

LIVIA  
-FR

# An online unguided self-help intervention for people struggling with interpersonal loss

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## Grief Therapy

- **The death of a close one** is one of the most stressful life events
  - Negative consequences for health and well-being (Bennett & Soulsby, 2012)
  - Requires the fulfilment of four **grief related tasks** (Worden, 2009)
- **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 (Wittouck et al., 2011).
- **Internet -based interventions are effective, also for grief** (Berger, 2015; Wagner et al, 2006).
- But mainly **with guidance**

## LIVIA

- Brodbeck, Berger and Znoj (2017) developed a German **internet -based intervention for people who lost their romantic partner** (either by death or separation)
  - 10-week online intervention with weekly e-mail support
  - **Cognitive -behavioural approach**, based on the **Dual-Process Model of Coping with bereavement** (Stroebe & Schut, 1998, 2010)
- 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 an increase in life satisfaction compared to the waiting control group (see Brodbeck et al., 2018)

- **Few research** exists on **French internet interventions**.
- No such intervention exists for grief-related difficulties.
- Little knowledge on the implementations **unguided** interventions, despite their cost-effectiveness (Andersson & Titov, 2014; Karyotaki, et al., 2017)

## Our project

## LIVIA FR

We translated LIVIA in French (FR)

**General modifications:**

- Unguided application
- Generalization to other interpersonal losses

**Modifications for LIVIA 2**

- Goal Attainment Scale to assess participant's baseline and progresses
- Participants choose their own way through the program according to their preferences and their GAS-results
- Assessment and promotion of personal resources to better deal with the tasks of the program
  - Digitalized instrument: AERES (Bellier-Teichmann et al., 2017)
- Promoting physical closeness (Debrot et al., 2013)
- Automated e-mails (reminders, positive reinforcement)
- Interactivity with animated videos and optional additional content and explanations
- A forum platform for exchanges between participants

## Structure of LIVIA 2

Based on Worden's (2009) Grief tasks and the Dual Process Model (Stroebe & Schut, 1998, 2010)

Grief task	Loss-oriented	Restoration - oriented	Central dimension
Accept	the loss	a changed world	Cognitive
Feel	the pain	positive emotions	Emotional, physical
Adjust to	a world without the deceased	new activities	Behavioural
Redefine oneself toward	the lost person	oneself and other	Experiential, spiritual

LIVIA 1  
vs  
LIVIA 2

## ⇒ Comparison LIVIA 1 vs. LIVIA 2

Single blind randomization

Comparison regarding :

- Personal and interpersonal well-being
- General and grief symptoms
- Coping abilities
- Physiological indicator
- Drop-out rate