e-Mental Health Training Toolbox

state of the art and best practice use

Content

About

The demand for mental health care is increasing globally. Crises such as COVID-19 add greatly to this demand. It will be difficult to sustain European mental health care systems without the use of e-mental health (eMH). Even though the technology has been there for many years and with adequate evidence-base, implementation and upscaling of eMH has been slow. Why? The reasons are related to various barriers, such as: concerns of clinicians, quality problems, lack of digital skills and limited policies and guidelines for successful implementation.

Since 2020 remote treatment using digital tools has grown exponentially. And experience shows that digital solutions work very well in some situations and less in others. But, how do you put e-mental health to good use and what can you do with it? How do you implement it? And how do we upscale it?

To take the next step and contribute to a better and sustained use of eMH in European mental health care, several experts combined forces and developed this practical eMH training for clinical (and non-clinical) professionals. The development and roll-out of this training was made possible by a European subsidy from Interreg NW-Europe and co-created by partners from the Netherlands, Belgium, Germany, France and Ireland.

Training content

The training consists of multiple modules that can be followed independently. Besides a general introduction into eMH, there are modules on internet-based interviewing and assessment, internet-based intervention with online writing as intervention, telemental health (therapy via video conferencing), online interventions and blended treatment, technology options (such as immersive and wearables) and embedding into the organization. All modules will be given online as webinars.

Contact

Should you have any questions or remarks regarding this toolbox or the webinars, you can email them to info@e-mence.org.

General Introduction to e-Mental Health

Abstract | Material | Further Reading

This training module is a short introduction to the e-mental health training toolbox. It lays the foundation for the follow-up modules.

During this introductory training participants will learn more about the e-mental health landscape and its benefits for clinical practice. It will provide examples of e-mental health applications, as well as illustrations of how e-mental health can be used as integral part of clinical practice.

From eQuestionnaires, eDiagnostics and Tele-sessions to Virtual Reality, Gaming and Wearables, e-mental health allows you to make new shapes combining the multiple building blocks of therapy. Paving the way from problem to operalization of an optimal intervention, whilst working more efficiently, empowering the patient and giving higher impact to interventions.

Goals & Gains

The goals and gains of this training are that you:
- Know the state of affairs regarding scientific evidence for e-mental health
- Know what the e-mental health landscape looks like
- Know what the benefits of e-mental health can be
- Are more knowledgeable about which e-mental health applications are available
- Are more knowledgeable about how to incorporate e-mental health into your treatments
- Know the specific topics featured in the follow-up modules of the training toolbox

General Introduction to e-Mental Health

Abstract | Material | Further Reading

The recording of the training can be viewed via the eMEN community
Slides of the training: Slides introduction to e-mental health

Presented apps

Mindfullness: VGZ Mindfullness iOS | Android
Mindfullness: Headspace website
G-Schema: G-schema app iOS | Android
Moods: Daylio | website
Emotion regulation: DGT Onderweg iOS | Android
Emotion regulation: Emopaint iOS | Android
PTSD: Support Coach iOS | Android
PTSD: Journey IOS| Android
Psychose: Temsten iOS | Android

About
General Introduction to e-Mental Health
Internet-based Interviewing and Assessment
Internet-based Interventions Online Writing as Intervention
Telemental Health: Therapy via Video Conferencing
Online Interventions and Blended Treatment
Technology Options
Embedding in the Organization
Best Practice / Evidence-based Applications

General Introduction to e-Mental Health

Abstract | Material | Further Reading

Wind, T.R., Rijkeboer, M., Andersson, G., Riper, H. (2020). *The COVID-19 pandemic: The 'black swan' for mental health care and a turning point for e-health, Internet Interventions, 20, 100317*, ISSN 2214-7829, https://doi.org/10.1016/j.invent.2020.100317

About
General Introduction to e-Mental Health
Internet-based Interviewing and Assessment
Internet-based Interventions Online Writing as Intervention
Telemental Health: Therapy via Video Conferencing
Online Interventions and Blended Treatment
Technology Options
Embedding in the Organization
Best Practice / Evidence-based Applications

Internet-based Interviewing and Assessments

Abstract | Material | Further Reading

This training module is a basic and practical training that introduces participants to internet based clinical interviewing and assessment.

