

Blueprint of an E-Conceptual Model for Technology-Based Suicide Prevention

Eva De Jaegere, Marjolijn van den Berg, Matic Meglic, Jolien Quisquater, Kees van Heeringen, & Gwendolyn Portzky

INTRODUCTION

Euregenas (European Regions Enforcing Actions Against Suicide) is a three-year project (2012-2014), which received funding from the European Union under the Public Health Programme 2008-2013. The overall objective of the Euregenas project is to contribute to the prevention of suicidal behaviour in Europe through the development and implementation of strategies for suicide prevention at regional levels which can be of use to the European Community as examples of good practice. Euregenas consists of eight work packages (WPs), including WP 5 'Development of a Blueprint of an e-conceptual model for Technology-based suicide prevention (TBSP)' which aims at providing all information necessary to develop an integrated support and intervention system for stepped care in e-mental health, directed at the prevention of suicide.

METHOD

The Blueprint is based on:

- the Ethical Guidelines for TBSP Programmes (De Jaegere et al, 2013),
- an Analysis of Available TBSP Programmes (De Jaegere et al., 2014),
- a number of theoretical approaches on designing individual online mental health interventions and,
- on relevant chapters of "Software Engineering Body of Knowledge – SWEBOK" (Bourque & Fairley, 2014) for developing the specification itself.

Suicide prevention experts and Euregenas partners were consulted to review the Blueprint.

RESULTS

The Blueprint of an e-conceptual model for integrated TBSP Programmes consists of three documents:

1. A quick guide to the Blueprint and instructions for implementation
The guide provides an overview of activities and resources needed as well as risks that need to be managed for a successful implementation after development of the system. This document can be used while planning a regional or national implementation of the system.
2. Technical specifications for an integrated support and intervention system
The technical specifications provide technical information for software developers to build an e-conceptual model for integrated TBSP, which can easily be adapted to local needs in regional health care organizations in all European regions.
3. Further reading
This document aims to provide a review of the state of art in e-Health standards and policy in the European Union in order to support the technical and functional specification choices made in 'Technical specifications for an integrated support and intervention system'.

There are two main modes of use of the Blueprint. The first mode is by using one common tender at EU level or by a consortium of partner regions to produce the 'Integrated TBSP system software package'. In the second mode the Euregenas partner regions can independently use the Blueprint for their own tenders to develop an 'Integrated TBSP system' (see figure 1).

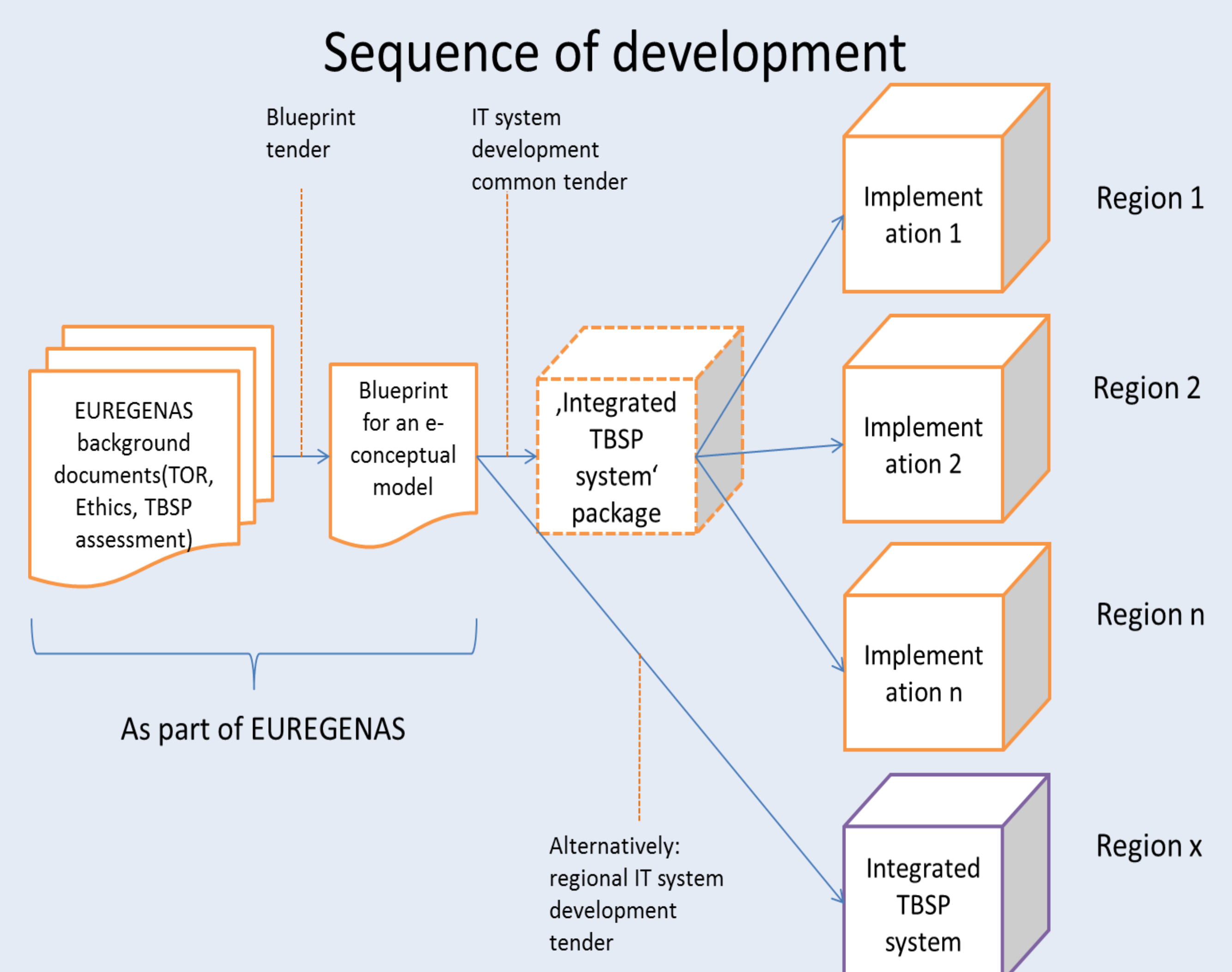


Figure 1.

CONCLUSION

The Blueprint for an e-conceptual model can be adapted to local needs in regional health care organizations in all European regions. The Blueprint supports people or organizations that want to develop a system of stepped care in TBSP in their region in which several types of TBSP programmes can interact. One is able to use the Blueprint according to their own needs. The Blueprint serves as a tender for the development of an integrated system, and to select a partner that will meet the needs to develop this system.

Bourque, P., & Fairley, R.E. (2014). *Guide to the Software Engineering Body of Knowledge, Version 3.0*. Available from www.swebok.org.

De Jaegere, E., Portzky, G., van den Berg, M., & Wallyn, S. (2013). Ethical Guidelines for Technology-Based Suicide Prevention Programmes. Retrieved from www.euregenas.eu.

De Jaegere, E., Portzky, G., van den Berg, M., & Wallyn, S. (2014). Analysis of Available Technology-Based Suicide Prevention Programmes. Retrieved from www.euregenas.eu.

WWW.EUREGENAS.EU