

LIVIA
-FR

A French adaptation of an online intervention for adults struggling with their romantic partner's loss

15th SPS SGP SSP Conference, Lausanne – September 2017

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Grief
Therapy

- One's **partner death**
 - one of the most stressful life events
 - negative consequences for health and well-being (Bennett & Soulsby, 2012)
- **7-15% show particular difficulties** dealing with this event (Mancini et al., 2015)
- **Interventions for grieving** individuals have modest but significant effects, more so for people struggling with the grieving process (Currier et al., 2008).
- **Internet-based interventions are effective** (Berger, 2015)
- **Also for grief** (Wagner et al, 2006).

Advantages:

- High accessibility
- Flexible individualized usage
- Anonymity and privacy
- Standardized content
- Low cost

(Schröder et al., 2016)

LIVIA

- Brodbeck, Berger and Znoj (2017) developed an **internet-based intervention for bereaved and separated older individuals**

- 10-week online intervention with weekly e-mail support
- **Cognitive-behavioral approach**

Loss-oriented tasks

- Exposure to the death moment
- Cognitive reframing of the loss
- Etc.

Restoration-oriented tasks

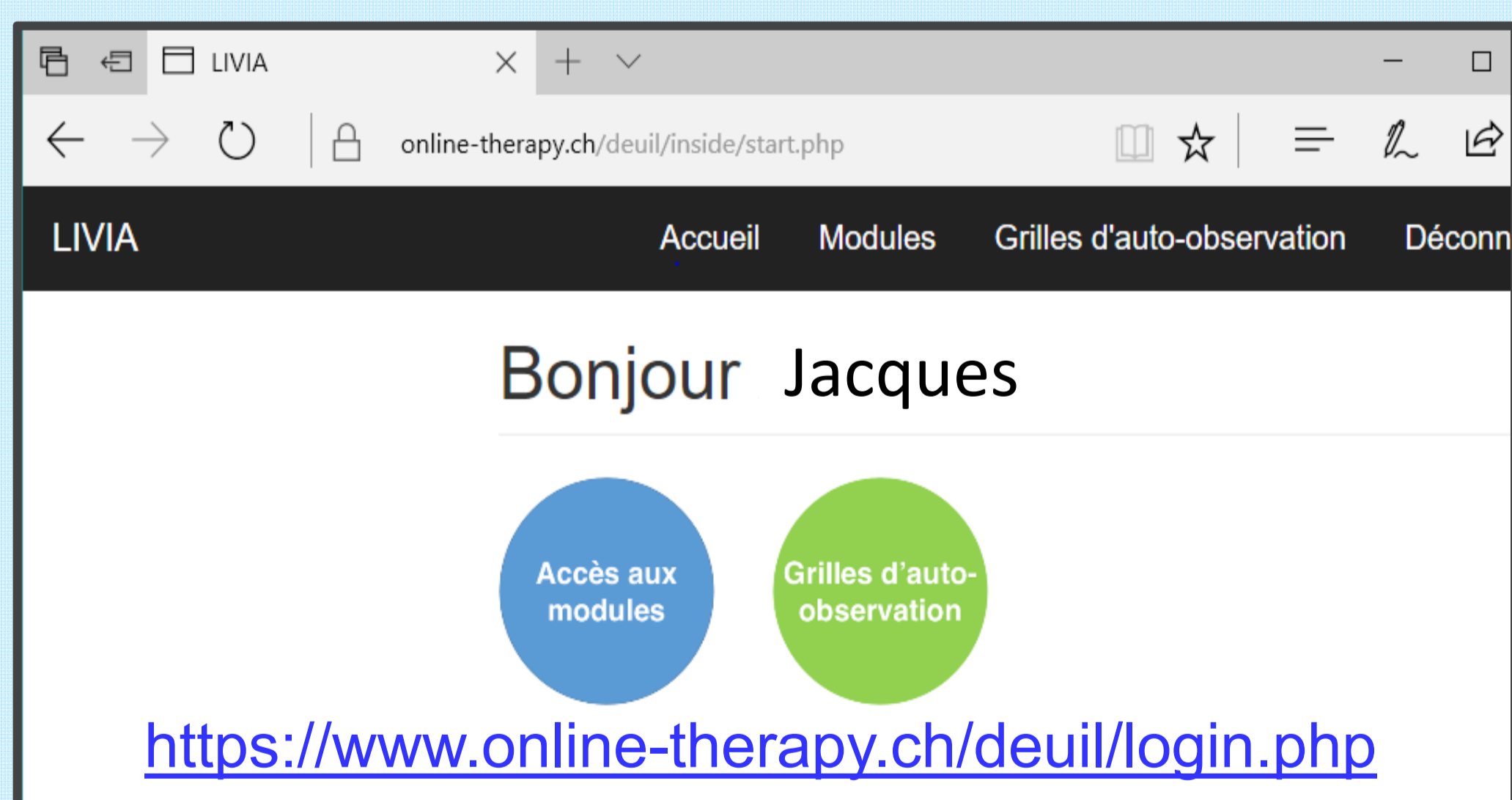
- Self-care, social reengagement
- Goal-focused activities
- Etc.

