

eMental Health
The Next Big Thing
in Psychological
Practice?

9th Oct 2018
9am-4pm

The Hilton
Charlemont Place
Dublin 2

Interreg
North-West Europe
eMEN
European Mental Health Network

 **Mental Health Reform**
Providing Integrated Mental Health Services


The Psychological Society of Ireland
Cumann Saoithe Eireann

The importance of a personalised experience in eTherapy

Dr Conal Twomey
Psychologist in Clinical Training, UCD/HSE

Acknowledgement: some slides kindly provided by Prof Gary O'Reilly (UCD)

A little about my background...

Business
Bust!

HDip +
Masters
(Psych.)

PhD in
Psych.
(Soton)

Clinical
Psychologist
in Training

AP roles

Lecturing



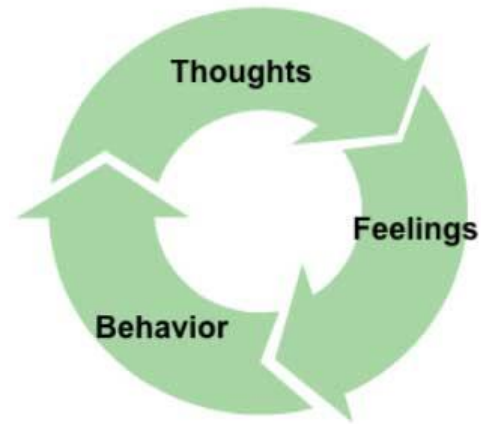
Introduction to eTherapy

Psychological therapy is effective but difficult to access



Bower & Gilbody (2005). Stepped care in psychological therapies: access, effectiveness and efficiency. Narrative literature review. *British Journal of Psychiatry* 186, 11-17.

To increase access,
therapeutic content can
be delivered remotely
using computerised CBT



Remoteness

Privacy

24hrs a day

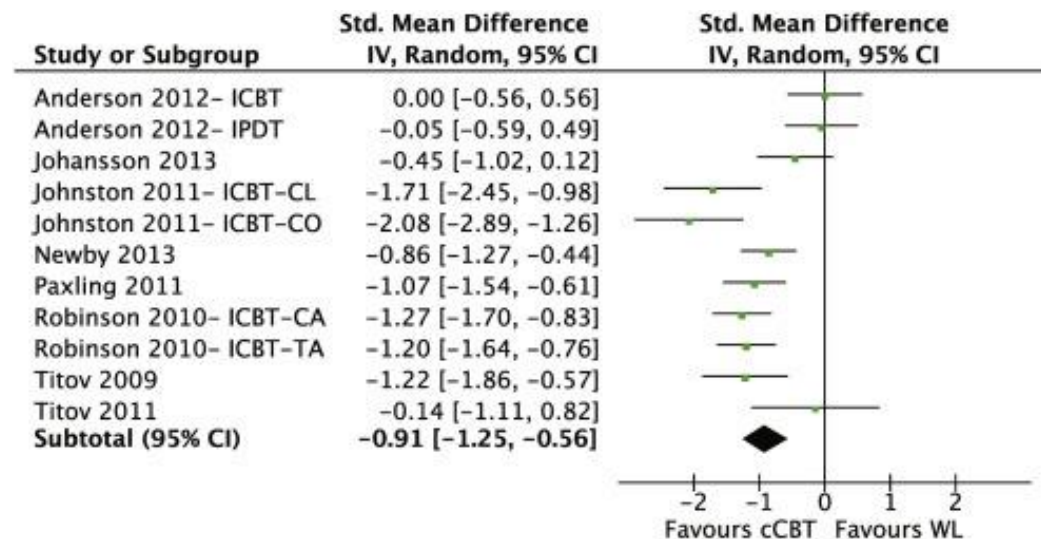
Immediacy

Clinician time saved

Low cost to provide



cCBT is effective, on average, for the treatment of common mental health problems in both adults and adolescents



Arnberg *et al.* (2014). Internet-delivered psychological treatments for mood and anxiety disorders: A systematic review of their efficacy, safety, and cost-effectiveness. *PLoS One* 9 (5).

Ebert *et al.* (2015) Internet and Computer-Based Cognitive Behavioral Therapy for Anxiety and Depression in Youth: A Meta-Analysis of Randomized Controlled Outcome Trials. *PLoS One* 10 (3).

Richards *et al.* (2015). The efficacy of internet-delivered treatment for generalized anxiety disorder: A systematic review and meta-analysis. *Internet Interventions*, 2(3), 272-282

Issues with cCBT

1) High dropout rates

Pre-intervention

Individual CBT	10%
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Group CBT	14%
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cCBT	24%
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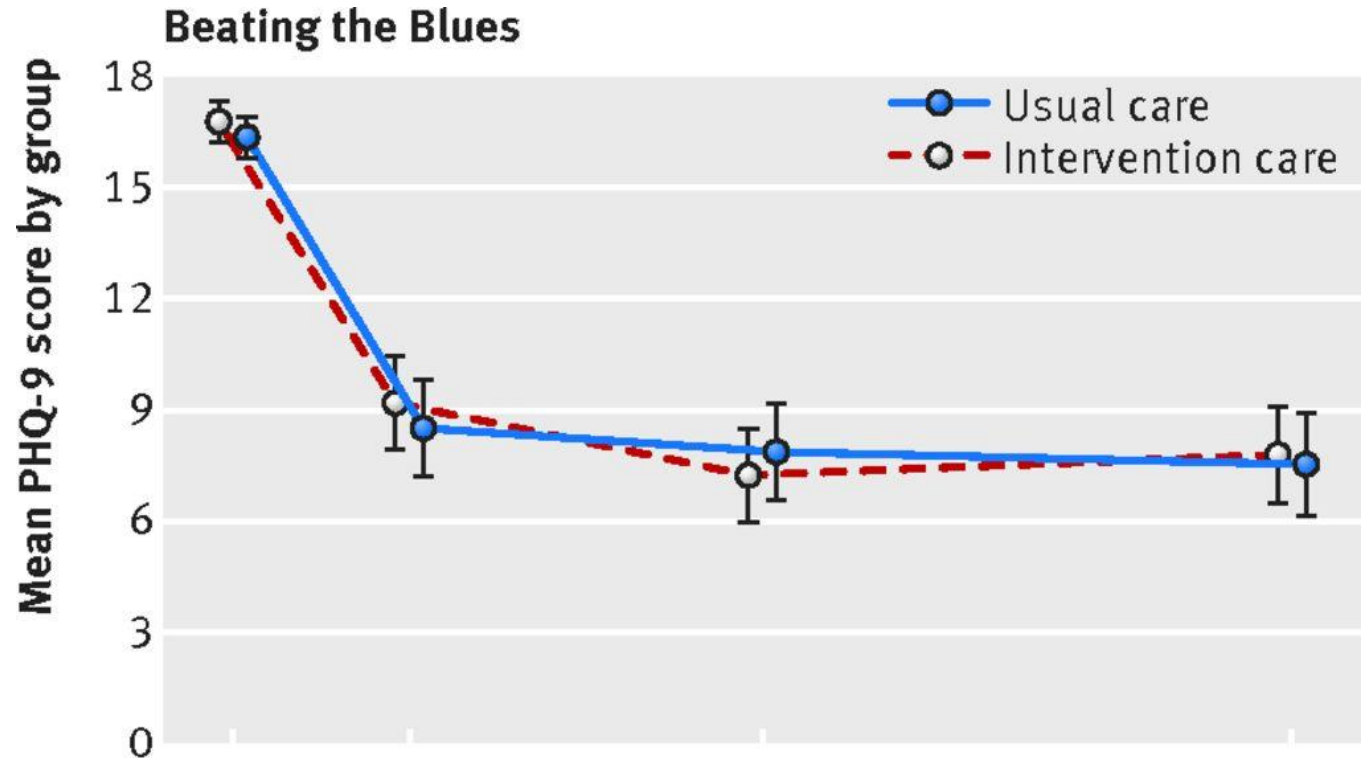
During intervention

