Tackling depression with digital tools

Internet-based services can treat people with depression, improve access to therapy and raise the quality of care, according to an EU-funded project that has conducted the first large-scale trials of a novel blended treatment approach using standard therapy sessions combined with digital tools.

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Kategorien: IIS, IIS_Meldungen Autor: Karin Dening-Bratfisch E-Mail: dening@leuphana.de