MENTOR
Mental Health Together

TASK 6.1.1

Development of criteria for mental health digital solutions

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Task leader for JA MENTOR 6.1.1 · Developing and upscaling digital solutions across the wider EU

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Agenda

TODAY'S FOCUS

01 Task 6.1.1: purpose and scope

02 Criteria development and authorship

03 Assessment criteria and recognition levels

04 Evaluation and consensus process

05 HappApp example

06 Lessons learned and next steps

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Timespan: from September 2024 to present time

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Authorship and collaboration

PEOPLE & FOUNDATIONS

01 Authorship

Chiara Chiachella authored the criteria.

02 Evidence base

Built on the Dutch evaluation system for mental health practices and the European Best Practice Portal criteria.

03 Collaboration

Djoeke Van Dale of RIVM, the Netherlands, contributed significantly.

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The purpose of the framework

CORE PURPOSE

Provide a structured and transparent assessment of mental health practices—aligned with established standards while recognising interventions at different stages of development and evidence.

Supports adaptation, transfer and wider implementation

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Development of assessment tools

01 **Manual**

Definitions and guidance for consistent assessment.

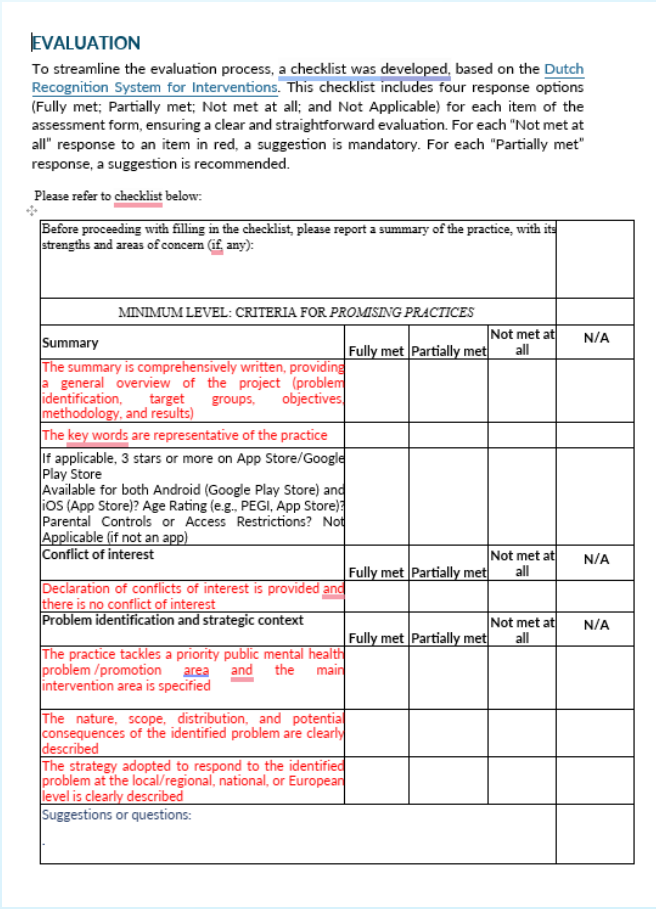
02 **Submission form**

Structured information supplied by solution owners.

03 **Checklist**

Two independent raters classify evidence as promising, good or best, documenting strengths and weaknesses.

CHECKLIST EXCERPT



EVALUATION

To streamline the evaluation process, a checklist was developed, based on the Dutch Recognition System for Interventions. This checklist includes four response options (Fully met; Partially met; Not met at all; and Not Applicable) for each item of the assessment form, ensuring a clear and straightforward evaluation. For each "Not met at all" response to an item in red, a suggestion is mandatory. For each "Partially met" response, a suggestion is recommended.