Participants will learn about general considerations in regards to online interviewing and assessment of patients; availability of resources and practical aspects, as well as psychological aspects and preparation for the first session (attitude, posture, technique, alert plan, list of actions).

A vignet will be presented and patient case discussion will be held. Furthermore, participants are invited to participate in practical exercises (case discussion and role play) to get some hands on experience.

Goals & Gains

The goals and gains of this training are that you:
- Become knowledgeable about what is necessary to conduct an online interview/assessment with your patient in terms of resources, practical considerations, and psychological considerations
- Become knowledgeable about the preparations for the first session
- Become knowledgeable about risks, challenges and benefits of online interviewing/assessment
- Become more knowledgeable about blending online and F2F assessment
- Have some practical experience in preparation of an online interview/assessment

Internet-based Interviewing and Assessments

Abstract | Material | Further Reading

The recording of the training can be viewed via the eMEN community

Slides of the training: Slides online assessment and interviewing

Exercises: Exercises online assessment and interviewing

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Internet-based Interviewing and Assessments

Abstract | Material | Further Reading

Internet-based Interventions: Online Writing as Intervention

Much research has been done on e-mental health in recent years. A growing amount of controlled and naturalistic studies have shown that e-cognitive behavioral therapy can induce clinical relevant therapeutic outcome. Good research is key when you want to introduce new forms of treatment in a responsible way, but reading research papers usually does not learn you very much about the content of the treatments itself.

Yet, little has been published about the work of the online practitioner. For example, we know from meta-research by Palmqvist, Carlbring, Andersson (2007*) that adherence and treatment outcome in online treatments correlate highly with the amount of therapist time invested in a patient. However, less is known about what the therapist exactly needs to do to achieve the best result.

This module is aiming to provide exactly that: more insight the craft of the internet practitioner. This will be done with the example of 'online treatment using writing assignments', an intervention that is often used in e-therapy platforms.

Goals & Gains

This module aims to introduce participants to the craft of an internet therapist by teaching them some basic techniques that can be applied directly into online treatments with written information exchange.

Topics to be discussed

- Building an online treatment relationship, commitment & motivation
- General therapy factors, specific interventions and online treatment strategy

Also, attention is paid to close reading and interpretation of therapeutic texts.

Working methods: instruction, presentation of case material and practice online treatment technique.

Internet-based Interventions: Online Writing as Intervention

Abstract | Material | Further Reading

The recording of the training can be viewed via the eMEN community

Slides of the training: Slides online writing as intervention

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Internet-based Interventions: Online Writing as Intervention

Abstract | Material | Further Reading

Andersson, G., & Hedman, E. (2013). *Effectiveness of guided Internet-delivered cognitive behaviour therapy in regular clinical setting. Verhaltenstherapie, 23*, 140–148.

Cuijpers, P., Marks, I. M., van Straten, A., Cavanagh, K., Gega, L., & Andersson, G. (2009). *Computer-Aided Psychotherapy for Anxiety Disorders: A Meta-Analytic Review. Cognitive Behaviour Therapy, 38(2)*, 66 - 82.

Lange, A., Schoutrop, M., Schrieken, B., & van de Ven, J. P. (2002). *Interapy: A model for therapeutic writing through the internet.* APA books.

Lange, A., Rietdijk, D., Hudcovicova, M., Van de Ven, J-P., Schrieken, B. & Emmelkamp, P.M.G. (2003). *INTERAPY. A controlled randomized trial of the standardized treatment of posttraumatic stress through the Internet. Journal of Consulting and Clinical Psychology, 71(5)*, 901-909.