Individual CBT	25%
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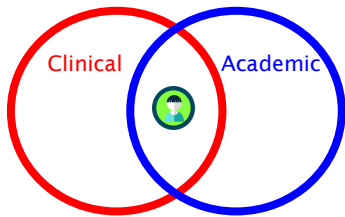
Group CBT	25%
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cCBT	34%
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2) Reduced effectiveness in clinical settings



Gilbody *et al.* (2015). Computerised cognitive behaviour therapy (cCBT) as treatment for depression in primary care (REEACT trial): large scale pragmatic randomised controlled trial. *Bmj*, 351. doi: 10.1136/bmj.h5627



RCT of MoodGYM within HSE services

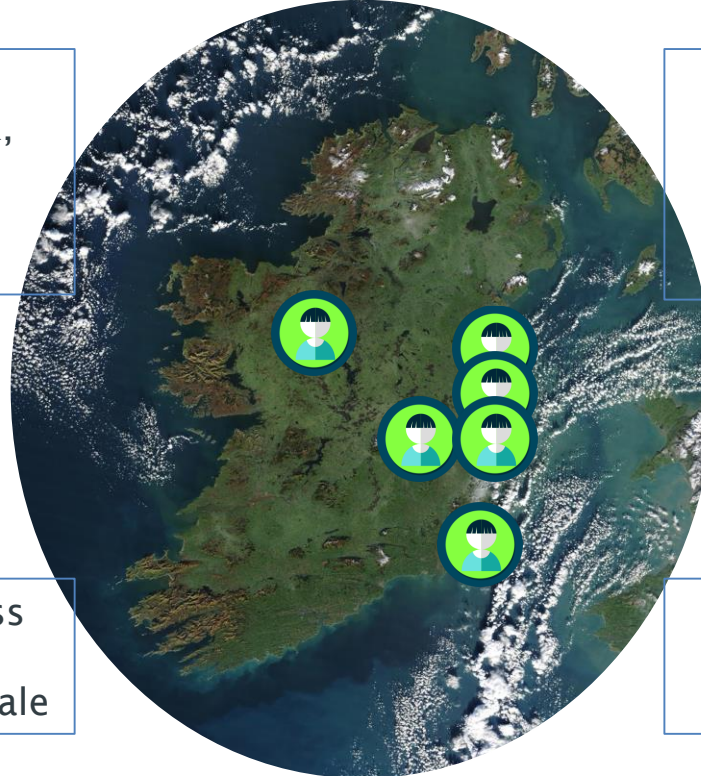
MoodGYM



>1 million registered users

6 site RCT
3 Urban: Ballymun, Coolock,
Dun Laoghaire
3 Rural: Wexford, Kildare
Roscommon

201 public mental health
service users currently on a
waiting list.
101 assigned to MoodGym
100 assigned to waiting list

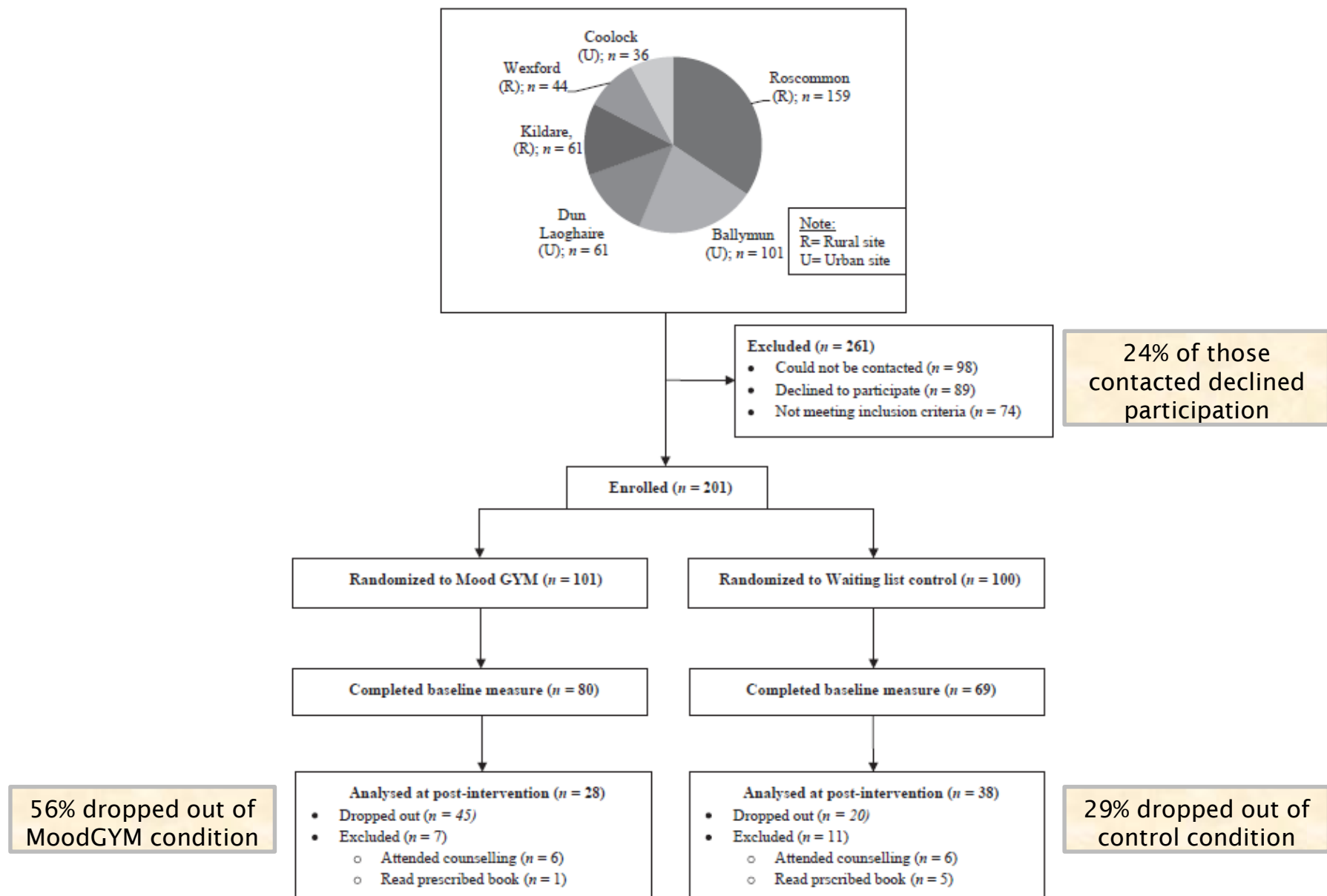


Depression, Anxiety & Stress
Scale (DASS-21)
Work & Social Adjustment Scale

DASS total improvement
DASS Stress improvement
Large drop-out (56.3%)



Twomey, C., O' Reilly, G., Byrne, M., Bury, M., White, A., Kissane, S., McMahon, A and Clancy, N (2014). A randomized controlled trial of the computerized CBT programme, MoodGYM, for public mental health service users waiting for interventions. *British Journal of Clinical Psychology*, 53 (4), 433-50.



Meta-analysis of MoodGYM

Twomey, C., & O'Reilly, G. (2016). Effectiveness of a freely available computerised cognitive behavioural therapy programme (MoodGYM) for depression: meta-analysis. *Australian & New Zealand Journal of Psychiatry*, 51(3), 260-269.

MoodGYM



>1 million registered users

11 RCT studies demonstrated MoodGYM's effectiveness for **depression** symptoms at post-intervention, with a small effect size ($g=0.36$).

6 RCT studies demonstrated MoodGYM's effectiveness for **anxiety** symptoms at post-intervention, with a medium effect size ($g=0.57$).

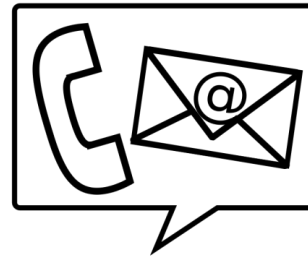
Works in variety of settings.

