

# Improving implementation of eMental-health for mood disorders in routine practice: a systematic review of barriers and facilitating factors

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## Appendix 1 – Benchmark definitions, RE-AIM, and search strings

### Inclusion criteria

- Intervention / program: eMental health and innovations targeting at common mental disorders (benchmark definitions)
- Participants: adults; patients; professionals; mental healthcare organisations
- Settings: Routine mental healthcare practice (benchmark definition)
- Outcomes: Implementation relevant outcomes in terms of Reach, Adoption, Implementation and Maintenance (RE-AIM definitions)

### Exclusion criteria

- Clinical effectiveness and cost-effectiveness as primary outcomes (E in RE-AIM)
- Not in English language
- Non-primary research (e.g. protocols, books, literature reviews, editorials, letters commentaries, opinions, addendums, etc.)

### Benchmark definitions

Implementation: "the active and planned efforts to mainstream an innovation within an organization" [1]. In terms of institutionalization or normalization, mainstreaming an innovation can be understood as the set of activities to intentionally embed and integrate practices into their (social) contexts" [2]. Implementation on individual level includes the "decision to make full use of the innovation as the best course of action available" [3], and on organisational level, the means to adapt or assimilate the innovation to the environment in which it is implemented [4]. Assimilation in that sense includes the decision-making and the process that might lead to "the innovation's full acceptance, utilisation and institutionalization" [5].

Innovation: "An innovation is an idea, practice or object that is perceived as new by an individual or other unit of adoption." [3]. In line with Greenhalgh et al.'s deliberation about the concept of innovation in health services [6], the idea, practice or object include behaviours, routines and ways of working, and associated technologies and systems. The new practice should be aimed at improving health outcomes, efficiency, cost-effectiveness, or experience. The object regarded as 'new' is interpreted in relation to previous practices, and should be determined so by a proportion of key stakeholders involved in that practice.

Mental healthcare routine practice: organized healthcare by which persons receive services for mental health problems. These services can differ from screening, diagnose, treatment to relapse prevention. Focus on common mental health problems: depression and anxiety?

eMental health: "E-mental health encompasses the use of digital technologies and new media for the delivery of screening, health promotion, prevention, early intervention, treatment, or

relapse prevention as well as for improvement of health care delivery (e.g. electronic patient files), professional education (e-learning), and online research in the field of mental health.” [7].

## Definitions of RE-AIM

REACH (patient level). Reach refers to the percentage and risk characteristics of persons (clients, patients) who receive or are affected by a policy or program. It includes both a ratio of participation and characteristics of participants to understand "the degree to which a program reaches those in need" [8]. Reach is also operationalized in terms of the program's ability to "attract its intended audience" [9].

EFFECTIVENESS (patient level). Defined as the impact of an intervention on outcomes, including potential negative effects, quality of life, and economic outcomes [10]. This dimension is not addressed in current review

ADOPTION (setting and therapist level). Adoption refers to the proportion and representativeness of settings (e.g. clinics, work sites etc.) or staff (therapists etc) to adopt a given policy or program [8]. It is defined as "the absolute number, proportion, and representativeness of settings (e.g., health departments) and interventionists (e.g., nurses, educators) who deliver a program" [11].

IMPLEMENTATION (setting level). Implementation is also referred to as "intervention fidelity" to the various elements of an intervention' [9] and is defined in literature as "intervention agents' fidelity to the intervention's protocol" and includes consistency of delivery and cost of the intervention [10].

MAINTENANCE (setting level). Maintenance (at the setting level) is the extent to which a program or policy "becomes institutionalized or part of the routine organizational practices and policies" [10]. In that sense it also is referred to as the sustainability of an intervention in routine practice.

## Search strings

### Pubmed

"Health Plan implementation"[Mesh] OR "Diffusion of Innovation"[Mesh] OR "Program Evaluation"[Mesh] OR "Nursing Evaluation Research"[Mesh] OR "Health care reform"[Mesh] OR "Delivery of Health Care"[Mesh] OR "Organizational Innovation"[Mesh] OR "Information Dissemination"[Mesh] OR "Translational Medical Research"[Mesh] OR implement[tiab] OR implementation[tiab] OR implemented[tiab] OR implementing[tiab] OR diffuse[tiab] OR diffused[tiab] OR diffusion[tiab] OR disseminate[tiab] OR disseminated[tiab] OR disseminating[tiab] OR dissemination[tiab] OR upscale[tiab] OR up-scale[tiab] OR uptake[tiab] OR up-take[tiab] OR translation[tiab] OR translational[tiab] OR program evaluation[tiab] OR process evaluation[tiab] OR normalisation[tiab] OR normalise[tiab] OR normalised[tiab] OR normalising[tiab] OR normalization[tiab] OR normalize[tiab] OR normalized[tiab] OR normalizing[tiab] OR mainstream[tiab] OR mainstreamed[tiab] OR mainstreaming[tiab] OR maintainance[tiab] OR maintained[tiab] OR sustain[tiab] OR sustainability[tiab] OR sustainable[tiab] OR sustained[tiab] OR integrate[tiab] OR integrated[tiab] OR integrating[tiab] OR integration[tiab] OR nursing evaluation research [tiab] OR health care reform [tiab] OR delivery of health care [tiab] OR delivery of healthcare [tiab] OR organizational innovation [tiab] OR implement[ot] OR implementation[ot] OR implemented[ot] OR implementing[ot] OR diffuse[ot] OR diffused[ot] OR diffusion[ot] OR disseminate[ot] OR disseminated[ot] OR disseminating[ot] OR dissemination[ot] OR

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## Psychinfo

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