Palmqvist, B., Carlbring, P., & Andersson, G. (2007). *Internet-delivered treatments with or without therapist input: does the therapist factor have implications for efficacy and cost?. Expert review of pharmacoeconomics & outcomes research, 7(3)*, 291-297.

Pennebaker, J. W. (1997). *Writing about emotional experiences as a therapeutic process. Psychological science, 8(3)*, 162-166.

Pennebaker, J. W., & Smyth, J. M. (2016). *Opening up by writing it down: How expressive writing improves health and eases emotional pain. Guilford Publications.*

Renteria Agirre, A., & Lange, A. (2009). *Boulimie online overwinnen. Beschrijving van een behandelprotocol via internet. Directieve Therapie, 29(1)*, 26-47.

Ruwaard, J, Broeksteeg, J., Schrieken, B., Emmelkamp, P, & Lange, A (2010). *Web-based Therapist-Assisted Cognitive Behavioural Treatment of Panic Symptoms: A Randomised Controlled Trial with a Three-Year Follow-up. Journal of Anxiety Disorders, 24(4)*, 387-96. .

Ruwaard, R., Schrieken, B., Schrijver, M., Broeksteeg, J., Dekker, J., Vermeulen, H., & Lange, A. (2009). *Standardized Web-based CBT of Mild to Moderate Depression: A Randomized Controlled Trial with a Long-term Follow-up. Cognitive Behaviour Therapy, 38(4)*, 206-221.

Ruwaard, J., Lange, A., Bouwman, M., Broeksteeg., J., & Schrieken, B. (2007). *E-Mailed Standardized Cognitive Behavioural Treatment of Work-Related Stress: A Randomized Controlled Trial. Cognitive Behaviour Therapy, 36(3)*, 179-192.

Ruwaard, J., Lange, A., Broeksteeg, J., Renteria-Agirre, A., Schrieken, B., Dolan, C. V., & Emmelkamp, P. (2013). *Online cognitive–behavioural treatment of bulimic symptoms: A randomized controlled trial. Clinical Psychology & Psychotherapy, 20(4)*, 308-318.

Ruwaard, J., Lange, A., Schrieken, B., Dolan, C.V., & Emmelkamp, P. (2012). *The effectiveness of online cognitive behavioral treatment in routine clinical practice. PLoS ONE 7(7)*: e40089. https://doi.org/10.1371/journal.pone.0040089

Schoutrop, M. J. A. (2000). *Structured writing and processing traumatic events: effects and mechanisms.* Universiteit van Amsterdam [Host].

Schoutrop, M. J., Lange, A., Hanewald, G., Davidovich, U., & Salomon, H. (2002). *Structured writing and processing major stressful events: A controlled trial. Psychotherapy and psychosomatics, 71(3)*, 151-157.

Van Zuuren, F. J., Schoutrop, M. J. A., Lange, A., Louis, C. M., & Slegers, J. E. M. (1999). Effective and ineffective ways of writing about traumatic experiences: a qualitative study. Psychotherapy research, 9(3), 363-380.

Telemental Health: Therapy via Video Conferencing

Abstract

Study shows that videoconferencing is effective, acceptable and practical health care. Even equally effective as the classic face-to-face therapy. With easy access and in the comfort of their own home patients can find it easier to reveal certain information. They also experience less anxiety, because they do not have to travel to the clinic or face people in the waiting room. Although videoconferencing offers a lot of positive opportunities, it also harbours some risks.

During this webinar the seven myths about online treatment will be disproved and the risks will be discussed. Afterwards, online practice of four different evidence based (trauma) therapies is illustrated (i.e. online Narrative Exposure Therapy; Eye Movement Desensitization Reprocessing; Brief Eclectic Psychotherapy for PTSD; Imaginary Exposure Therapy).

We will also inform you about the integration of online modules in telemental healthcare, such as apps, VR and biofeedback. And in closing, we will explain how you can deal with patients in crisis, such as suicidal patients or patients that dissociate during treatment.