Did better in Australia.

Better with assistance

Drop-Out rates 0-73%

3) Greater efficacy when cCBT provided with regular guidance...

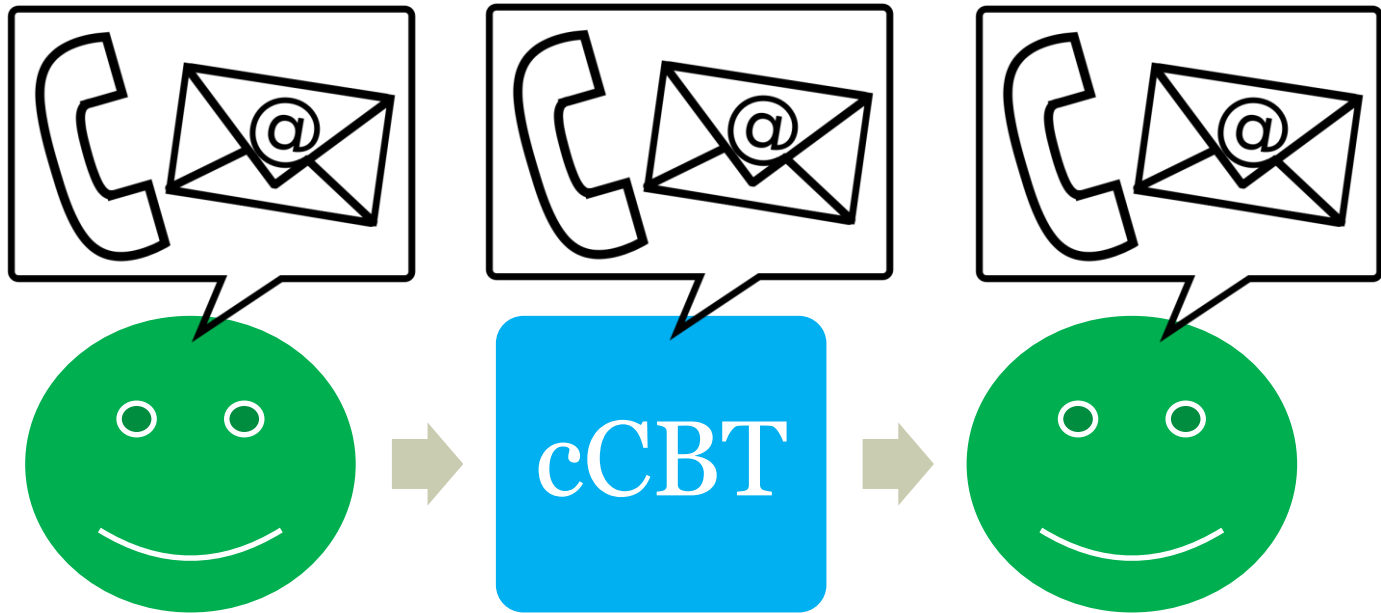


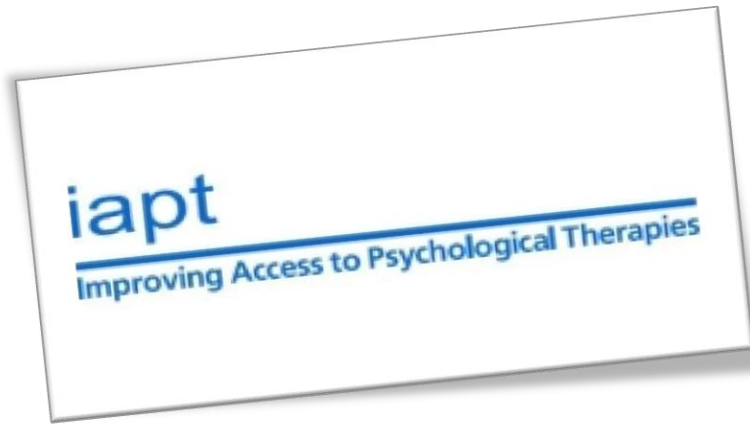
(Andersson and Cuijpers, 2009; Andrews et al., 2010; Arnberg et al., 2014; Spek et al., 2007).



**Guided cCBT: Can
we save clinician
time while
providing a
personalised
experience?**









The YouthMood Project: a cluster randomized controlled trial of an online cognitive behavioral program with adolescents.

Callear AL¹, Christensen H, Mackinnon A, Griffiths KM, O'Kearney R.

Author information

Abstract

The aim in the current study was to investigate the effectiveness of an online, self-directed cognitive-behavioral therapy program (MoodGYM) in preventing and reducing the symptoms of anxiety and depression in an adolescent school-based population. A cluster randomized controlled trial was conducted with 30 schools (N = 1,477) from across Australia, with each school randomly allocated to the intervention or wait-list control condition. At postintervention and 6-month follow-up, participants in the intervention condition had significantly lower levels of anxiety than did participants in the wait-list control condition (Cohen's $d = 0.15$ - 0.25). The effects of the MoodGYM program on depressive symptoms were less strong, with only male participants in the intervention condition exhibiting significant reductions in depressive symptoms at postintervention and 6-month follow-up (Cohen's $d = 0.27$ - 0.43). Although small to moderate, the effects obtained in the current study provide support for the utility of universal prevention programs in schools. The effectiveness of booster sessions should be explored in future research.

Comparing young people's experience of technology-delivered v. face-to-face mindfulness and relaxation: two-armed qualitative focus group study

Article in The British Journal of Psychiatry 210(4) · October 2016

DOI: 10.1192/bjp.bp.115.172783



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2nd [Patricia Cooney](#)

ORCID iD 4.83 · University College Dublin



3rd [David Coyle](#)

ORCID iD 19.88 · University College Dublin



4th [Gary O'Reilly](#)


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Abstract

Background: The current popularity of mindfulness-based practices has coincided with the increase in access to mobile technology. This has led to many mindfulness apps and programs becoming available, some specifically for children. However, little is known about the experience of engaging with mindfulness through these mediums.

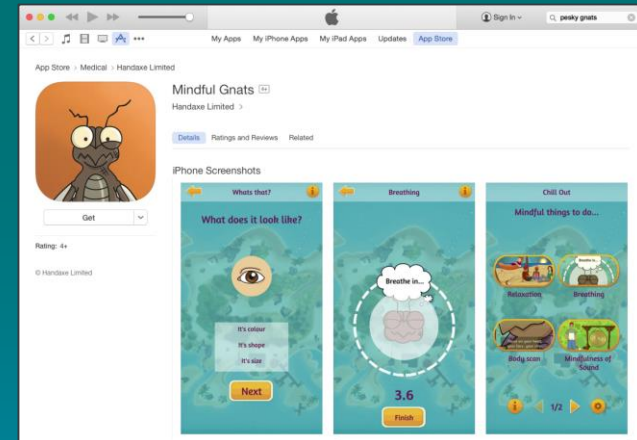
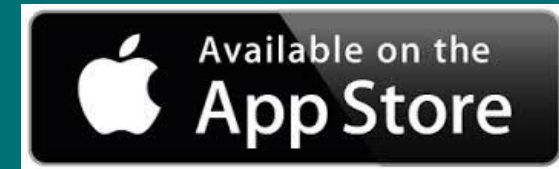
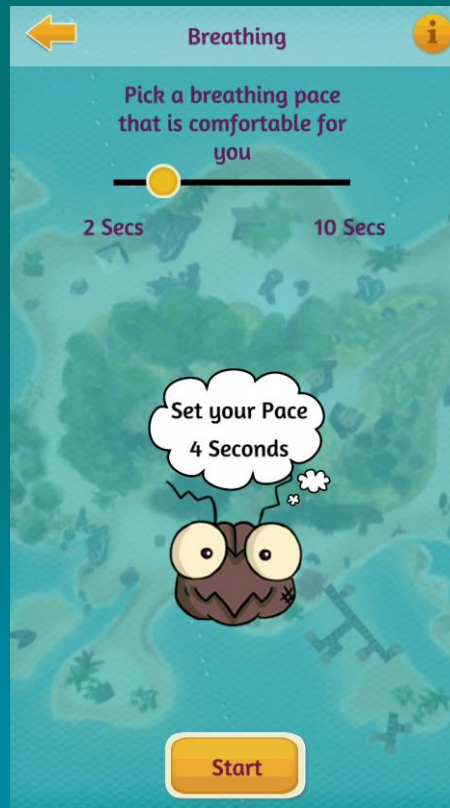
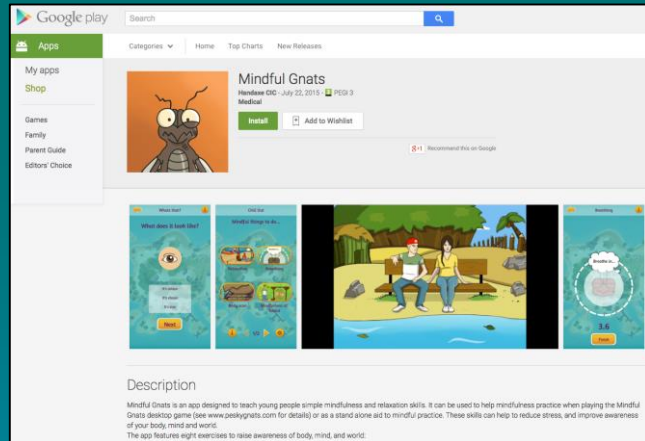
Aims: To explore children's experience of mindfulness delivered both face-to-face and through a computer game to highlight any differences or similarities. **Method:** A two-armed qualitative focus groups design was used to explore children's experiences. The first arm offered mindfulness exercises in a traditional face-to-face setting with guided meditations. The second arm offered mindfulness exercises through a computer game avatar.

