

Name *HelloBetter Depression Prävention*

Version 1.0

Manufacturer



HelloBetter is a registered trademark of
GET.ON Institut für Online Gesundheitstrainings GmbH
Schrammsweg 11
20249 Hamburg
<https://hellobetter.de>
kontakt@hellobetter.de
+49 (0)40 532 528 67

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CE label



Authorised representative for Switzerland

Freyr Life Sciences GmbH
Bahnhofplatz
CH-6300 Zug
Switzerland

Instructions for use



Please read the instructions for use. They can be accessed via
https://hellobetter.de/wp-content/uploads/2021/05/IfU_HelloBetter_DepressionPraevention.pdf.

Intended purpose



HelloBetter Depression Prävention is a medical device.

HelloBetter Depression Prävention is a psychological online programme aimed at the prevention and sustained reduction of depressive symptoms as well as improve health-related quality of life in people

with none or sub-threshold depressive symptoms. The online course consists of six units to be completed weekly, each lasting 45-60 minutes.

In addition to well-founded psychoeducation via text, videos and audios, the online programme teaches effective strategies from cognitive behavioral therapy according to the status quo of scientific findings. These include interactive exercises, problem-solving techniques, audio formats, and instructions for self-reflection. The exercises are learned within the course and can be integrated into daily life. Goals are formulated in such a way that they are individual, realistic and achievable. In addition, there is an online diary and recurring symptom checks to record, monitor and evaluate progress during the course.

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

HelloBetter Depression Prävention is intended for people with none or only sub-threshold depressive symptoms, who are interested in positively impacting their mental health.

Warnings



The online programme *HelloBetter Depression Prävention* must not be used if suicidal tendencies are present. In this case, participants should obtain a medical and/or psychotherapeutic assessment and in crisis situations immediately contact the emergency number 112.

The online programme aims to reduce depressive symptoms. It must be weighed up whether there are any objections to the programme from a medical point of view. Therefore, it is necessary to clarify with a general practitioner whether participation is safe before starting the programme.