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

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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
  (Bennet, 2015)

• Also for grief
  (Wagner et al., 2006).

References


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)

Our project

• 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)

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 re-engagement
• Goal-focused activities
• Etc.

• Additional content and explanations if wished

• Animated videos

Phase II – Randomized controlled trial LIVIA-FR-I vs II

• 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

• Comparison regarding:
  • Personal and interpersonal well-being
  • General and grief symptoms
  • Coping abilities
  • Drop-out rate

LIVIA for the bereaved was translated in French

• Test of its applicability
• WITHOUT e-mail support
• If effective: wider possible spread and applicability

Bon jour Jacques

https://www.online-therapy.ch/deu/login.php

Advantages:
• High accessibility
• Flexible individualized usage
• Anonymity and privacy
• Standardized content
• Low cost

(Schröder et al., 2016)

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New developments.

LIVIA for the bereaved was translated in French

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

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