



bezirkskliniken
schwaben

UNIVERSITÄTSKLINIKUM
AUGSBURG



Gefördert durch

Bayerisches Staatsministerium für
Gesundheit, Pflege und Prävention



Universität Augsburg
Medizinische Fakultät

21.10.2025

Presentation digiBRAVE

@ Trinational conference on mental health, Deggendorf

Alexander Lassner (M.Sc. Psychologist)

Emanuel Wiese (M.Sc. Gerontologist)

Department of Psychiatry, Psychotherapy and Psychosomatics at the University
of Augsburg

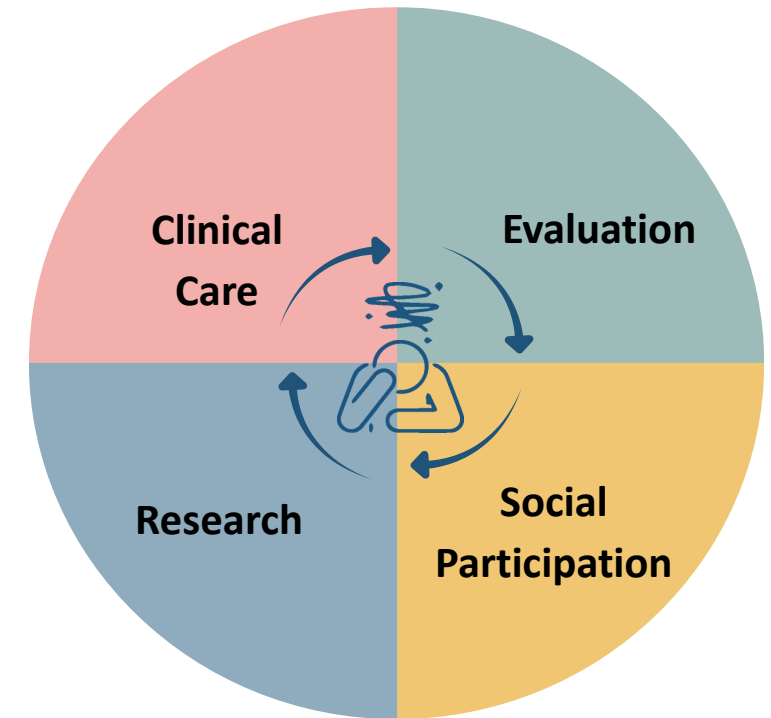


digiBRAVE stands for...

promoting health and reducing the burden of disease through targeted digital prevention, diagnosis, and treatment of depression accompanying somatic illnesses

digiBRAVE: digitales **B**aye**R**isches (früh)di**A**gnostik, prä**V**ention- und th**E**rapieprogramm depression)