Results: Themes of relaxation, engagement, awareness, thinking, practice and directing attention emerged from both arms of focus groups. Subthematic codes highlight key differences as well as similarities in the experience of mindfulness.

Conclusions: These results indicate that mindfulness delivered via technology can offer a rich experience. 



A gift for you from today's talk...
Mindful Gnats App
free from the iTunes store or Google Play





**Guided cCBT:
some time saved
and somewhat of a
personalised
experience...**

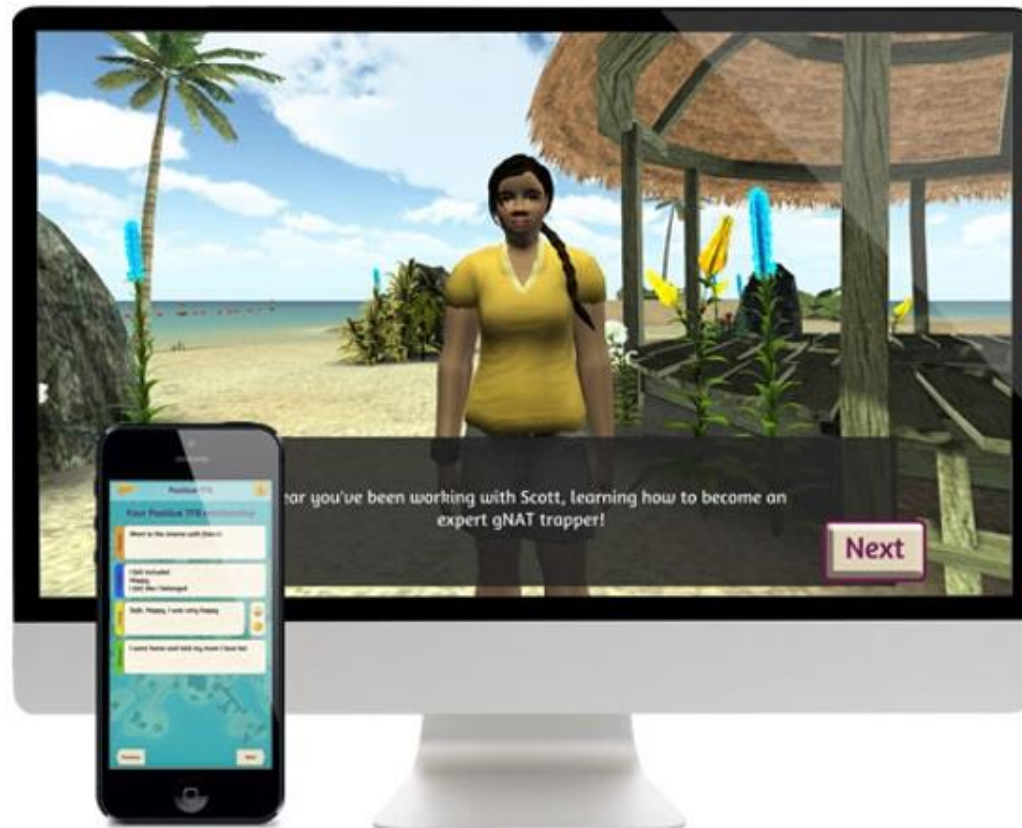
In session cCBT



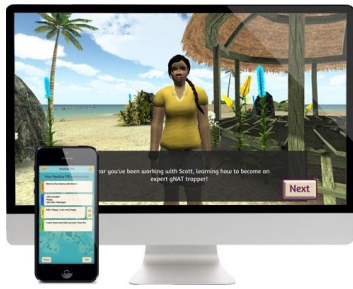
Pesky gNATs

A CBT computer game for young people with anxiety or low mood

Dr Gary O' Reilly and Dr David Coyle



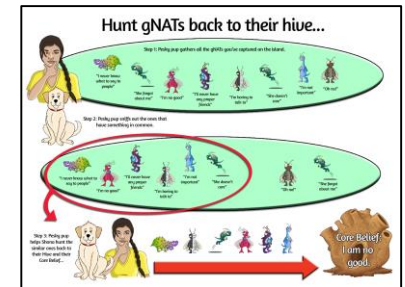
In-session computer game features



1. A game character defines a single CBT concept in each level

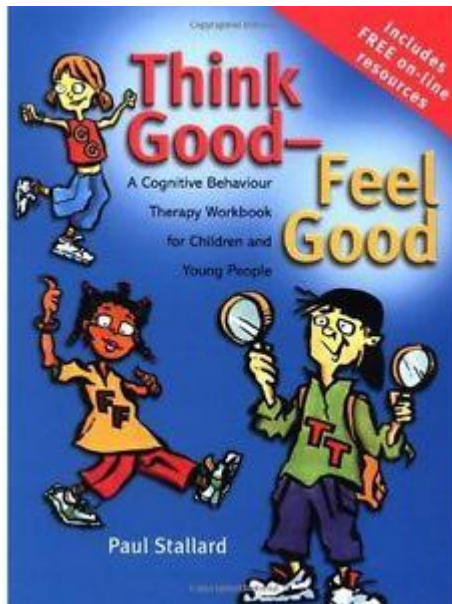
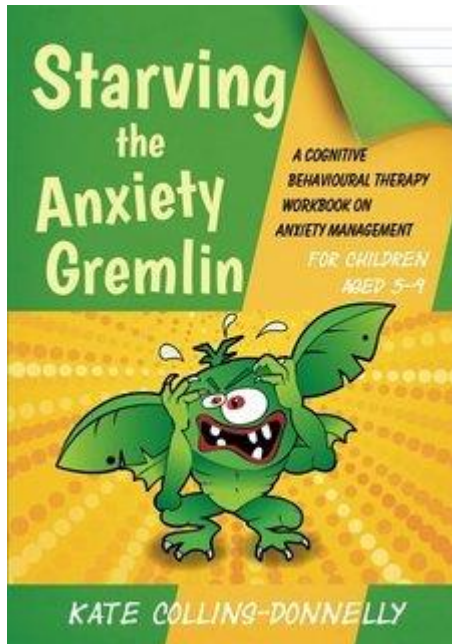
2. An in-game “previous player” provides a social model of how that CBT concept applied to them

