



optimizing the mental health and resilience of older Adults that have lost their spouse via blended, online therapy

LEAVES Newsletter #9 - December 2022

NEW LEAVES RESEARCH PUBLICATION

A scientific manuscript describing the design of a research study to evaluate LEAVES in the three project countries (CH, NL, PT) was published in the Journal of Medical Internet Research - Research Protocols.

The main conclusions were:

- The three evaluation studies will provide insights into the clinical effects of the web-based self-help intervention and its acceptance by older adults who recently lost their partner.
- The three studies will further help deepen our understanding of the role of self-tailoring the order of working on the different LEAVES modules, the emergence of a working alliance between the mourner and the application, and their overall satisfaction with the application, alongside providing insights into the cost-effectiveness of LEAVES.
- These results will inform suggestions to improve LEAVES and similar applications to maximize older adults' satisfaction with the application and health outcomes.



TAKING A CLOSER LOOK AT THE INTERVENTION

MySupport, a personalized emergency plan in LEAVES

LEAVES offers its users a space for personalized sources of support for when things get overwhelming for them. The functionality reminds users of people around them whom they trust and their own strategies to cope with difficult moments, especially now that the days are getting shorter and colder.

While using the program, users identify and define their own coping strategies and MySupport stores and highlights them. When things get difficult, users can revisit them as their own lifebuoy.



Notebook, a diary for continuous reflection

The digital Notebook collects the thoughts that users write while working on LEAVES. Here, users can address exercises that are meant to be completed in a continuous way. Like a diary, the Notebook can be used by mourners to write down their spontaneous thoughts feelings while dealing with their grief journey.



THE LEAVES CONSORTIUM WISHES YOU A HOLIDAY SEASON FULL OF LIGHT AND LAUGHTER FOR YOU AND YOUR LOVED ONES



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