Digital Mental Health
Recent Evidence Bulletin
January 2023

NHS
Greater Manchester
Mental Health
NHS Foundation Trust

Delivery of Services

[Can digital mental health interventions bridge the digital divide for socioeconomically and digitally marginalised youth?](#) **Child and Adolescent Mental Health**

[Connected: Remote technology in mental health services](#) **Centre for Mental Health**

[Key implementation factors in telemedicine-delivered medications for opioid use disorder](#) **Lancet Psychiatry**

[Should academics collaborate with digital companies to improve young people's mental health?](#) **Child and Adolescent Mental Health**

AI and Machine Learning

[Novel, machine learning based framework for detection of autism spectrum disorder](#) **Applied Artificial Intelligence**

Virtual Reality

[Effect of immersive, virtual reality based attentional bias modification on anxiety mitigation in a healthy population](#) **PsyCh Journal**

Mobile Technology

[Assessment of mental health services available through smartphone apps](#) **JAMA Network Open**

[Effects of smartphone-based self-management intervention for individuals with bipolar disorder on relapse, symptom burden, and quality of life](#) **JAMA Psychiatry**

Social Media

[Adolescents' problematic internet and smartphone use in (cyber)bullying experiences: a network analysis](#) **Child & Adolescent Mental Health**

[Active and passive social media use are differentially related to depressive symptoms in older adults](#) **Ageing and Mental Health**

Telehealth

[Can a web-based intervention help spouses of heavy drinkers?](#) **Recovery Research Institute**

[Computerized treatment of perfectionism through mistake-making](#) **Journal of Behaviour Therapy and Experimental Psychiatry**

[Telehealth satisfaction among caregivers of pediatric and adult psychology and psychiatry patients with intellectual and developmental disability in the wake of COVID-19](#) **Journal of Autism and Developmental Disorders**

[What predicts treatment adherence and low risk drinking? An exploratory study of internet interventions](#) **European Addiction Research**