Project Overview

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on behalf of the IMPULSE team

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Introduction

• “Implementation of an effective and cost-effective intervention for patients with psychotic disorders in low and middle income countries in South Eastern Europe“ (IMPULSE)

• Sponsor: European Commission; Horizon 2020 programme
• Duration: April 2018 – March 2021
• Consortium: 9 partners from 6 countries
UK:
• Queen Mary University of London
• City University of London

Serbia:
• Faculty of Medicine, University of Belgrade
• NGO Prostor, Belgrade

Bosnia & Herzegovina:
• Clinical Center, University of Sarajevo
• NGO Menssana, Sarajevo

Montenegro:
• Clinical Center of Montenegro, Podgorica

North Macedonia:
• University Clinic of Psychiatry, Skopje

Kosovo:
• University of Prishtina
Why IMPULSE?

- In Europe 7 out of every 1000 people are affected by psychosis
- Large treatment gap in LMICs

- IMPULSE aims to improve care of people with severe mental illness in South Eastern Europe
- Assessing the effectiveness and implementation of a low-cost, easily deliverable, psychosocial intervention – DIALOG+
IMPULSE Study Objectives

1. To **explore the context for the implementation** of DIALOG+ at local, national and international level (WP2)

2. To **develop the strategy and tools to implement** DIALOG+ in mental health services in the participating countries (WP3)

3. To **assess the implementation of DIALOG+, its effectiveness** at improving patients’ quality of life, mental health and satisfaction with care (WP4, WP5)
IMPULSE Study Objectives

4. To develop guidance for the implementation and sustainability of DIALOG+ within health care systems (WP6)

5. To strengthen patient participation by actively involving patient groups in the research (WP7)

6. To integrate and widely disseminate research findings to all relevant stakeholders (WP8)

7. To build capacity in mental health research in LMICs in South-Eastern Europe
IMPULSE Research Design

Hybrid type II effectiveness/implementation study designed to explore the effectiveness and the implementation of DIALOG+ intervention
Challenges and successes

• Cross-country, multi-language, multi-site, mixed method project
• Shift in attitude and values in mental health
• Motivation among trial participants
• Dropouts

• Successful shift from non-randomized case-control trial to RCT
• DIALOG+ app and training materials translated in 5 SEE languages
• Establishing strong engagement with patients and carers
Early Wins

• Exploratory qualitative work and policy analysis completed
• Pilot study completed
• 468 patients recruited, BAs completed, 2nd assessments underway...
• Project presented on 26 different events

• Trained approx. 40 clinicians in DIALOG+, completed 713 DIALOG+ sessions completed
• Overwhelming positive feedback and support from key stakeholders
Engagement with policymakers

• Policy Makers and Service Providers Advisory Panels in each partner country
  
  o Two individual meetings per country partner and participation in project workshops/presentations