

Jan/Feb 2024

Dear PCC NET members and interested individuals,

In this newsletter, Alana Fisher, based at Macquarie University in Australia, shares two decision aids for mental health conditions that she has developed and evaluated. Furthermore, two members, who have recently joined PCC NET, are introduced.

Kind regards,

Nadine and Ivo (on behalf of the PCC NET core team)

Two decision aids for mental health conditions

The Alcohol and Depression Decision Aid for Psychological Treatments (ADDAPT):

ADDAPT is downloadable decision aid designed to assist people with co-occurring depression and risky alcohol use to decide on dual-focused (both depression and alcohol use together) vs single-focused (either depression or alcohol use only) psychological treatments. It includes a combination of text and graphical information on the available options and their associated outcomes, as well as values clarification exercises.

A 2023 published open feasibility trial (n=24) found ADDAPT to be acceptable and non-anxiety provoking. After reading ADDAPT, participants overall felt well-prepared to make a decision, were knowledgeable about the available treatment options, reported low decisional conflict, and made an evidence-based treatment choice.

To access the decision aid:

<https://decisionaid.ohri.ca/AZsumm.php?ID=2051>

To read about the evaluation of the decision aid:

<https://www.emerald.com/insight/content/doi/10.1108/ADD-10-2022-0028/full/html>

The bipolar II disorder decision aid is a decision aid website designed to assist people with bipolar II disorder to decide on medication and adjunctive psychological treatment options for relapse prevention/ to maintain wellness. It includes a combination of text and graphical information on the available options and their associated outcomes, as well as interactive values clarification exercise and psycho-educational modules targeting young people with a recent diagnosis.

A 2020 published RCT (n=352) found that, compared to participants randomized to receive access to already available online information about bipolar II treatment options, participants randomized to receive access to the decision aid website were more knowledgeable about treatment, reported less decisional regret, felt better prepared to make a decision about treatment, and had lower decisional conflict. In addition, using the decision aid website was not associated with worse bipolar symptoms nor anxiety.

To access the decision aid:

<https://decisionaid.ohri.ca/AZsumm.php?ID=1934>

To read about the evaluation of the decision aid:

<https://link.springer.com/article/10.1186/s12888-020-02845-0>

Recently joined members



Mariela Murillo

I am a Professional with more than 20 years of experience in public and private health institutions. I have coordinated and led multidisciplinary work teams in health, with participatory methodology. Experience in health care, teaching and management experience in adult and pediatric, elderly, palliative care, mental health and psychiatry, with a systemic approach patient- and family-centred Experience and training in sales as well as customer care and service.



Marie-Anne Durand

is a Health Psychologist with a Doctoral Degree in Medicine and a longstanding interest in evidence-based public health and applied health services research. Over the past 15 years, she has developed research and evaluation expertise in communication in healthcare, health disparities research, clinical trials, and implementation science. She is a Inserm Public Health Researcher (CRCN) in France (INSERM, University Toulouse III Paul Sabatier). She is also Adjunct Associate Professor at the Dartmouth Institute for Health Policy and Clinical Practice, USA, Adjunct Scientist at Unisanté, a Primary Care Academic Center in Lausanne, Switzerland and a Consultant for EBSCO Health, USA. Her primary research interests lie in

intervention research on healthcare communication (including shared decision making), with a focus on socially disadvantaged populations, health disparities, health literacy, and implementation science.

Short notes

Save the date!

Our next online event is coming up! Dr. Anik Giguère is a professor in the Department of Family Medicine and Emergency Medicine at Université Laval in Canada. She is known for her expertise in healthcare knowledge translation and shared decisionmaking and will present on **Scaling up of shared decision-making through a novel collaborative platform**

When? **6th of March** 14:00 – 15:30 (Germany, CET)/10 – 11:30am (Chile)
Simultaneous translation to Spanish will be provided!

We thank Alana Fisher, Mariela Murillo and Marie-Anne Durand for the contribution to this newsletter and are looking forward to seeing you at our next online event!

Kind regards,

Ivo Engert, Dr. Nadine Lages, Prof. Dr. Paulina Bravo, Prof. Dr. Dr. Martin Härter, Constanza Quezada, Prof. Dr. Isabelle Scholl