3. Young person & therapist work together apply that CBT concept to young person



4. Young person transfers that learning to their home, school & community with a between session task



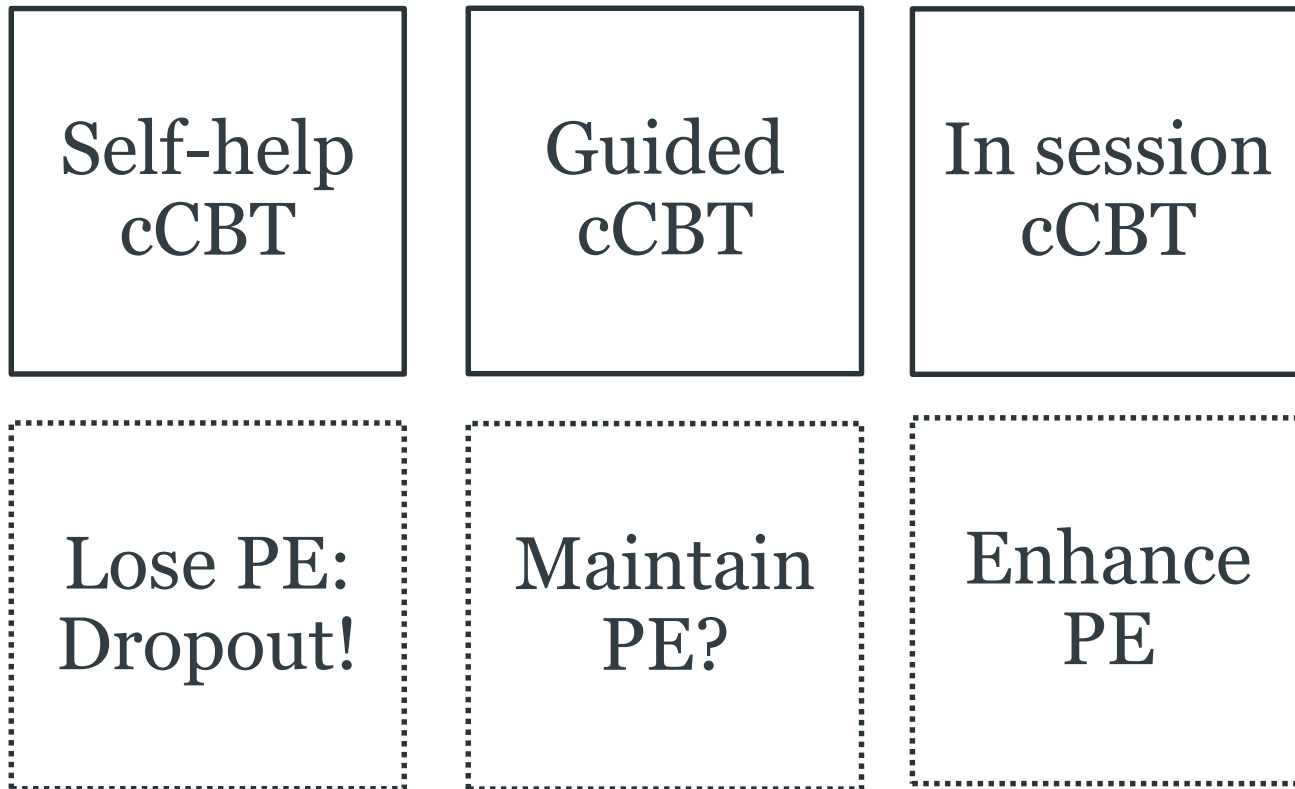


Courtesy of FLP



In session cCBT:
no time saved but
enhanced
personalised
experience...

Level of Guidance and Personalised Experience (PE)