- **First results** indicate a decrease of grief and general psychopathological symptoms, loneliness and increases life satisfaction in comparison to the waiting control group (see Brodbeck et al., poster at this session)

- **Few research** exists on **French internet interventions**.
- No such intervention exists for grief-related difficulties.

LIVIA-
FR

- ➔ LIVIA for the bereaved was **translated in French**
 - Test of its applicability
 - **WITHOUT e-mail support**
 - If effective: wider possible spread and applicability



Our
project

Re-
sources

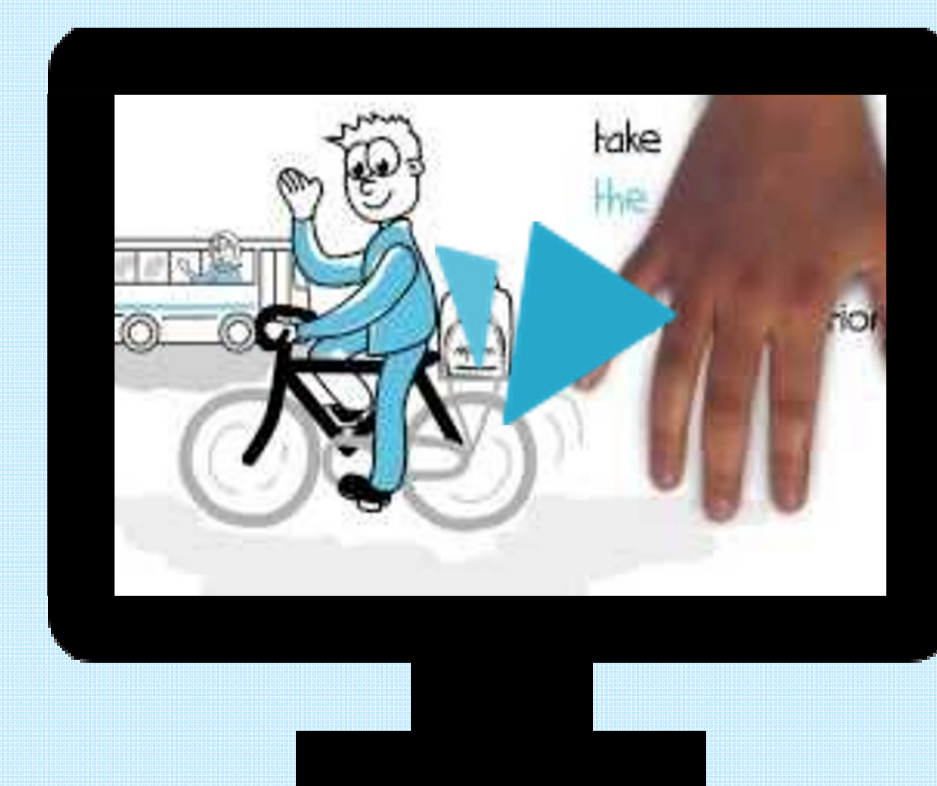
- **Phase I – LIVIA-FR-II**
- Extension to **adults of all ages**
- Further development of the program with **3 main foci**:
 - Assessment and promotion of personal resources to better deal with the tasks of the program.
 - Broader goal
 - ⇒ Promote **3 core aspects of well-being** (Seligman et al., 2006)
 - Positive emotions
 - Meaning
 - Engagement

Indivi-
dualized
treatment

- Participants will be assigned to some modules based on their characteristics (e.g. results at some tests)
 - For example: heuristic for exposure to the moment of the death: if flash-backs and avoidance

Inter-
activity

- Additional content and explanations if wished
- Animated videos



Learn more about the benefits of close relationships

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- **Phase II**
- **Randomized controlled trial LIVIA-FR I vs II**
- Comparison regarding:
 - Personal and interpersonal well-being
 - General and grief symptoms
 - Coping abilities
 - Drop-out rate