Please refer to checklist below:

Before proceeding with filling in the checklist, please report a summary of the practice, with its strengths and areas of concern (if any):				
MINIMUM LEVEL: CRITERIA FOR *PROMISING PRACTICES*				
Summary	**Fully met**	**Partially met**	**Not met at all**	**N/A**
The summary is comprehensively written, providing a general overview of the project (problem identification, target groups, objectives, methodology, and results)				
The key words are representative of the practice				
If applicable, 3 stars or more on App Store/Google Play Store Available for both Android (Google Play Store) and iOS (App Store)? Age Rating (e.g., PEGI, App Store)? Parental Controls or Access Restrictions? Not Applicable (if not an app)				
Conflict of interest	**Fully met**	**Partially met**	**Not met at all**	**N/A**
Declaration of conflicts of interest is provided and there is no conflict of interest				
Problem identification and strategic context	**Fully met**	**Partially met**	**Not met at all**	**N/A**
The practice tackles a priority public mental health problem /promotion area and the main intervention area is specified				
The nature, scope, distribution, and potential consequences of the identified problem are clearly described				
The strategy adopted to respond to the identified problem at the local/regional, national, or European level is clearly described				
Suggestions or questions:				

The core assessments are

01 Relevance & theoretical basis
Problem, importance and rationale for the approach.

02 Target groups, equity & participation
Users, recruitment, accessibility and stakeholder involvement.

03 Objectives
Clear aims linked to the target population and activities.

04 Materials, methods & implementation
Content, delivery, resources, ethics, privacy and security.

05 Transferability
Potential for adaptation and use in other settings.

06 Evaluation & outcomes
Plans, process evaluation and evidence of effectiveness.

07 Obstacles & harmful effects
Barriers, potential harms and how they are addressed.

08 Sustainability
Continuation and funding.

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Requirements for digital delivery

ADDITIONAL QUESTIONS

01 **Privacy, security & confidentiality**

02 **Usability, accessibility & reliability**

03 **Validated content & clear behaviour-change mechanism**

04 **Technical documentation & scalability**



Digital delivery adds requirements beyond the core assessment.

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Three categories

EVIDENCE STRENGTH

01

Promising

Minimum criteria are met, with evaluation plans in place.

02

Good

Minimum criteria are met, plus at least one document shows quantitative pre–post improvement.

03

Best

Minimum criteria are met, plus at least one RCT shows improvement against a control group.

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Our submissions and ratings

25 PRACTICES · 12 COUNTRIES

Name of practice	Origin country	Rating
Bene_in_mente	Italy	Promising
MINDLIVEN	Italy	Promising
YOUNGLE_ITA	Italy	Promising
BIZI	Spain	Promising
Extremadura -answers	Spain	Promising
MyWayUp	Spain	Promising
BodySymptoms	Denmark	Promising
CoolMinds	Denmark	Good
eAsy	Denmark	Promising
Mindhelper	Denmark	Promising
Bomind	Slovenia	Promising
This is me	Slovenia	Promising
HappApp	Iceland	Promising

Name of practice	Origin country	Rating
Get started	The Netherlands	Good
I-Sleep	The Netherlands	Best
Master your mood	The Netherlands	Good
IFightDepression	Germany	Best
Nebolus	Germany	Best
Mama Mia	Norway	Good
Tankevirus	Norway	Good
Young Spotlight	Norway	Good
Mindgarden	France	Good
The breathing project	Hungary	Promising
Telemind	Romania	Promising
Quiet Mind	Polland	Good

HappApp

JA-Mentor intervention evaluation

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HappApp

HappApp is a free, self-guided mobile application designed to promote psychological wellbeing and emotional resilience in the general adult population using brief mindfulness and positive psychology exercises.

Recognised practice level

Promising Practice
Early evidence points in the right direction, with evaluation so far limited in scale or design.

Good Practice
Solid evidence of benefit, from evaluation meeting most of the quality criteria.

Best Practice
The strongest level: benefit shown convincingly, with evaluation and documentation meeting the criteria throughout.

The intervention was categorized as a Promising Practice. To be categorized as a Good Practice, the intervention needs to demonstrate documented effectiveness and participant improvements through an evaluation of the practice itself using relevant outcome measures. Current evaluation of the practice is limited to an initial small pre-post pilot study without a control group.