Material

Further Reading

Goals & Gains

The goals and gains of this training are that you:
- Have an understanding of what therapy via videoconferencing entails
- Are aware of the risks involved
- Know how to perform crisis intervention using videoconferencing

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Telemental Health: Therapy via Video Conferencing

Abstract | Material | Further Reading

The recording of the training can be viewed via the eMEN community

Slides van de training: Slides online telemental health

Telemental Health: Therapy via Video Conferencing

Abstract | Material | Further Reading

Banbury, A., Nancarrow, S., Dart, J., Gray, L., Parkinson, L. (2018). *Telehealth Interventions Delivering Home-based Support Group Videoconferencing: Systematic Review. J Med Internet Res. 2;20(2)*:e25. https://doi.org/10.2196/jmir.8090. PMID: 29396387; PMCID: PMC5816261.

Berryhill, M.B., Culmer, N., Williams, N., Halli-Tierney, A., Betancourt, A., Roberts, H., King, M. (2018). *Videoconferencing Psychotherapy and Depression: A Systematic Review. Telemed J E Health. 25(6)*:435-446. https://doi.org/10.1089/tmj.2018.0058. Epub 2018 Jul 26. PMID: 30048211.

Blake Berryhill, M., Halli-Tierney, A., Culmer, N., Williams, N., Betancourt, A., King, M., Ruggles, H. (2019). *Videoconferencing psychological therapy and anxiety: a systematic review, Family Practice, 36,* Pages 53–63, https://doi.org/10.1093/fampra/cmy072

Wind, T.R., Rijkeboer, M., Andersson, G., Riper, H. (2020). *The COVID-19 pandemic: The 'black swan' for mental health care and a turning point for e-health, Internet Interventions, 20, 100317*, ISSN 2214-7829, https://doi.org/10.1016/j.invent.2020.100317

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Online Interventions and Blended Treatment

Abstract | Material | Further Reading

Online interventions are gradually finding their way to routine practice and can be delivered in different ways (e.g. as stand alone interventions, guided self-help or blended treatment). In this module we will provide participants with an introduction to online interventions in general and 'blended treatment' specifically, which is the integration of face-to-face and online sessions into one treatment protocol.

Goals & gains

The goals and gains of this training are that you:
- Learn about different ways of delivering online treatment
- Become familiar with the concept and state-of-the-art of blended treatment
- Gain an understanding of current best practice of blended treatment such as: what patients are suitable for blended treatment, what is the role of the therapist in the online part and what is known about the therapeutic alliance

Online Interventions and Blended Treatment

Abstract | Material | Further Reading

The recording of the training can be viewed via the eMEN community

Slides of the training: Slides Online interventions and blended treatment

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Online Interventions and Blended Treatment

Abstract | Material | Further Reading

Carlbring, P., Andersson, G., Cuijpers, P., Riper, H., & Hedman-Lagerlöf, E. (2018). *Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: An updated systemalc review and meta-analysis. Cognitive Behaviour Therapy, 47(1)*, 1–18. https://doi.org/10.1080/16506073.2017.1401115

Cuijpers, P., & Riper, H. (2014). *Internet Intervenlons for depressive disorders: An overview. Revistade Psicopatologíay PsicologíaClínica, 19(2)*, 209–216.

Erbe, D., Eichert, H.-C., Riper, H., & Ebert, D. D. (2017). *Blending face-to-face and Internet-based intervenlons for the treatment of mental disorders in adults: Systemalc review. Journal of Medical Internet Research, 19(9)*, e306. https://doi.org/10.2196/jmir.6588

Karyotaki, E., Riper, H., Twisk, J., Hoogendoorn, A., Kleiboer, A., Mira, A., MacKinnon, A., Meyer, B., Botella, C., LiSlewood, E., Andersson, G., Christensen, H., Klein, J. P., Schröder, J., Bretón-López, J., Scheider, J., Griffiths, K., Farrer, L., Huibers, M. J. H., … Cuijpers, P. (2017). *Efficacy of self-guided internet-based cognitive behavioral therapy in the treatment of depressive symptoms: A meta-analysis of individual parlcipant data. JAMA Psychiatry, 74(4)*, 351–359. https://doi.org/10.1001/jamapsychiatry.2017.0044

