THE COST-EFFECTIVENESS OF DIGITALLY SUPPORTED MENTAL WELL-BEING PREVENTION AND PROMOTION TARGETING NON-CLINICAL ADULT POPULATIONS: A SYSTEMATIC REVIEW

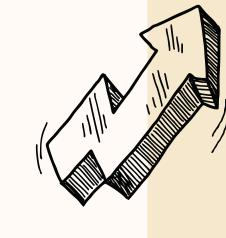


Sara Claes, Fleur Van De Wiele & Lieven Annemans

Ghent University, Department of Public Health and Primary Care, Ghent, Belgium

BACKGROUND

Digital mental well-being interventions are becoming increasingly popular





BUT their cost-effectiveness remains unclear

PREVENTION

Universal: for the general population

Selective: for at-risk groups

Indicated: for individuals with an identified risk

METHODOLOGY

Embase, Pubmed, Scopus, and Web of Science were searched

Search strategy included concepts related to mental wellbeing, digital interventions, and economic evaluations



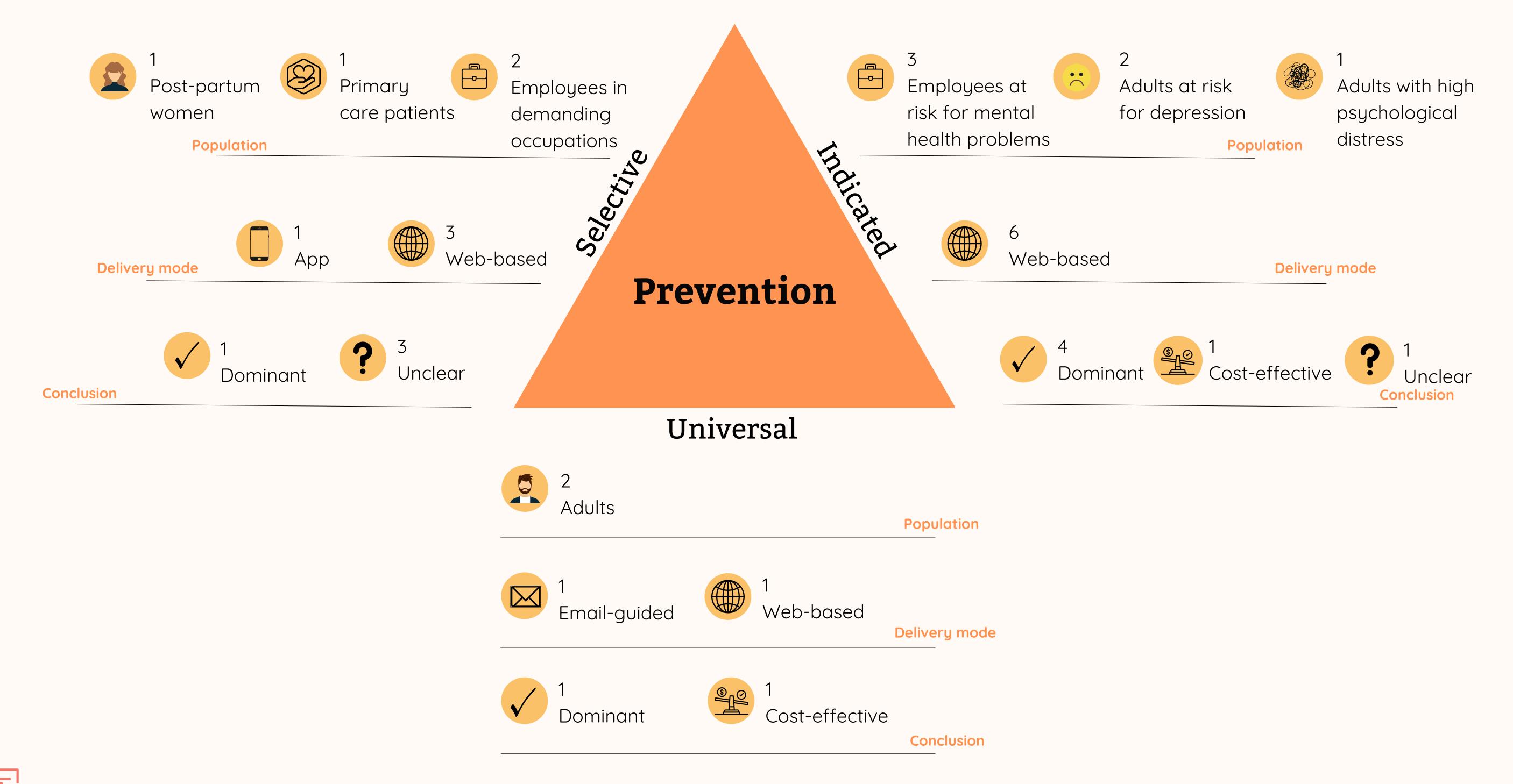
- Non-clinical adults (universal, selective and indicated prevention)
- Any type of digital well-being intervention
- No intervention, non-digital intervention, same intervention but different frequency
- O Cost-effectiveness, cost-utility & cost minimization

Study quality was assessed with Consensus on Health Economic Criteria (CHEC) list

RESULTS BASED ON 12 STUDIES*

*Of 5611 records identified, 12 studies were included

Overview of population, delivery mode, and conclusion of included studies per intervention type



Insufficient sensitivity analyses and limited justification of time horizon and perspective downgrades quality of evidence

CONCLUSION

Digital universal, selective and indicated mental well-being prevention appear to provide value for money



BUT

Available evidence is limited Methodological shortcomings

