

Mental Health and Technology: Evidence Review

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Abstract : Adapting mental health interventions is important when providing support to those experiencing difficulties. This analysis aimed to explore and evaluate the effectiveness of various forms of mental health interventions. Literature that has analysed face-to-face (F2F), phone (Telehealth), mobile (mHealth) and online (e-interventions) interferences found all interventions were effective in reducing and treating symptoms of mental health disorders. F2F and Telehealth interventions facilitated greater engagement and client satisfaction. Due to accessibility and privacy, mHealth and e-interventions were the preferred methods of engagement with health services for youth and young adults. Regardless, these interventions still identified several barriers of high dropout, low adherence, and lack of awareness. Additionally, a large proportion of interventions lacked evidence-based foundations. Exploration of interventions that utilise a variety of interfaces, as well as incorporated evidence-based literature and clinician experience, show that they benefit those experiencing mental health difficulties. Applications like YourHealth+ provide a combination of interventions (F2F, mHealth, and e-interventions) to improve the wellbeing of job seekers and employment consults. Individuals that have used the application in conjunction with therapy have reported feeling more empowered and demonstrated improved wellbeing. Practitioners have also described improved confidence in their ability to provide support to clients. Therefore, it can be proposed that utilising a variety of interventions as well as incorporating literature and experience is beneficial to those experiencing mental health difficulties and to health practitioners.

Keywords : face-to-face, e-interventions, mHealth, YourHealth+

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