Countries where it's running
Iceland

Available languages
English | Icelandic | Spanish | Greek | Romanian | Ukrainian | Norwegian | Italian | Hungarian

Who it is for

Age group
15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60+

Who it's for
General / non-clinical

Stage of need
Health Promotion

What it helps with
Anxiety & stress
Self-esteem, relationships & social connection
Physical symptoms, health literacy & general wellbeing promotion

DRAFT

How it reaches people

How it's delivered
Digital self-guided

Where it takes place
Home / Self-directed (accessible anywhere)

Topics
Mindfulness | Positive Psychology | Mental Health | Health Promotion | Mobile Applications

How it works

Grounded in mindfulness and positive psychology frameworks, HappApp operates on the premise that repeated brief exercises strengthen protective psychological resources and enhance daily wellbeing. Users access the intervention voluntarily by downloading the app and completing an onboarding process with optional personalization, proceeding through activities in a flexible, self-guided manner without therapist involvement. The intervention delivers exercises across core themes including mindfulness, character strengths, positive emotions and gratitude, and psychoeducation, supported by optional reminders and built-in self-assessment tools such as the WEMWBS.

Costs and access

Free for users
Yes

One-time (start-up) costs
Yes | Translation & cultural adaptation

Recurring (running) costs
Yes | Hosting, technical operations & recurring licences

Contact

Lead organisation
Andleg heilsa slf., Iceland

Contact
Helga Arnardóttir

Website
https://happapp.is

This intervention was assessed against a checklist of criteria consistent with the EU Best Practice Portal, covering how clearly it is described, how it is carried out, and how strong the evidence is that it helps. The recognised practice level was determined by consensus of at least two independent reviewers.

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happapp.is

NEBOLUS

JA-Mentor intervention evaluation

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Nebolus

Nebolus is a free, location-based mobile serious game that promotes navigational mental health literacy and reduces barriers to help-seeking among youth and adults through interactive local scavenger hunts.

Recognised practice level

Promising Practice	Good Practice	**Best Practice**
Early evidence points in the right direction, with evaluation so far limited in scale or design.	Solid evidence of benefit, from evaluation meeting most of the quality criteria.	The strongest level: benefit shown convincingly, with evaluation and documentation meeting the criteria throughout.

The intervention was categorized as a Best Practice. Two randomized controlled trials evaluated the intervention among pupils and university students, demonstrating significant improvements in navigational health literacy and substantial reductions in help-seeking barriers. Minor suggestions focus on publishing the completed trial results, clarifying app store age ratings, adding further examples concerning mental health, and specifying plans for cross-border adaptation.

Countries where it's running
Germany | Austria | Switzerland

Available languages
German | English | Turkish

Who it is for

Age group
10-14 | 15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60+

Who it's for
General / non-clinical | At-risk / vulnerable | Professionals, caregivers & family

Stage of need
Health Promotion | Universal Prevention

What it helps with
Physical symptoms, health literacy & general wellbeing promotion

DRAFT

How it reaches people

How it's delivered
Digital self-guided | In-person

Where it takes place
School / Educational setting | Community / Public setting

Topics
Navigational Health literacy | Mental Health | Location-based games | Communities

How it works

Grounded in navigational health literacy, the Elaboration Likelihood Model, Bronfenbrenner's socio-ecological framework, and entertainment-education principles, Nebolus employs serious game elements such as customizable avatars, narrative voice messages, progress bars, and reward badges. In practice, local professionals and educators utilize a browser-based planning tool to design customized scavenger hunt routes and stations matching community resources. Participants then use the mobile app in small groups over a three-to-five-hour period, solving puzzles and engaging directly in person with staff at local health and counseling facilities to lower barriers to future care.