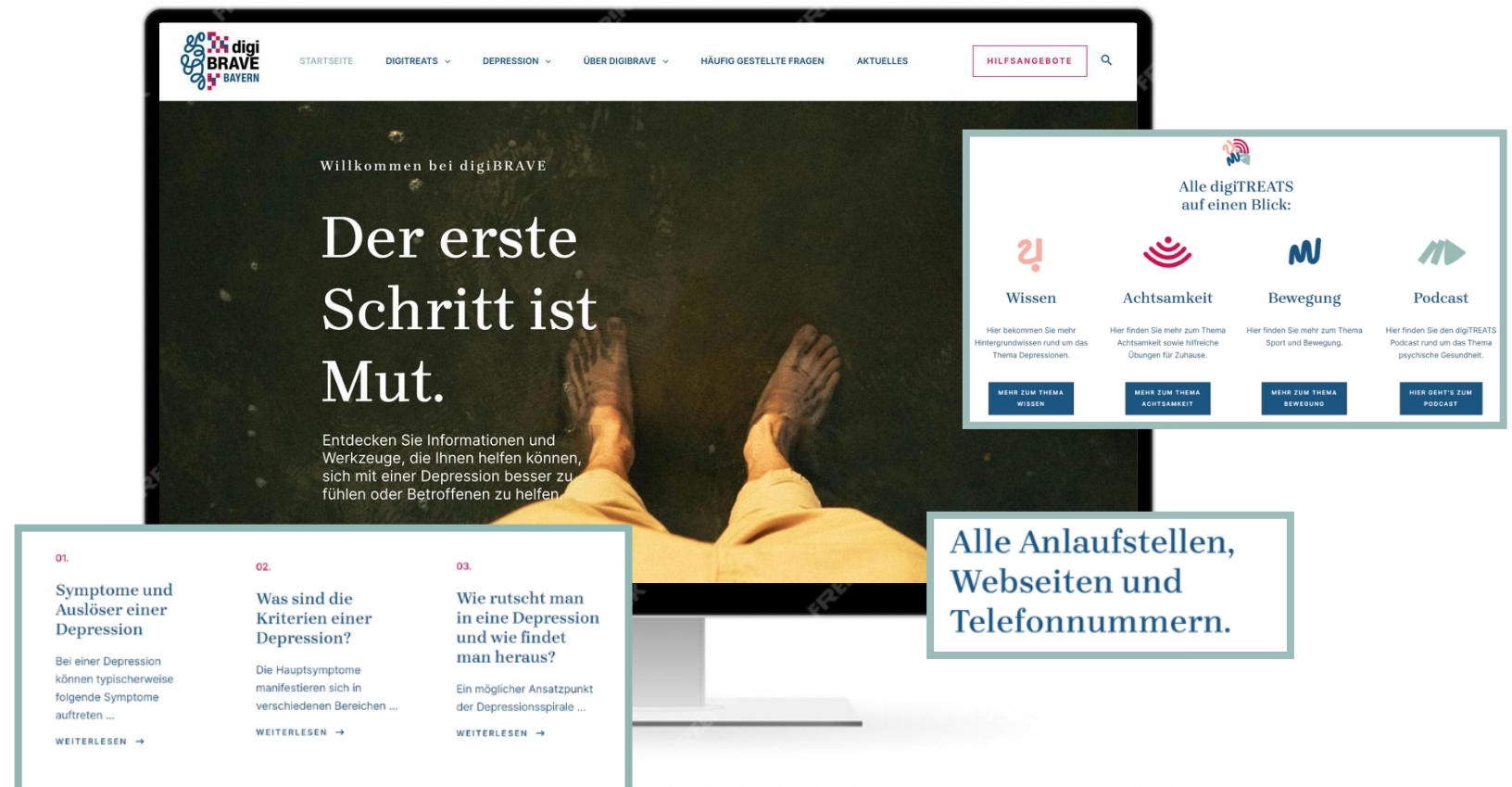
- Department of Psychiatry, Psychotherapy and Psychosomatics at the University of Augsburg
- Department of Epidemiology at the University of Augsburg
- Department of Neurology at the University of Augsburg
- Institute for Digital Medicine at the University of Augsburg
- Institute for Ethics and History at the University of Augsburg
- Institute for General Medicine at the University of Augsburg



Website for people suffering from depression

www.digibrave-bayern.de

- Content evaluated by people affected by depression
- Provision of digital services and relevant information about living with depression



DEPRESS Cohort Study



digiBRAVE DEPRESS

(Depression – Education – Prevention and Recovery Support)

A study on influencing factors, predictability, prevention, and treatment of depressive symptoms



Recruitment of patients at Augsburg University
Hospital

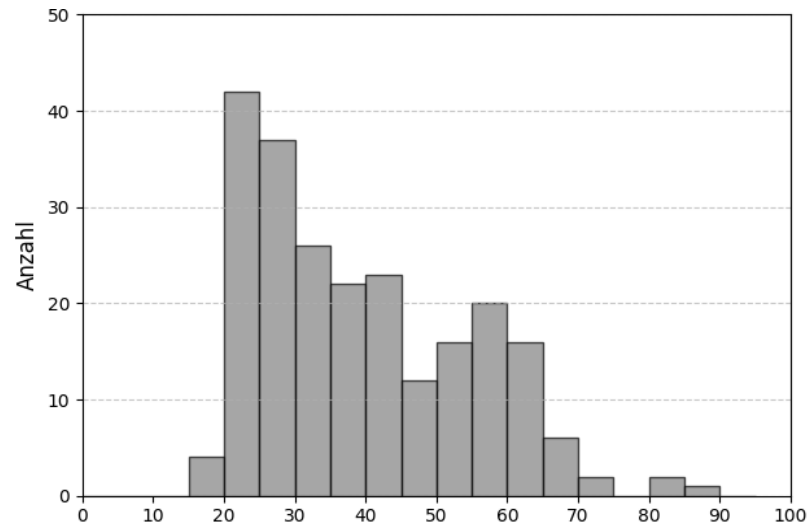


(inpatient, day care, outpatient)