Kooistra, L. C., Ruwaard, J., Wiersma, J. E., van Oppen, P., van der Vaart, R., van Gemert-Pijnen, J. E. W. C., & Riper, H. (2016). *Development and inilal evaluaIon of blended cognilve behavioural treatment for major depression in routine specialized mentalhealth care. Internet Intervenlons, 4*, 61–71. https://doi.org/10.1016/j.invent.2016.01.003

Thase, M. E., Wright, J. H., Eells, T. D., Barrett, M. S., Wisniewski, S. R., Balasubramani, G. K., McCrone, P., & Brown, G. K. (2018). *Improving the efficiency of psychotherapy for depression: Computer-assisted versus standard CBT. The American Journal of Psychiatry, 175(3)*, 242–250. https://doi.org/10.1176/appi.ajp.2017.17010089

van der Vaart, R., Witting, M., Riper, H., Kooistra, L., Bohlmeijer, E. T., & van Gemert-Pijnen, L. J. E. W. C. (2014). *Blending online therapy into regular face-to-face therapy for depression: Content, ralo and precondilons according to palents and therapists using a Delphi study. BMC Psychiatry, 14*, 355. https://doi.org/10.1186/s12888-014-0355-z

Webb, C. A., Rosso, I. M., & Rauch, S. L. (2017). I*nternet-based cognitive-behavioral therapy for depression: Current progress and future direclons. Harvard Review of Psychiatry, 25(3)*, 114–122. https://doi.org/10.1097/HRP.0000000000000139

Wentzel, J., van der Vaart, R., Bohlmeijer, E. T., & van Gemert-Pijnen, J. E. W. C. (2016). *Mixing online and face-to-face therapy: How to benefit from blended care in mental health care. JMIR Mental Health, 3(1)*, e9. https://doi.org/10.2196/mental.4534

Technology Options

Abstract | Immersive Technologies | Wearables

The Technology Options module consists of two separate modules, a module on Immersive Technologies in mental healthcare and a module on Wearable Technology in mental healthcare.

Both modules can be taken separately and do not require any technological background knowledge. They are structured in such a way that the participants are introduced to the possibilities of the respective technology by means of concrete examples from daily practice. This way, participants get an idea of what can be expected from this technology and what not.

The aim of both modules is that participants get a clear view on the different possibilities of the respective technology and to give them a starting point to further explore and put this technology into practice.

Technology Options:
Immersive Technologies for Mental Health

Abstract | Material | Further Reading

This training first introduces the most important and clinically relevant immersive technologies: virtual reality, 360° video and augmented reality. We explain what these different technologies entail and that even though people might think they are relatively new, some have been around for decades and/or already used in clinical practice.

Next, we discuss key advantages and disadvantages that professionals should be aware of when using immersive technologies in their clinical practice. This is followed by a presentation of clinical applications of immersive technologies such as virtual reality exposure therapy in simple phobias or virtual prolonged exposure therapy in PTSD.

This all is illustrated with concrete platforms applying immersive technologies so that professionals get a clear view on the possibilities of these technologies in clinical practice.

Goals & Gains

The goals of this training are that you:
- Know the different immersive technologies than can be used in mental healthcare
- Understand and think critically about benefits and considerations when using immersive technologies in clinical settings
- Have knowledge of concrete clinical immersive technologies applications

Technology Options:
Immersive Technologies for Mental Health

Abstract | Material | Further Reading

The recording of the training can be viewed via the eMEN community

Slides of the training: Slides immersive technology

Examples of VR for mental health

Video about Bravemind
Fear for heights or flying
Fear for animals (iOS)
Fear of spiders