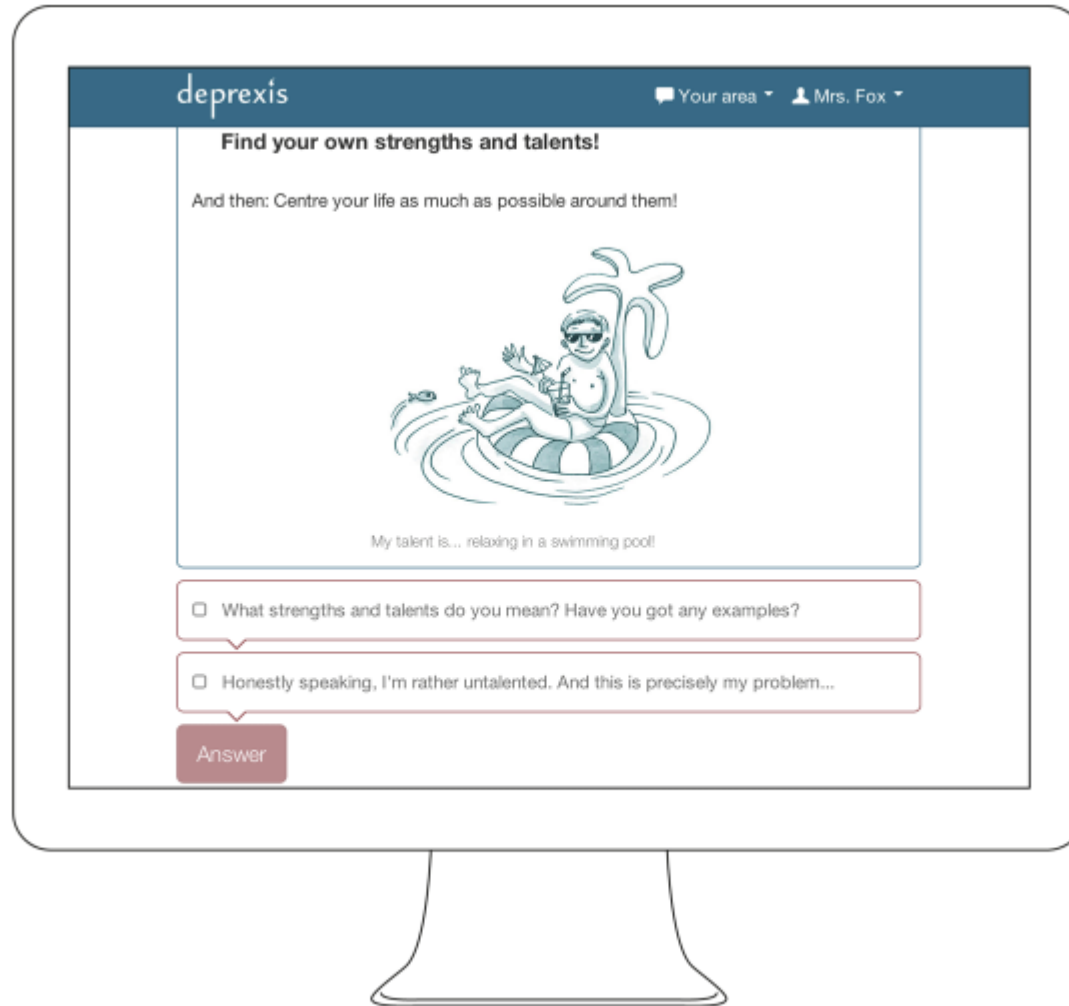


Recent developments: a personalised experience in eTherapy



1. Tailored eTherapy





<http://www.deprexis.com/index.html>

Behavioural
activation

Cognitive
Modification

Relaxation &
healthy
lifestyle

Acceptance &
mindfulness

Problem-
solving

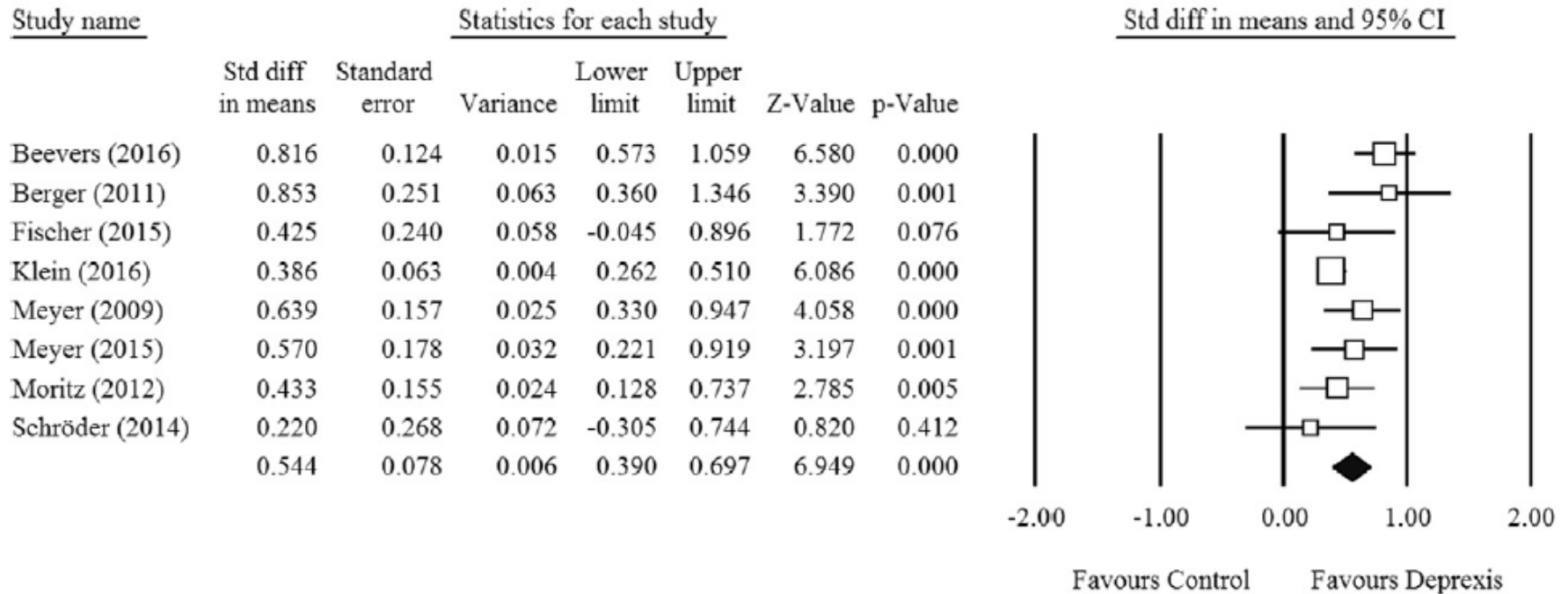
Childhood
experiences

Interpersonal
skills

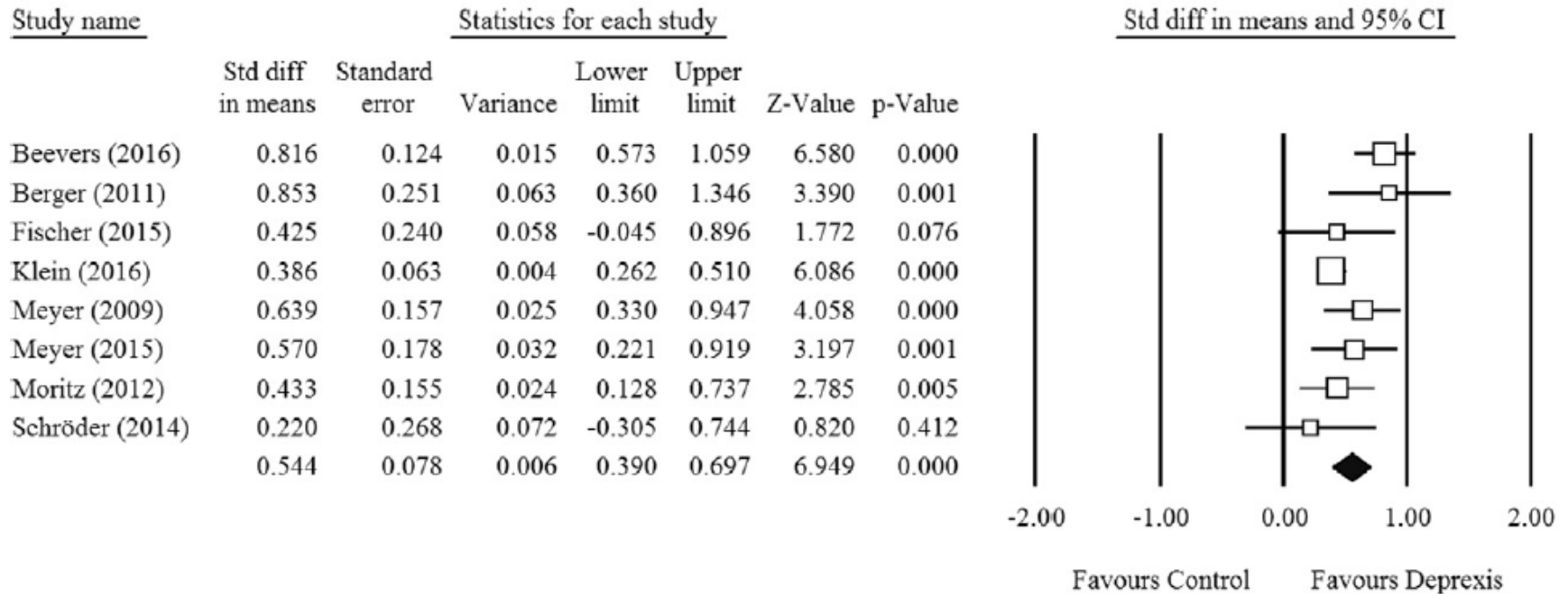
Positive
Psychology

Dream work

Choice of modules in Deprexis

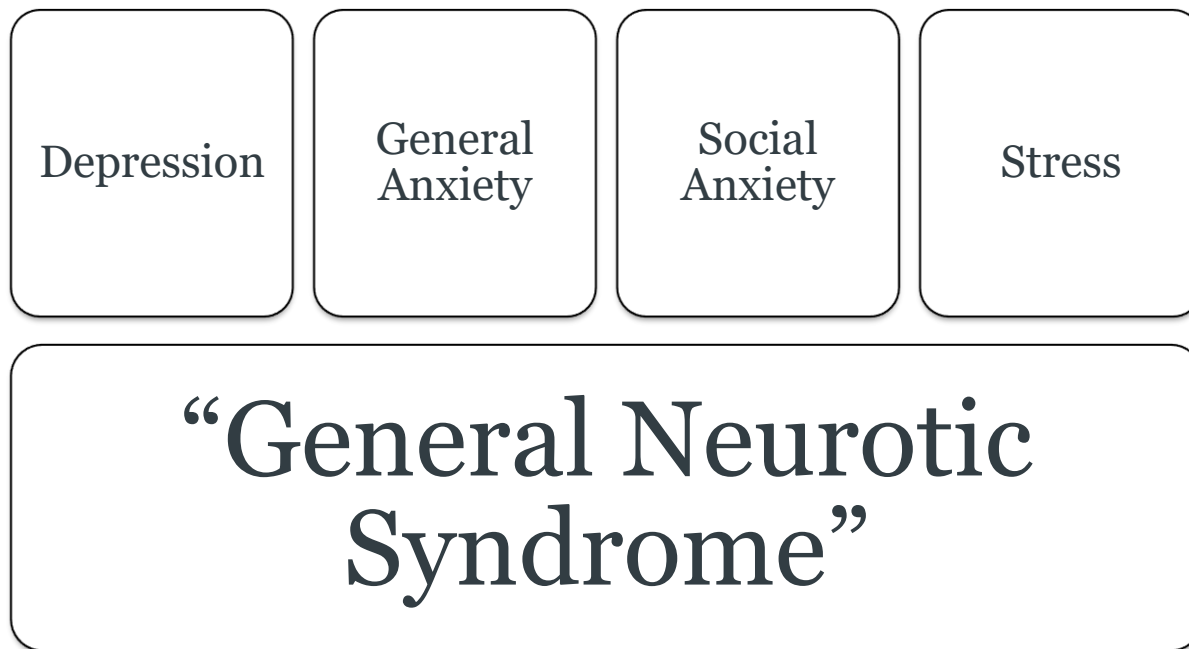


Level of guidance had no meaningful influence on results



