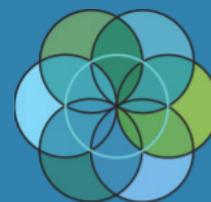
Access to face-to-face cognitive behavioral pain management programs is very limited. Internet-delivered cognitive behavioral pain management has potential to improve client access to care but is not readily available in Canada. This paper, by members of the Online Therapy Unit, explored the effectiveness, acceptability, and feasibility of a previously validated Internet-delivered cognitive behavioral pain management program, the Pain Course. The five-lesson course was delivered over 8 weeks and was accompanied by brief weekly contact from a coach via telephone calls and secure online messages. Effectiveness was assessed by examining symptom measures at pretreatment, posttreatment, and 3-month follow-up. Completion rates and satisfaction ratings were used to examine acceptability. Feasibility was assessed by examining time required for service delivery. Results were highly comparable to past studies of the Pain Course, showing improvements on primary measures of disability, depression, and anxiety at posttreatment that were maintained at follow-up. Completion rates and course satisfaction ratings were high. The findings add to existing literature on the Pain Course by demonstrating for the first time the effectiveness, acceptability, and feasibility of Internet-delivered cognitive behavioral pain management programs for adults with chronic pain in a routine online therapy clinic.



Is Online Therapy for You?

- Are you 18 years of age or older?
- Do you have Internet access?
- Do you feel comfortable using the Internet and writing emails?
- Do you have access to a computer and printer in a space where you could work on the Course online?
- Do you have symptoms of anxiety and/or depression?

If you answered "Yes" to all of the above questions, then you may qualify to participate in an Online Therapy Course.





NEW MEMBERS OF OUR TEAM



Kirsten Gullickson

Research Associate

Kirsten Gullickson joined the Online Therapy Unit team as a Research Associate in September 2018 and has since been contributing to a number of qualitative and quantitative research projects. Kirsten previously worked under Dr. Hadjistavropoulos when she was completing her honours thesis at the University of Regina. She is currently a 6th year PhD Student in Clinical Psychology at the University of New Brunswick. She moved home to Regina to be closer to family while she works on finishing her dissertation. Next year, she intends to complete her pre-doctoral internship with a focus on health and rehabilitation.



Dr. Christopher Sundström

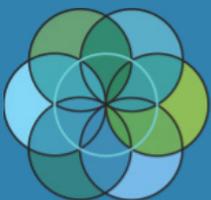
Post-Doctoral Fellow

We are very excited to welcome Dr. Christopher Sundström as a post-doctoral fellow beginning in January of 2019. Christopher received his PhD in Clinical Psychology from the Karolinska Institutet, where his dissertation focused on developing an internet therapy program for individuals with alcohol problems. He has recently been completing a post-doctoral fellowship at the Centre for Addiction and Mental Health in Toronto. Christopher visited the University of Regina in September to discuss research collaboration and to present some of his research findings. Subsequently, he decided the Online Therapy Unit would be a good place for him to continue pursuing his research interests. Christopher will be integrally involved in the development and evaluation of the Online Therapy Unit's new alcohol misuse program.

Total Direct
Funding
Received by the
Online Therapy
Unit to 2021:

\$ 3,728,030.50

Thank you to
our supporters!



PRESENTATIONS

July - December 2018

Hadjistavropoulos, H. D. (2018, November 29). *Patient and therapist research findings integrating internet-delivered cognitive behaviour therapy in Saskatchewan*. Karolinska Institutet, Stockholm Sweden

Hadjistavropoulos, H. D. (2018, November 30). *Introduction to severe health anxiety and internet-delivered cognitive behaviour therapy*. Karolinska Institutet, Stockholm Sweden

Hadjistavropoulos, H. D. (2018, November 7). *Exploring directions for ICBT in Saskatchewan: Should we address alcohol misuse and or sleep problems with ICBT?* Community Advisory Panel Presentation. University of Regina, Regina, SK.

Mehta, S., Hadjistavropoulos, H., La Posta, G. (2018, November 3). *Internet-Delivered Cognitive Behaviour Therapy for Persons with Chronic Health Conditions*. Arthritis Society Symposium. Saskatoon, SK.

Hadjistavropoulos, H. D. (2018, September 9). *Identifying how software technology could improve patient and clinician experiences with Internet-delivered cognitive behaviour therapy*. Presentation to Software Engineering Capstone students. University of Regina, Regina, SK.

Hadjistavropoulos, H. D. (2018 November). Experiences bridging the gap from research to practice of Internet-delivered cognitive behaviour therapy. In M. Westphal (Chair), *Bridging the gap between research and practice in clinical applications of digital technology*. Panel discussion 52nd annual convention of the Association for Behavioural and Cognitive Therapies, Washington, D.C.

Earis, D., Mehta, S., Hadjistavropoulos, H. D. (2018, November). *Patient perspectives of Internet-delivered cognitive behavioral therapy for psychosocial issues post-spinal cord injury*. *Archives of Physical Medicine and Rehabilitation*, 99(10), 101-102.

Peynenburg, V., Mehta, S., Hadjistavropoulos, H. D. (2018, November). *Internet-delivered cognitive behaviour therapy for chronic health conditions: A systematic review and meta-analysis*. *Archives of Physical Medicine and Rehabilitation*, 99(10), 118.

Mehta, S., & Hadjistavropoulos, H. D. (2018, August). *Guided Internet-delivered cognitive behaviour therapy for persons with SCI: A feasibility study*. The 3rd Joint Symposium of the International and National Neurotrauma Societies. Toronto, Canada.

PUBLICATIONS

July - December 2018

McCall, H., Helgadottir, F. D., Menzies, R. G., Hadjistavropoulos, H. D., & Chen, F. (in press). *An evaluation of community outcomes for a web-based social anxiety intervention*. *Journal of Medical Internet Research*

Soucy, J. N., Hadjistavropoulos, H.D., Pugh, N. E., Dear, B. F. D, & Titov, N. (in press). *What are clients asking their therapist during therapist-assisted Internet-delivered cognitive behaviour therapy? A content analysis of client questions*. *Behavioural and Cognitive Psychotherapy*

Mehta, S., Peynenburg, V., & Hadjistavropoulos, H. D. (2018). *Internet-delivered cognitive behaviour therapy for chronic health conditions: A systematic review and meta-analysis*. *Journal of Behavioral Medicine* <https://doi.org/10.1007/s10865-018-9984-x>

Frohlich, J. R., Rapinda, K. K., Schaub, M. P., Wenger, A., Baumgartner, C., Johnson, E. A., O'Conner, R. M., Vincent, N., Blankers., M., Ebert, D. D., Hadjistavropoulos, H. D., & Keough, M. T. (2018). *Testing the efficacy of an online self-help treatment for comorbid alcohol misuse and emotional problems in young adults: A randomized controlled trial*. *JMIR Research Protocols* 7(11): e11298. doi: 10.2196/11298.

Titov, N., Dear, B., Nielssen, O., Staples, L., Hadjistavropoulos, H. D., Nugent, M., Adlam, K., Nordgreen, T., Hogstad Bruvik, K., Hovland, A., Repal, A., Mathiasen, K, Kraepelien, M., Blom, K., Svanborg, C., Lindefors, N., & Kaldo, K. (2018). *ICBT in routine care: A descriptive analysis of successful clinics in five countries*. *Internet Interventions*, 13, 108-115. <https://doi.org/10.1016/j.invent.2018.07.006>



Our Values

Accessible Mental Health Care

Best practices

Coordinated care

Provider and student education

Research driven improvement

University community partnership

