# **Digital Mental Health**

Current Awareness Bulletin March 2023



## RECENT PUBLICATIONS

## **Delivery of Services**

<u>Eight digitally enabled therapies to treat depression and anxiety in adults</u> conditionally recommended **NICE** 

## Al and Machine Learning

<u>Development and validation of a machine learning model to estimate risk of adverse outcomes within 30 days of opioid dispensation</u> JAMA Network Open

How Al can help design drugs to treat opioid addiction Medical Xpress

Machine learning prediction will be part of future treatment of depression Australia and New Zealand Journal of Psychiatry

Online training process groups for therapists: a proposed model International Journal of Group Psychotherapy

### **Online Interventions**

Experiences of family members attending an online addiction education program Drugs: Education, Prevention and Policy

Can online patient-provider communication improve emotional wellbeing?

Cyber Psychology, Behavior and Social Networking

Exploring adolescents' journeys through an internet-based psychodynamic therapy for depression Journal of Child Psychotherapy

## **Mobile Technology**

Are mobile apps meeting the needs of caregivers of people living with dementia? Aging and Mental Health

Evaluation of a smartphone application for self-help for patients with social anxiety disorder: SMASH Trials

Mental health mobile health application for adolescents exhibiting psychological distress Psychology and Psychotherapy

### Social Media

How do teens with a history of suicidal behaviour and self-harm interact with social media? Journal of Adolescence

#### **Telehealth**

Effectiveness of telemental health during the COVID-19 pandemic Psychotherapy

Telephone treatments in IAPT services: impact on treatment uptake BMC Psychiatry

Use of telehealth in the COVID-19 era: systematic review Evidence Alerts