Dropout rate of 26%...similar to 1-2-1 therapy

2. Transdiagnostic cCBT



2. Transdiagnostic cCBT

Depression

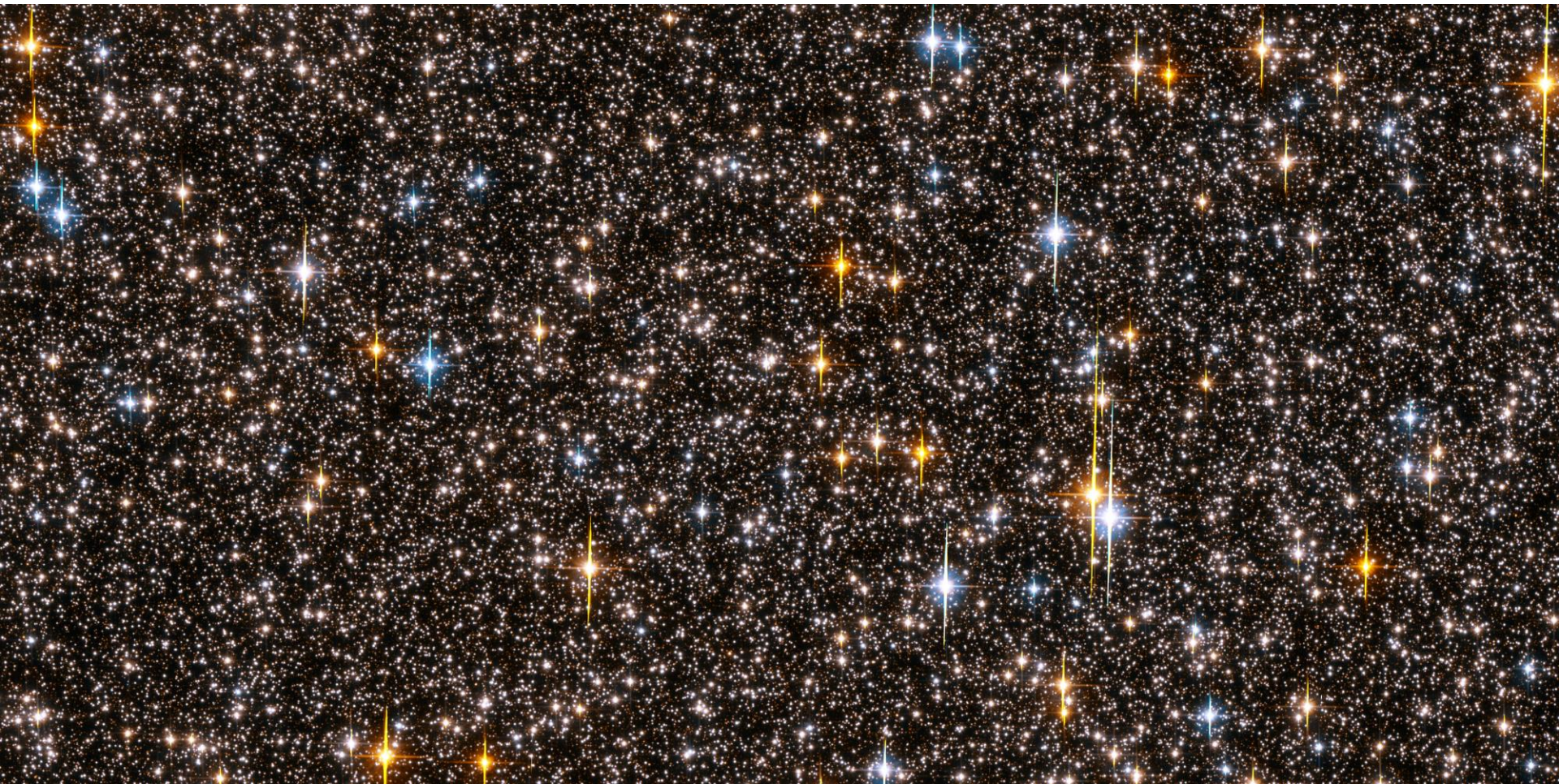
General
Anxiety

Social
Anxiety

Stress

Co-morbidity...tx for
your dep + anx!

2. Transdiagnostic cCBT



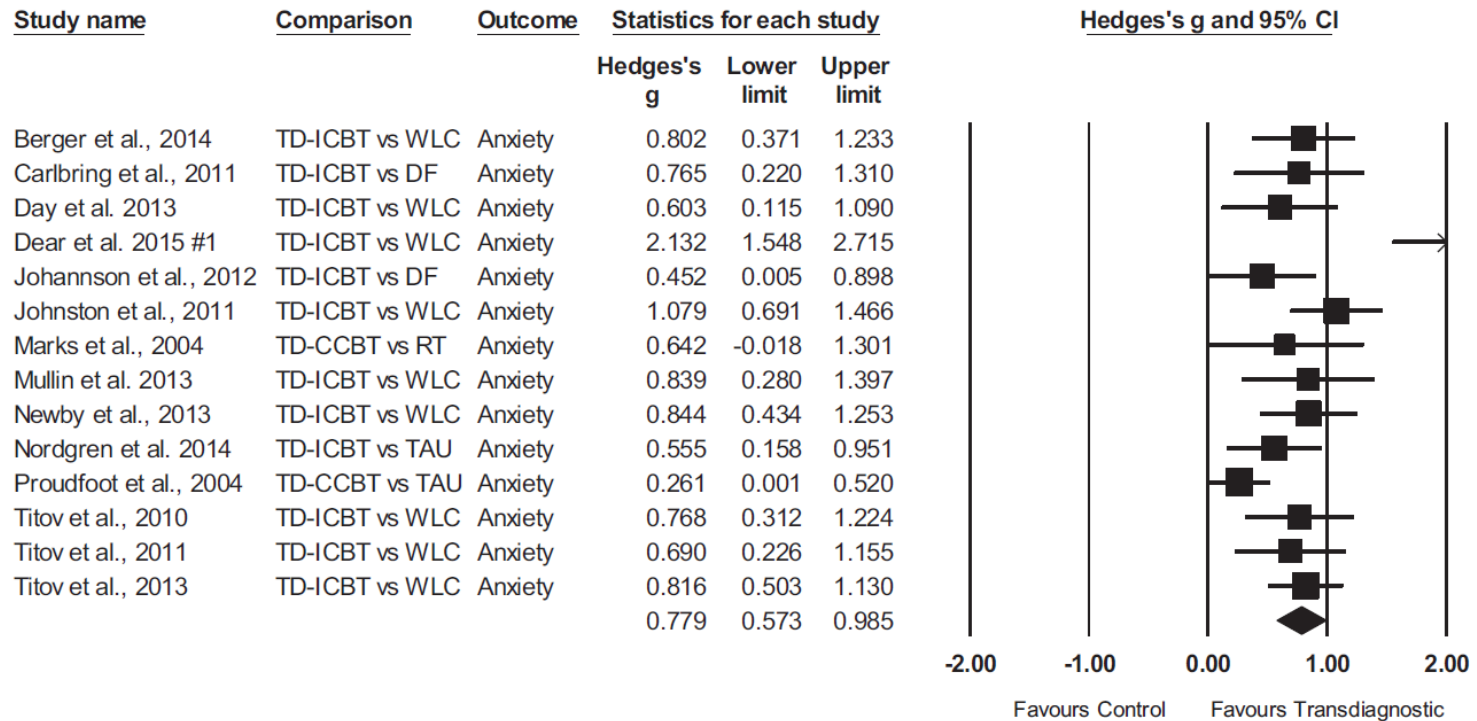
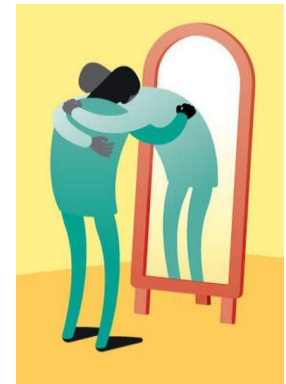


Fig. 2. Forest plot of controlled between-group effect sizes for comparisons between transdiagnostic computerised cognitive behavioural therapy and control groups on self-reported anxiety.

