

Appendix II

Detailed information about the intervention costs

The intervention costs were distinguished in those for training of coaches, for the web tool and its use, and for the time of the coaches when doing the lifestyle intervention. The costs of the training were estimated based on actual training hours from the trial and ideal training hours, related to the number of coaches trained and the number of participants per coach. Training costs were a one off cost that does not need any repetition in the next 5 years and can be applied to new participants as well, thereby reducing the costs after the first year. Costs were €51, €134 and €109 and for the three perspectives distinguished. If the number of participants would increase to 10 or 25, these costs would reduce considerably to €8.7, €22 and €18 or to €3.5, €9.1 and €7.4 respectively, possibly affecting the budget impact. Hence a sensitivity analysis was performed with 25 participants per trained coach. Appendix III shows the results of this sensitivity analysis on total costs per participant and overall Budget Impact. For the costs of the web tool, annual license costs and costs per participant per year were obtained from the commercial party that would be available to sell this tool. In the societal perspective costs per participant were put to zero, since for a web tool, no real costs are related to its use, just to its development. So an annual license costs would cover these development costs. The resulting costs were €43 (societal perspective) or €63 (third party payer perspective) per participant. For the costs of the time of coaches, it was estimated from the trial data how much time coaches spent on supporting participants with the web tool. Two larger sessions and short sessions once every two weeks were counted, taking the average of an “easy” and “difficult” participant. Time was valued at either the unit price for a GGZ nurse [1] or at the average of the relevant DBCs [2], at €73 and €111 respectively per hour. In the third party payer scenario I, this time cost was ignored, assuming it just replaced other activities of the nurse and would not lead to an adaptation of the DBC tariffs. The final unit prices per participant were €693, €197 and €1089 for the societal perspective and both third party payer perspective with and without time costs respectively.

References

1. Hakkaart-van Roijen, L., et al., *Kostenhandleiding*. Methodologie van kostenonderzoek en referentieprijzen voor economische evaluaties in de gezondheidszorg In opdracht van Zorginstituut Nederland Geactualiseerde versie, 2015.
2. Nederlandse Zorgautoriteit [Dutch Care Authority], 2016; Available from: www.nza.nl.