About
General Introduction to e-Mental Health
Internet-based Interviewing and Assessment
Internet-based Interventions Online Writing as Intervention
Telemental Health: Therapy via Video Conferencing
Online Interventions and Blended Treatment
Technology Options
Embedding in the Organization
Best Practice / Evidence-based Applications

Technology Options:
Immersive Technologies for Mental Health

Abstract | Material | Further Reading

Czerniak, E., Caspi, A., Litvin, M., Amiaz, R., Bahat, Y., Baransi, H., ... & Plotnik, M. (2016). *A novel treatment of fear of flying using a large virtual reality system. Aerospace medicine and human performance, 87(4)*, 411-416. https://doi.org/10.3357/AMHP.4485.2016

De Witte, N. A. J., Scheveneels, S., Sels, R., Debard, G., Hermans, D., & Van Daele, T. (2020). *Augmenting exposure therapy: mobile augmented reality for specific phobia. Frontiers in Virtual Reality, 1,* 8. https://doi.org/10.3389/frvir.2020.00008

Hoffman H.G. et al. (2019) *Virtual Reality Distraction to Help Control Acute Pain during Medical Procedures. In: Rizzo A., Bouchard S. (eds) Virtual Reality for Psychological and Neurocognitive Interventions. Virtual Reality Technologies for Health and Clinical Applications. Springer, New York, NY*. https://doi.org/10.1007/978-1-4939-9482-3_8

Migoya-Borja, M., Delgado-Gómez, D., Carmona-Camacho, R., Porras-Segovia, A., López-Moriñigo, J.D., Sánchez-Alonso, M., ... Baca-García, E. (2020). *Feasibility of a Virtual Reality-Based Psychoeducational Tool (VRight) for Depressive Patients. Cyberpsychology, Behavior and Social Networking, 23(4)*, 246-252. https://doi.org/10.1089/cyber.2019.0497

Paul, M., Bullock, K., & Bailenson, J. (2020). *Virtual Reality Behavioral Activation as an Intervention for Major Depressive Disorder: Case Report. JMIR mental health, 7(11)*, e24331. https://doi.org/10.2196/24331

Rizzo, A., Hartholt, A., Grimani, M., Leeds, A., & Liewer, M. (2014). *Virtual reality exposure therapy for combat-related posttraumatic stress disorder. Computer, 47(7)*, 31-37. https://doi.org/10.1109/MC.2014.199

Serino, S., Pedroli, E., Keizer, A., Triberti, S., Dakanalis, A., Pallavicini, F., ... & Riva, G. (2016). *Virtual reality body swapping: a tool for modifying theallocentric memory of the body. Cyberpsychology, Behavior, and Social Networking, 19(2)*, 127-133. https://doi.org/10.1089/cyber.2015.0229

Veling W, Lestestuiver B, Jongma M, Hoenders HJR, van Driel C. (2021). *Virtual Reality Relaxationfor Patients With a Psychiatric Disorder: Crossover Randomized Controlled Trial.Journal of Medical Internet Research,23(1)*:e17233; https://doi.org/10.2196/17233

Zimmer, A., Wang, N., Ibach, M. K., Fehlmann, B., Schicktanz, N. S., Bentz, D., ... & de Quervain, D. J. (2021). *Effectiveness of a smartphone-based, augmented reality exposure app toreduce fear of spiders in real-life: A randomized controlled trial. Journal of anxiety disorders, 82*, 102442. https://doi.org/10.1016/j.janxdis.2021.102442

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Technology Options:
Wearables and their potential in Mental Health

Abstract | Material | Further Reading

In this training, we start with an introduction on wearable technology. We provide an overview of the different aspects of wearables and how to evaluate them with respect to e-mental health applications. This will help to give a proper idea of what to expect and what not to expect from this technology. This introduction concludes with the positioning of wearables within the field of eHealth and mHealth.

Next, the training provides some examples of successful implementation of wearables in practice ranging from Ecological Momentary Assessment & Ecological Momentary Intervention, Promotion, Rehab, Education. In addition, some examples of applications are shown where wearables can provide useful biofeedback within healthcare.

