



Name *HelloBetter Stress und Burnout*

Version 1.0

Manufacturer



HelloBetter is a brand of the
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Instructions for Use



Please read the instructions for use. These can be found in the [imprint](#) and can also be accessed at https://hellobetter.de/wp-content/uploads/2021/11/lfU_de_HelloBetter_Stress_und_Burnout.pdf.

Intended Purpose



HelloBetter Stress und Burnout is a medical device.

HelloBetter Stress und Burnout is a psychological online programme aimed at a sustained reduction of perceived stress in coping with life and work. Stress represents a risk factor for mental and physical diseases. With this online programme, perceived stress can provably be reduced and improvements in mental health (depression, anxiety, sleep, quality of life) and work-related health (emotional exhaustion, work commitment) can be obtained. The online course consists of seven units to be completed weekly as well as a booster unit scheduled four weeks after completing the course. Each unit takes about 45-60 minutes.

In addition to well-founded psychoeducation via texts, videos and audios, the online programme teaches effective strategies from cognitive behavioral therapy according to the status quo of scientific findings. These include problem-solving techniques, behavioural activation and emotion regulation strategies (in particular acceptance of negative feelings, self-support and relaxation). The exercises are learned in the online programme and can be integrated into everyday life. Goals are formulated in such a way that they are individual, realistic and achievable. In addition, there is an online journal, a companion app and recurring symptom checks to record, monitor and evaluate one's own progress.

The online programme has been developed over several years by leading experts in the field of e-mental health and has been extensively studied and found to be effective in multiple randomised controlled trials.

HelloBetter Stress und Burnout is designed for adults who meet the criteria of ICD-10 additional code Z73 (problems related to difficulties in coping with life).

Warnings



The *HelloBetter Stress und Burnout* online programme must not be used if suicidal tendencies, acute psychosis (ICD-10 F23) and/or dissociative disorder (ICD-10 F44) are present. In such cases, a medical and/or psychotherapeutic assessment should be obtained and the emergency number 112 should be contacted immediately in crisis situations.

Furthermore, *HelloBetter Stress und Burnout* may only be used with support. This is ensured by a specially trained psychologist in our team.