Costs and access

Free for users
Yes

One-time (start-up) costs
Yes | Initial staff/facilitator training & credentialing

Recurring (running) costs
Yes | Delivery staff & clinical personnel | Coordination, administration & support personnel

Contact

Lead organisation
University of Potsdam, Fulda University of Applied Sciences, Germany

Contact
Kevin Dadaczynski

Website
https://nebolus.net/

This intervention was assessed against a checklist of criteria consistent with the EU Best Practice Portal, covering how clearly it is described, how it is carried out, and how strong the evidence is that it helps. The recognised practice level was determined by consensus of at least two independent reviewers.

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nebolus.net

coolminds

JA-Mentor intervention evaluation

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Cool Minds

CoolMinds is an internet-delivered cognitive behavioral therapy program offering self-guided modules alongside therapist support for adolescents aged 12–17 with anxiety disorders and their parents.

Recognised practice level

Promising Practice	**Good Practice**	Best Practice
Early evidence points in the right direction, with evaluation so far limited in scale or design.	**Solid evidence of benefit, from evaluation meeting most of the quality criteria.**	The strongest level: benefit shown convincingly, with evaluation and documentation meeting the criteria throughout.

The intervention was categorized as a Good Practice. To be categorized as a Best Practice, the intervention needs to demonstrate improvements through completed randomized controlled trials and validated process evaluation studies. A randomized controlled trial comparing planned feedback, on-demand feedback, and a waitlist control is underway, alongside preliminary feasibility testing. Evaluators noted that full randomized controlled trial results, implementation outcomes, and detailed intervention manuals should be added once available.

Countries where it's running
Denmark

Available languages
Danish

Who it is for

Age group
10-14 | 15-19

Who it's for
Clinical / diagnosed | Professionals, caregivers & family

Stage of need
Treatment

What it helps with
Anxiety & stress

How it reaches people

How it's delivered
Digital self-guided | Live remote contact

Where it takes place
Healthcare setting
Home / Self-directed (accessible anywhere)

Topics
Internet-based cognitive behavioral therapy | anxiety disorders | adolescents | digital health

How it works

Grounded in cognitive behavioral therapy, CoolMinds adapts evidence-based anxiety interventions into a family-inclusive digital format combining psychoeducation, cognitive restructuring, exposure therapy, and relapse prevention. Adolescents and parents complete eleven and ten parallel modules respectively over 14 weeks from home via an app or web browser, followed by a booster session at 10–12 weeks post-treatment. Implementation integrates interactive multimedia activities and weekly progress monitoring, supported by clinical psychologists providing either scheduled or on-demand asynchronous feedback capped at 15 minutes weekly.

Costs and access

Free for users
Unclear

One-time (start-up) costs
Yes | Translation & cultural adaptation | Initial staff/facilitator training & credentialing

Recurring (running) costs
Yes | Delivery staff & clinical personnel | Recurring training & supervision of delivery staff | Hosting, technical operations & recurring licences

Contact

Lead organisation
Centre for Digital Psychiatry, Region of Southern Denmark, Denmark

Contact
Marie Paldam Folker

Website
https://coolminds.dk/

This intervention was assessed against a checklist of criteria consistent with the EU Best Practice Portal, covering how clearly it is described, how it is carried out, and how strong the evidence is that it helps. The recognised practice level was determined by consensus of at least two independent reviewers.

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DRAFT

coolminds.dk

Lessons learned and progress

LESSONS

01 Reduce the submission burden
Submitters spend about 3 hours on the form; streamline it.

02 Keep ratings provisional
Research is often ongoing or unpublished, so ratings should evolve with the evidence.

03 The cost of upscaling is important
Highlight the cost, as this plays a significant role in upscaling decisions

04 We broadened the scope
Fewer digital solutions surfaced than expected

05 Positive feedback supported improvement
Submitters said the review strengthened their solutions as it opened their eyes to ways to strengthen their digital solution

PROGRESS

Mindhelper is being upscaled in Iceland

The free Danish youth mental-health platform combines information, self-help tools, anonymous advice and routes to further support. It is now being upscaled in Iceland.

HappApp

Added more languages during the review phase—now available in 10 languages.

Tankevirus

Could soon move from Good to Best Practice once its randomized controlled trial is published.

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