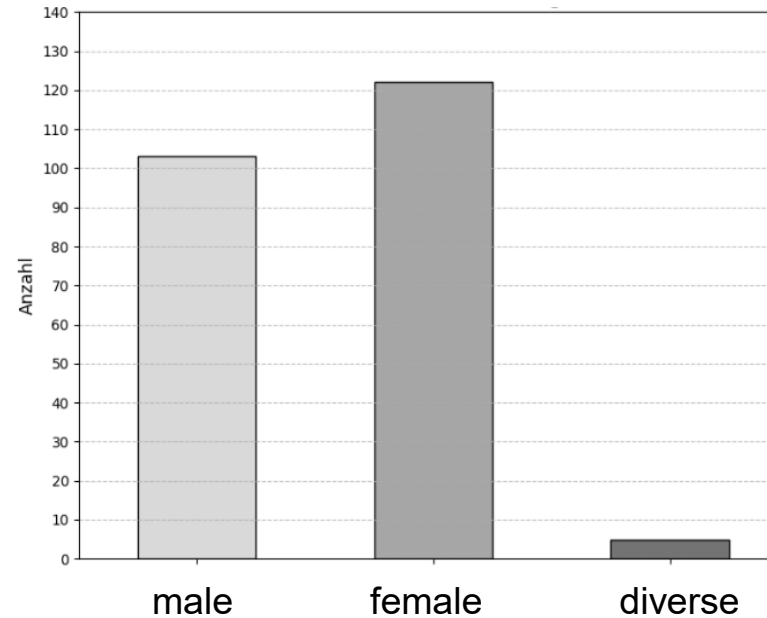
Stand der Rekrutierung: n=321 (April 2024 – October
2025)

Preliminary data DEPRESS

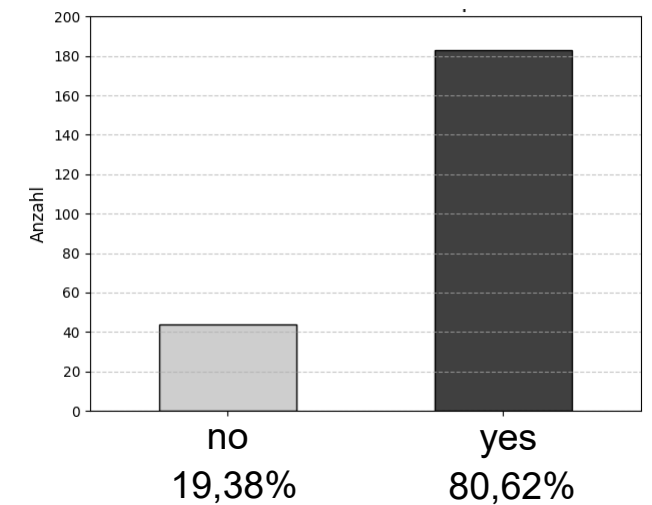
age distribution [years]



gender distribution

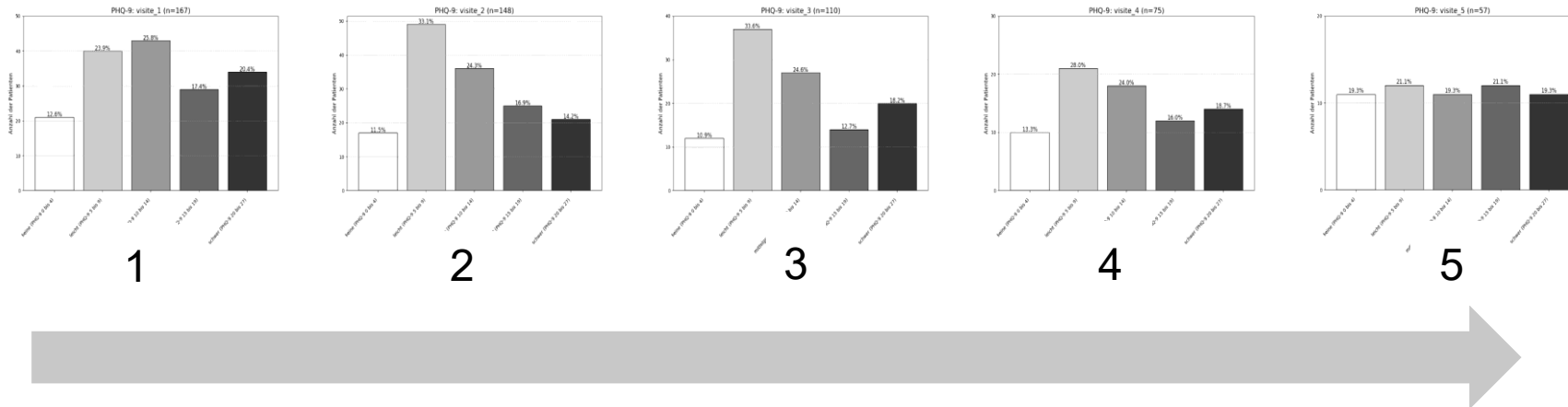


Are you taking antidepressants?

