

Effectiveness and public health impact of SELFIE, a transdiagnostic, blended ecological momentary intervention for improving self-esteem in young people exposed to childhood adversity: a hybrid effectiveness-implementation study in 6 European countries

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Background

- Most mental disorders first emerge in adolescence and contribute substantially to disease burden [1;2]
- Childhood adversity is one of the most pervasive transdiagnostic risk factors for various mental disorders [3;4]
- Selective interventions targeting the consequences of childhood adversity in young people offer an adjunct to primary prevention and may improve well-being, resilience, and mental health in this priority target population
- The EU consortium YOUTHreach investigates 3 interventions for promoting youth mental health

Aims

- **Translate, adapt, and implement** SELFIE with clinicians and young people in line with ethical/regulatory requirements in 6 European countries
- **Evaluate** RE-AIM (Reach, Effectiveness, Adoption, Implementation, Maintenance) in a multi-country RCT to determine the public health impact and sustainability of implementation

Methods I

Participants

- n = 448 young people (n = 64 each)

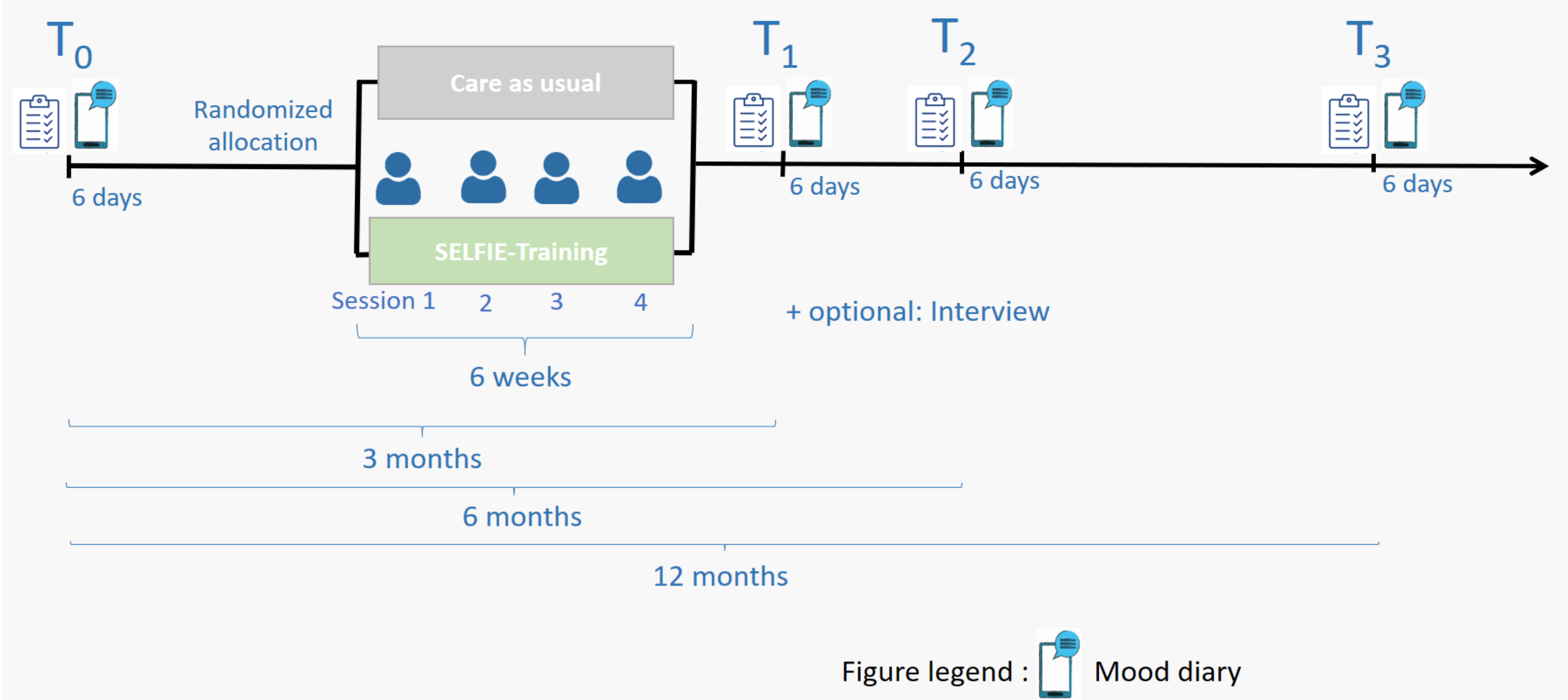
Inclusion criteria:

- Aged 14-25 years
- High psychological distress (Core-10, SCL-90R cutoff)
- Low self-esteem (RSES)
- Exposure to childhood adversity

Exclusion criteria:

- insufficient proficiency in the main country language
- organic mental disorder
- severe intellectual disability (ICD-10 F70–F79) or developmental disorder (ICD-10 F80–F89) impairing capacity to consent
- acute risk of harm to self or others