This training concludes with a broader view on wearables. More specifically, we discuss the reliability, added value, and the privacy and GDPR regulations which come along with this kind of technological applications.

Goals & Gains

The goals of this training are that you:
- Understand what wearables can do for e-mental health
- Have knowledge of successful implementation of wearables in practice
- Understand the reliability, added value and privacy challenges of wearables
- Have a scientific base to evaluate wearables for your application purpose

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Technology Options:
Wearables and their potential in Mental Health

Abstract | Material | Further Reading

The recording of the training can be viewed via the eMEN community

Slides of the training: Slides wearable technology

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Technology Options:
Wearables and their potential in Mental Health

Abstract | Material | Further Reading

De Witte, N. A. J., Buyck, I., & Van Daele, T. (2019). *Combining biofeedback with stress management interventions: a systematic review of physiological and psychological effects. Applied Psychophysiology and Biofeedback, 44*, 71-82. https://doi.org/10.1007/s10484-018-09427-7

Economides, M., Lehrer, P., Ranta, K., Nazander, A., Hilgert, O., Raevuori, A., Gevirtz, R., Khazan, I., & Forman Hoffman, V. L. (2020). *Feasibility and Efficacy of the Addition of Heart Rate Variability Biofeedback to a Remote Digital Health Intervention for Depression. Applied Psychophysiology and Biofeedback*. https://doi.org/10.1007/s10484-020-09458-z

Gal, R., May, A. M., van Overmeeren, E. J., Simons, M., Monninkhof, E. M. (2018). *The Effect of Physical Activity Interventions Comprising Wearables and Smartphone Applications on Physical Activity: a Systematic Review and Meta-analysis. Sports Medicine – Open*, 4,42. https://doi.org/10.1186/s40798-018-0157-9

Holland, J. (2016). *Wearable Technology and Mobile Innovations for Next-Generation Education. Hershey, PA: IGI Global*

Howe, K. B., Suharlim, C., Ueda, P., Howe, D., Kawachi, I., & Rimm, E. B. (2016). *Gotta catch'em all! Pokémon GO and physical activity among young adults: difference in differences study. BMJ, 355*, i6270. https://doi.org/10.1136/bmj.i6270

Hunter, J. F., Olah, M.S., Williams, A. L., Parks, A. C., & Pressman, S. D. (2019) *Effect of Brief Biofeedback via a Smartphone App on Stress Recovery: Randomized Experimental Study. JMIR Serious Games, 7(4)*, e15974. https://doi.org/10.2196/15974

Shiffman,S., Stone, A. A., & Hufford, M. R. (2008). *Ecological Momentary Assessment. Annual Review of Clinical Psychology, 4,* 1–32. https://doi.org/10.1146/annurev.clinpsy.3.022806.091415

Simblett, S., Matcham, F., Siddi, S., Bulgari, V., Barattieri di San Pietro, C., Hortas López, J., ..., RADAR-CNS Consortium (2019). *Barriers to and Facilitators of Engagement With mHealth Technology for Remote Measurement and Management of Depression: Qualitative Analysis. JMIR Mhealth Uhealth,7(1)*, e11325. https://doi.org/10.2196/11325

Wang, Q., Markopoulos, P., Yu, B., Chen, W., & Timmermans, A. (2017). *Interactive wearable systems for upper body rehabilitation: a systematic review. Journal of NeuroEngineering and Rehabilitation volume, 14(20)*. https://doi.org/10.1186/s12984-017-0229-y

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Embedding in the Organization

Abstract | Material | Further Reading

The past years the mental health sector produced a lot of proven e-mental health solutions. Still, the number of users of these solutions is disappointing. It seems that a good solutions alone is no guarantee for success. Why is e-mental health so important? And how can we change the result of e-mental health implementation projects?