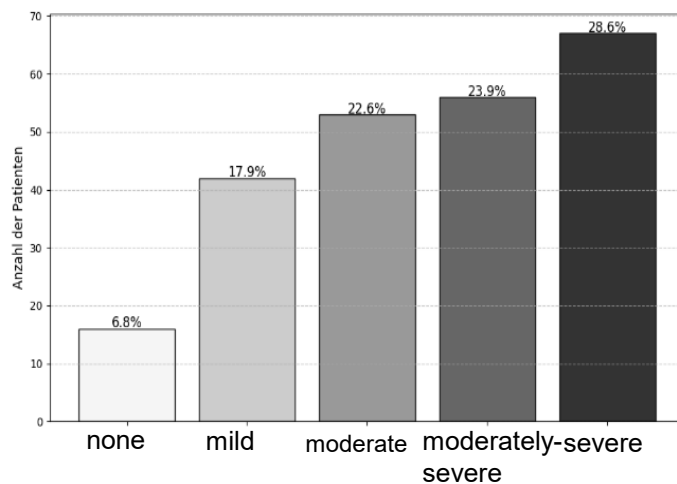


Preliminary data DEPRESS

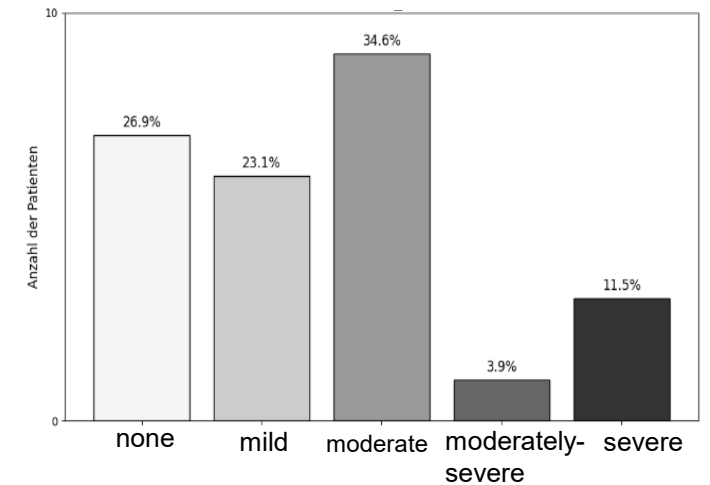
Depressive symptoms during the course of study:



