



THE AUSTRALIAN NATIONAL UNIVERSITY

MoodGYM & e-couch – The framework behind them

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MoodGYM – A brief history

Online CBT

Version 1 (2002?)

Built on a shopping trolley application!

Version 2 (2003)

Built using ASP

Version 3 (2008)

Built on e-couch framework



e-couch – A brief history

Depression mental health literacy, as well as CBT, IPT, exercise & relaxation toolkits

Completed in 2006 on custom developed framework

First live to users in 2007

GAD and SAD modules deployed 2009



The e-couch framework – Rationale

We keep doing similar things

- Research trials require that we modify/reuse and restructure the content
- MoodGYM, e-couch – different content, same execution

Specifications... that would be a luxury!

- In reality, need agility and flexibility

The specific nature of our developments don't fit traditional models/existing frameworks

The e-couch framework – Basic Principles

- Separate content from delivery
 - Wrap structure and program functionality/logic around content
- Identify repeated functionality, and abstract it
- Modular 'core' to tie content and structure/logic together and allow for sustainable development
 - Clear separation between 'base' and 'programs' (eg MoodGYM)
- Programs have the final say. Core functionality provided, but anything can be overridden or turned off
- Build in support for translation into other languages

The e-couch framework – Core components

- Central controller
 - 'Interprets' program structure
 - Enforces program rules
 - Renders the page
- Quiz engine
- Workbook engine
- User tracking (history) engine
- Group management
- Automated trial email systems

Has it been worth it?

Trials launched in the last 2 years:

- rid.net.nz
- wellbeing.anu.edu.au
- selfhelponline.nottingham.ac.uk
- selftherapyproject.anu.edu.au
- teams.anu.edu.au (in testing, deploy November 2009)
- ichill.anu.edu.au (in development, December 2009)
- E-couch extended with GAD and SAD streams, and Divorce/Loss and Bereavement/Separation streams nearly ready
- Small team, not tasked full time to these developments

Potential issues

- When all you have is a hammer....
- Some things may never pay themselves off
- Flexibility can add complexity
- It can take longer to train new developers

Conclusions

- A structured framework has been effective in delivering e-hub's trials and programs.
- One size does not fit all
- This is a specialised field - involve developers early and maintain a close relationship

Questions?



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