In this training module, the focus is on how-to successfully embed e-mental health in mental health organizations. Based on nine Success Factors you will learn how to improve acceptance, frequency of use and impact of implementing e-mental health.

Goals & Gains

The goals and gains of this training are that you:
- Understand e-mental health barriers
- Learn that embedding e-mental health is not easy
- Can avoid common pitfalls
- Understand the success factors of implementation
- Can prepare for a successful embedding

After attending this training you have the tools to set up an implementation plan for your e-mental health projects.

Embedding in the Organization

Abstract | Material | Further Reading

The recording of the training can be viewed via the eMEN community

Slides of the training: Slides embedding e-mental health in the organization

Exercises

Generate goals and barriers
Discuss ideas with stakeholders
Review and prioritise goals and barriers
Match barriers with implementation strategies
Choose strategy categories and choose strategies
Choose most important strategy category and choose top strategies
(source: ItFits-Toolkit)

List of implementation barriers for inspiration: List of barriers
List of possible implementation strategies: Implementation strategies

Tools for implementation

ItFitsToolkit by Implementall project
Consolidated Framework for implementation Strategies - Implementation Strategy Matching Tool
Link to Normalization Process Theory

About
General Introduction to e-Mental Health
Internet-based Interviewing and Assessment
Internet-based Interventions Online Writing as Intervention
Telemental Health: Therapy via Video Conferencing
Online Interventions and Blended Treatment
Technology Options
Embedding in the Organization
Best Practice / Evidence-based Applications

Embedding in the Organization

Abstract | Material | Further Reading

Kotter, J. (1995). *Leading change: why transformation efforts fail. Harvard Business Review, 73(2)*, 55-67

Wensing, M. & Grol, R. (2017). *Implementatie. Effectieve verbetering van de patiëntenzorg. Houten: Bohn Stafleu van Loghum*

Fernandez, M.E., Ten Hoor, G.A., van Lieshout, S., Rodriguez, S.A., Beidas, R.S., Parcel, G., Ruiter, R.A.C., Markham, C.M., Kok, G. (2019). Implementation Mapping: *Using Intervention Mapping to Develop Implementation Strategies. Front Public Health, 18;7*:158. https://doi.org/10.3389/fpubh.2019.00158

Strifler, L., Cardoso, R., McGowan, J., Cogo, E., Nincic, V., Khan, P. A., ... & Straus, S. E. (2018). *Scoping review identifies significant number of knowledge translation theories, models, and frameworks with limited use. Journal of Clinical Epidemiology, 100*, 92-102.

Proctor, E.K., Powell, B.J. & McMillen, J.C. *Implementation strategies: recommendations for specifying and reporting. Implementation Sci 8, 139 (2013)*. https://doi.org/10.1186/1748-5908-8-139

Best Practice / Evidence-based Applications

Abstract | More Information

App stores contain thousands of applications (apps) aimed at people's mental health. Finding suitable apps in it is difficult.
There are two overviews containing reviewed websites and/or apps for people's mental health; a Dutch and Belgian one. They can help you find suitable apps to use in aid, health care and services.

Before an app is included in the Dutch GGZ-app guide, it is assessed on many points and tested by experience experts and care providers. Taken together, this gives a good impression of what you can expect from an app.

The Belgian onlinehulp-apps.be bundles screened and approved apps and websites for wellbeing and mental health. Apps and websites are screened on 9 criteria and described with the necessary practical links and explanations about the screening.

About

General Introduction to e-Mental Health

Internet-based Interviewing and Assessment

Internet-based Interventions Online Writing as Intervention

Telemental Health: Therapy via Video Conferencing

Online Interventions and Blended Treatment

Technology Options

Embedding in the Organization

Best Practice / Evidence-based Applications

Best Practice / Evidence-based Applications

Abstract | More Information

Find professionally reviewed e-mental health apps through the following Dutch and Belgian app stores:

Dutch appstore: https://www.ggzappwijzer.nl
Belgium appstore: https://www.onlinehulp-apps.be/