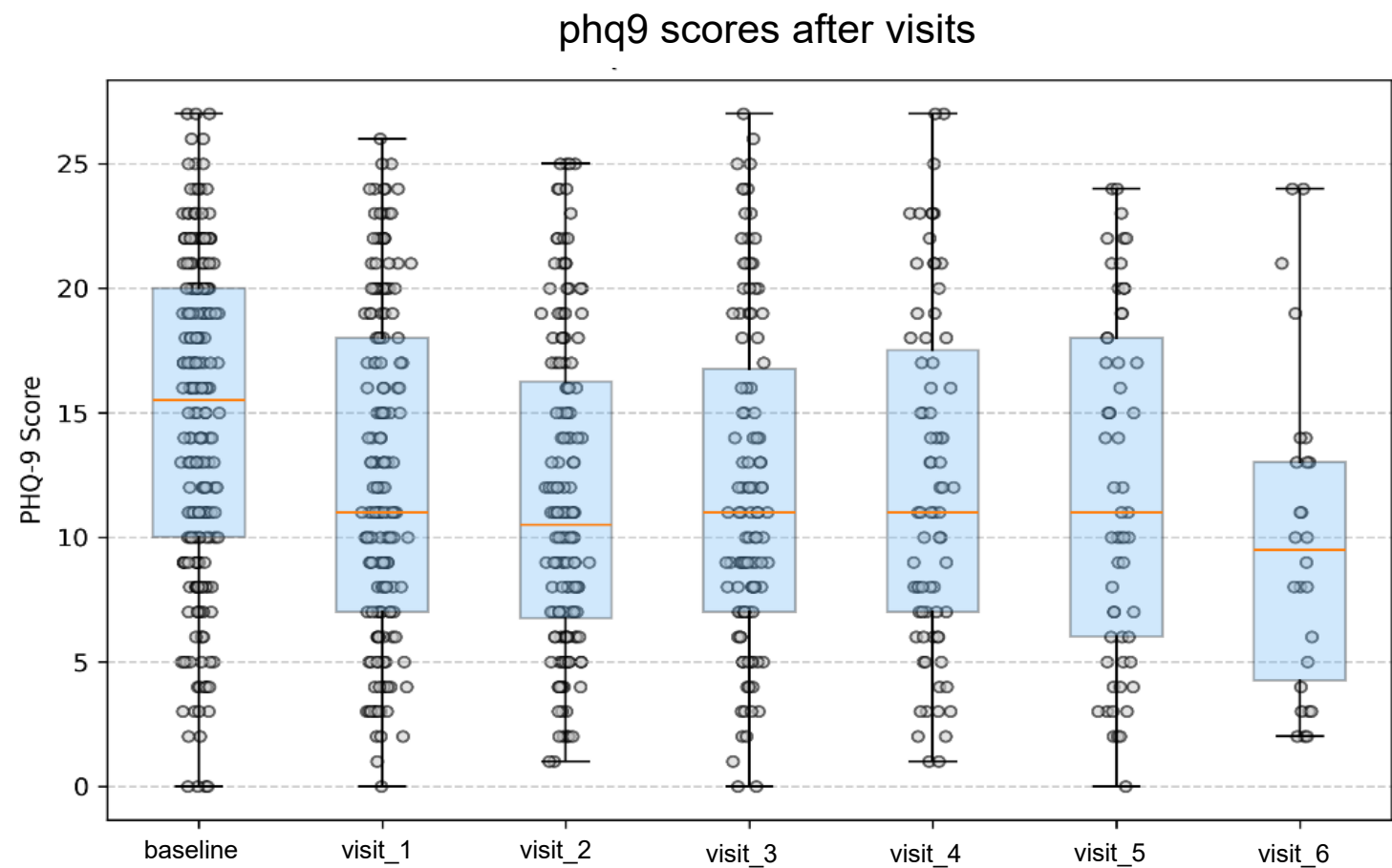
Baseline



Visit 6

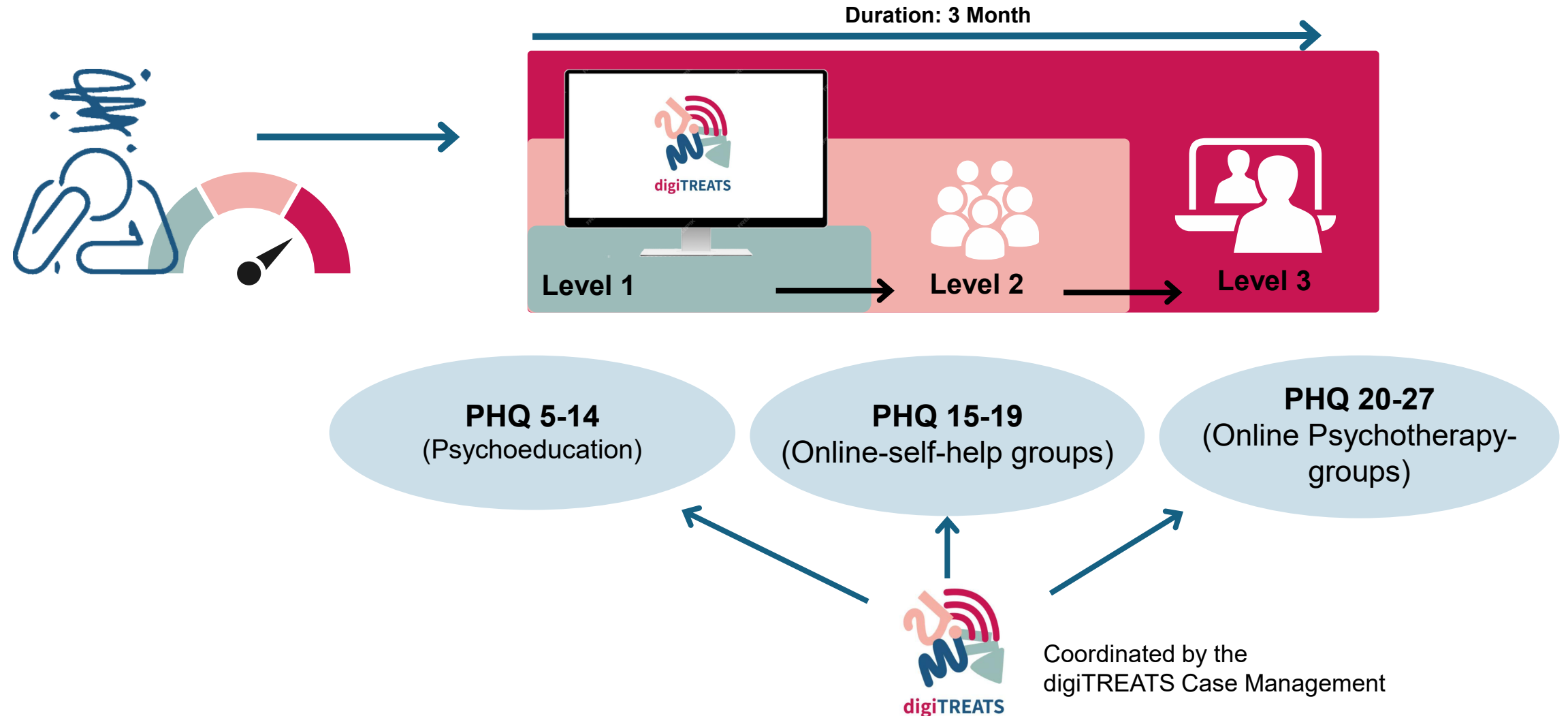


Preliminary data DEPRESS



group1	group2	meandiff	p-adj
baseline	visite_1	-2,1731	0,0183
baseline	visite_2	-3,1311	0,0001
baseline	visite_3	-2,7127	0,0064
baseline	visite_4	-2,5115	0,0588
baseline	visite_5	-2,8336	0,0526
baseline	visite_6	-4,6581	0,0105

Building on DEPRESS: The digiTREATS – Stepped-Care Program



What are the digiTREATS?



Understanding



Mindfulness



Movement



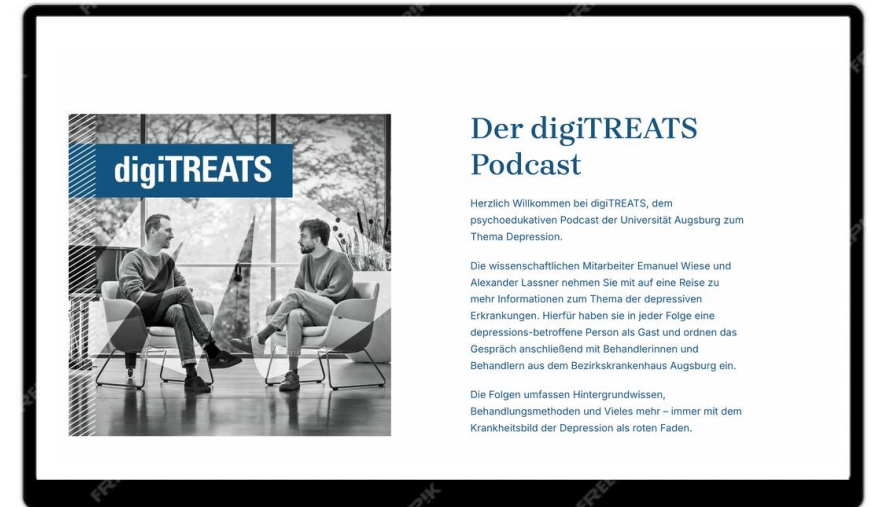
Podcast

digiTREATS are digital psychoeducational resources on depression. The content is publicly available at **digibrave-bayern.de** and also forms the foundation of the stepped care program presented in this study.

digiTREATS: Podcast

Psychoeducational podcast by Alexander Lassner and Emanuel Wiese - part of the digiBRAVE project.

- Six episodes offer engaging and accessible information about the clinical presentation of depression.
- Treatment approaches are explored, including their Episodes feature individuals with lived experience and healthcare practitioners who share perspectives from their clinical work.





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Thank you for your attention. We look forward to your visit to our website.

More Information: <https://www.uni-augsburg.de/de/fakultaet/med/profs/psychiatrie-und-psychotherapie/digibrave/>

Website: www.digibrave-bayern.de