



## **Guest Lecture**

**Prof. Dr. Annemieke van Straten**

**Wednesday, 20 May 2015, 4:15 to 5:45 PM**

University of Zurich, Department of Psychology  
Binzmühlestrasse 14, 8050 Zurich, Room BIN-0-K.02

### **Implementation of internet treatments: stepped care models**

The first part of this presentation will focus on Internet treatments. Questions that will be discussed are: what are internet treatments? Why do we need them and what are the advantages? Are these treatments effective? For which patient groups? How does this effectiveness compare to more traditional face-to-face therapy? The second part of the presentation will focus on 'stepped care' as a model of delivering mental health care. Many guidelines (e.g. NICE) embrace this stepped care model. Especially because it provides a framework to include low intensity (and Internet) treatments. But what does the evidence tell us about 'stepped care' delivery?

**Annemieke van Straten** is professor of Clinical Psychology at the VU University of Amsterdam. Her research focuses on decreasing the burden of common mental disorders (depression, anxiety and insomnia) in the population. More specifically her research focuses on (cost) effectiveness of low intensity treatments (self-help treatments, e-health, short face-to-face treatments) and on optimal ways of implementing those treatments in mental health care (stepped care, collaborative care). She has published more than 100 peer reviewed international papers. She also works as a clinician in primary mental health care.