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**implementing internet-based interventions for symptoms of depression and stress -  
results from a german routine care project**

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**Introduction:** In numerous randomised controlled trials, the Internet-based interventions *GET.ON Mood Enhancer* and *GET.ON Stress* have shown to be effective for reduction of symptoms of depression and stress. Whilst these interventions have demonstrated their positive effects in a highly controlled setting, it is unclear if the effects remain similar during implementation and how the interventions would be used.

**Aim:** The project “Promind” was initiated in September 2015 by a large German health insurance company to provide their insures with effective web-based interventions. *GET.ON Mood Enhancer* and *GET.ON Stress* are being implemented across Germany to reduce psychological symptoms.

**Methods:** Interested insures from the health insurance company BARMER are provided with the interventions free of charge. Depending on the type and severity of symptoms, participants are recommended one of the two interventions and receive either intensive guidance, adherence-focused guidance, or a self-guided version of the interventions.

**Results:** This project shows that widespread implementation of internet interventions is feasible. 66% of the 1618 participants are recommended with *GET.ON Stress* whilst 33% are recommended *GET.ON Mood Enhancer*. Considerably more participants (63%) receive the guided version, whilst fewer participants are recommended adherence-focused guidance (30%) or self-guidance (7%). Self-reported symptoms of depression and stress as well as sleeping problems were reduced for those who answered the post-training questionnaire. The results of the project in routine care with regard to demographics, usage, and effects will be presented and compared to the results of the randomised controlled trials.

**Discussion:** Although initiated as a prevention project, individuals with a relatively high symptom severity self-select into the interventions. Insights and plans for the future will be discussed.