Dropout rate: 10%-57%...

DEEPdown

- DEEPdown is a self-development programme which helps you develop a **compassionate understanding of your personality**. At the moment it is being offered to UCD students aged 18-25.
- **DEEPdown has various components:**
 - Personality assessment and results.
 - Education about personality and its expression.
 - Self-compassion and self-reflective skills.
 - Putting knowledge and skills into practice.





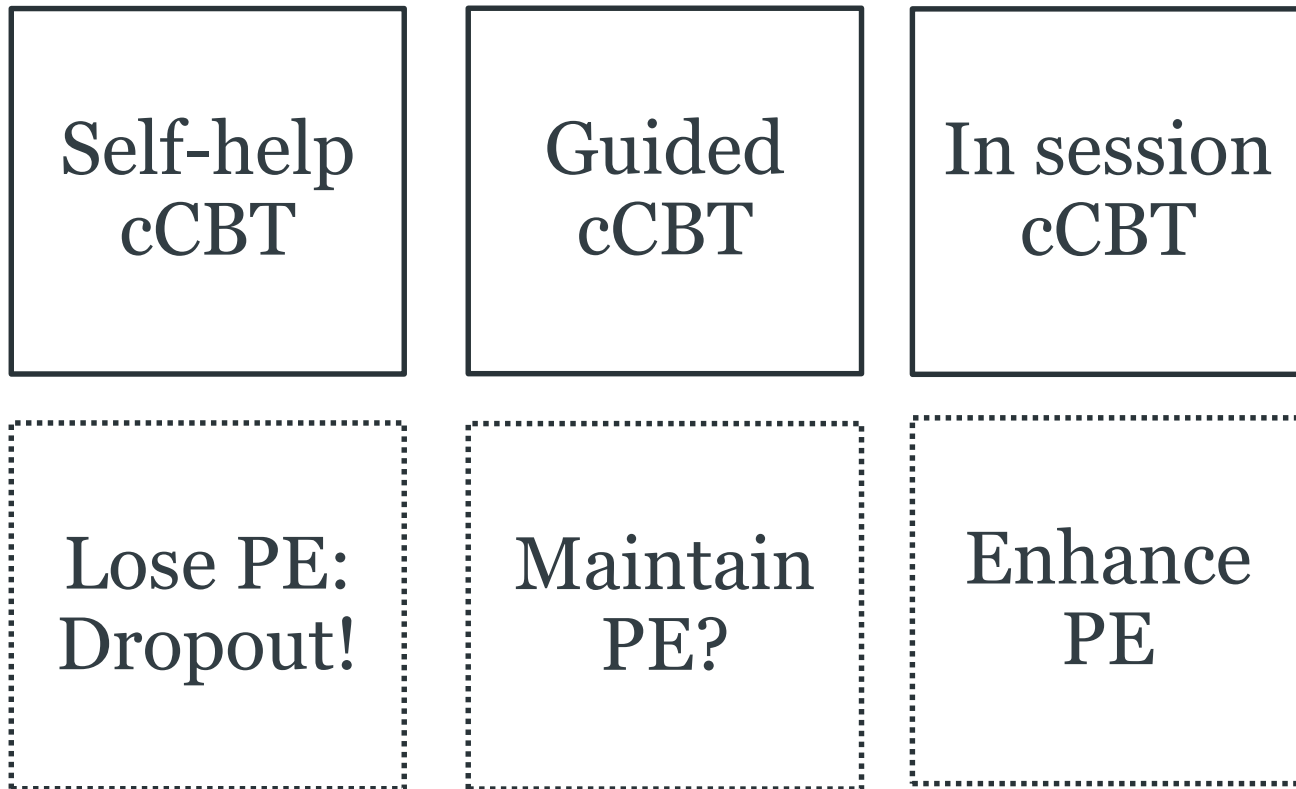
Key message



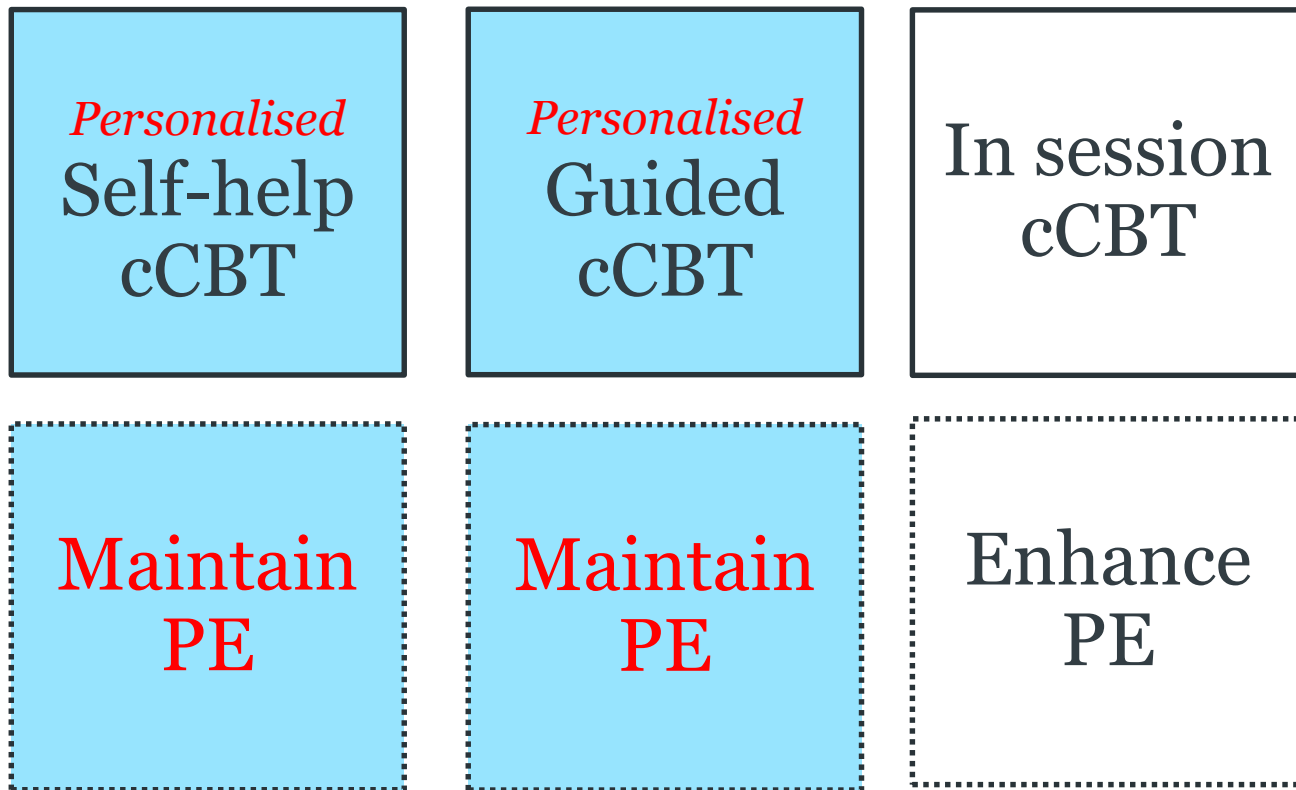
Need to balance
efficiency gains with a
personalised
experience:

tailored and
transdiagnostic
eTherapy programmes
encompass potential
solutions...

Level of Guidance and Personalised Experience (PE)



Level of Guidance and Personalised Experience (PE)



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Mental Health Reform
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The Psychological Society of Ireland
Cumann Siocleithe Éireann

Thank you!

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Conal Twomey
Psychologist in Clinical Training, HSE/UCD