

## S31-01

### THE EUROPEAN ALLIANCE AGAINST DEPRESSION (EAAD): AN EVIDENCE BASED COST-EFFECTIVE APPROACH TO IMPROVE DEPRESSED PATIENTS CARE AND PREVENT SUICIDALITY

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The European Alliance Against Depression (EAAD) is a 4-level, community-based intervention programme to improve the care of depressed patients and prevent suicidality in Europe (1).

In 2001, a pilot project, the 'Nuremberg Alliance Against Depression', was initiated. This community based intervention program comprised a 4-level action programme, implemented in the city of Nuremberg (500,000 inhabitants) (2). Careful evaluation has provided evidence that this program is effective: the number of suicidal acts was reduced by 24% during the two year intervention compared to a baseline year and a control region (2).

Based on these positive results 18 international partners representing 16 different European countries established the 'European Alliance Against Depression' in 2004. The EAAD partners initiated respective regional intervention programmes addressing depression and suicidality. Evaluation of the activities takes place on regional and international level.

The European Commission listed EAAD as a 'best practice' model in its Green Paper (European Commission 2005).

1) HEGERL et al 2008; World J Biol Psychiatry 9: 51-58.

2) HEGERL et al 2006; Psychol Med 36: 1225-1234.