Study Design

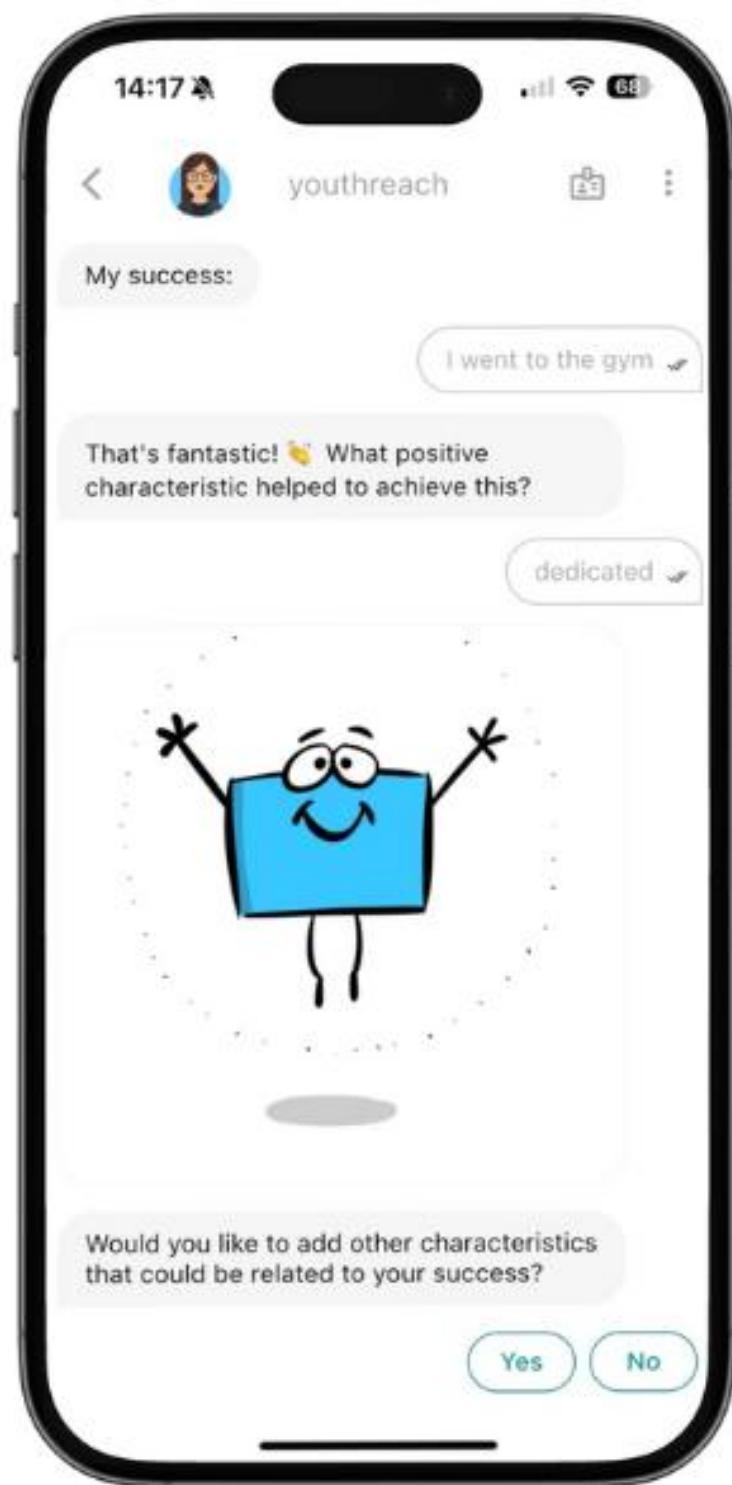


- Hybrid effectiveness-implementation study: Parallel-group, assessor- and analyst-blind, multi-country RCT
- Random allocation to the experimental condition (CAU + SELFIE) or Care-As-Usual (CAU)

Methods II

Intervention

- guided, smartphone-supported, CBT-based ecological momentary intervention (3 sessions + emails) designed to improve self-esteem and reduce psychopathology [5]



Measures

- General psychopathology (SCL-90R)
- Psychological distress (CORE-10), Depression (PHQ-9), Anxiety (GAD-7)
- Wellbeing (Mylife tracker; WEMWEBS), Self-esteem (RSES; SERS)
- Resilience (CD-RISC), Social functioning (WSAS), Quality of life (WHOqol-bref), Service attachment (SAQ)
- user-led/co-created outcome measure



Data analysis

- Primary hypothesis: General psychopathology (SCL-90-R) at 6-month follow-up will be lower in the experimental condition (SELFIE + CAU) compared to the control condition (CAU) tested with a linear regression model

Discussion

This effectiveness–implementation trial will determine whether integrating SELFIE into routine public mental health care across Europe yields superior outcomes and meaningful public health impact compared with care as usual.

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More information?



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