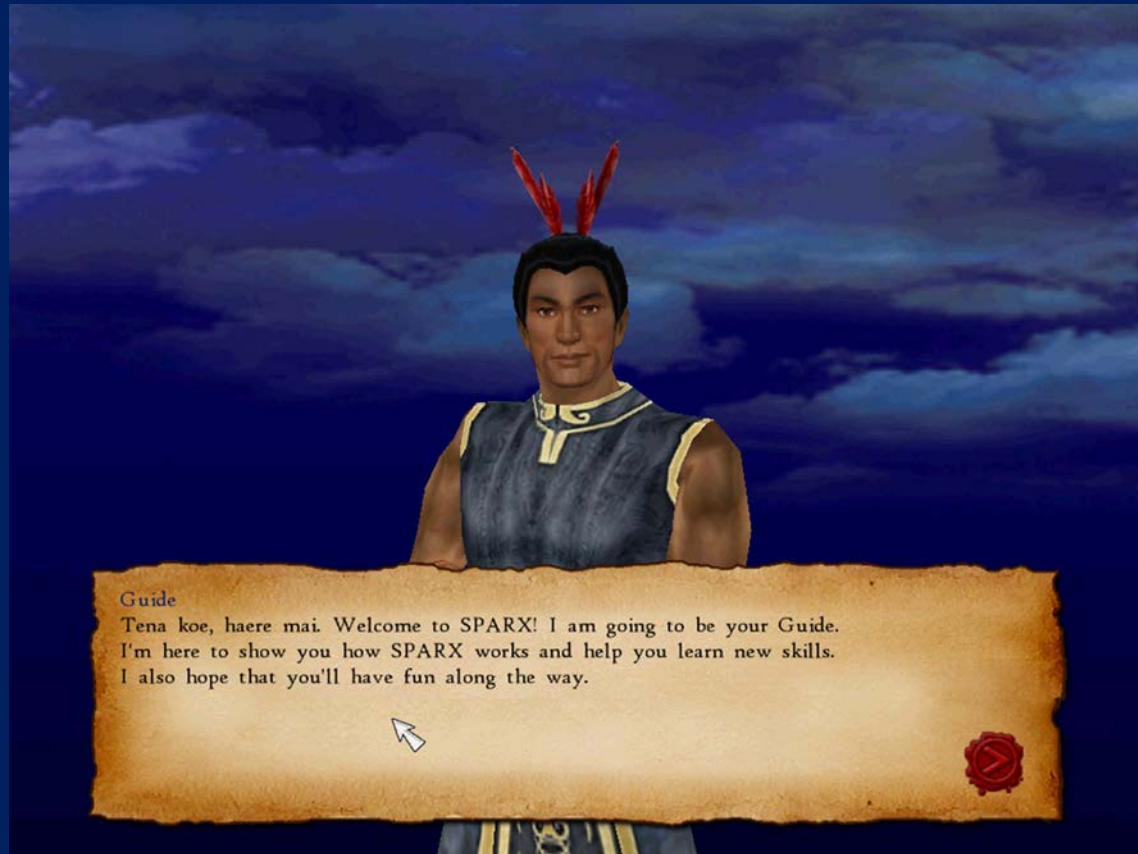


Our Communities, Our Health

Digital tools for mental health



Dr Terry (Theresa Fleming)
School of Health, Victoria University of Wellington &
Dept of Psychological Medicine, University of Auckland



1. Digital mental health tools – varied & exploding area

2. PART of the way forward

3. If you are keen to do these...

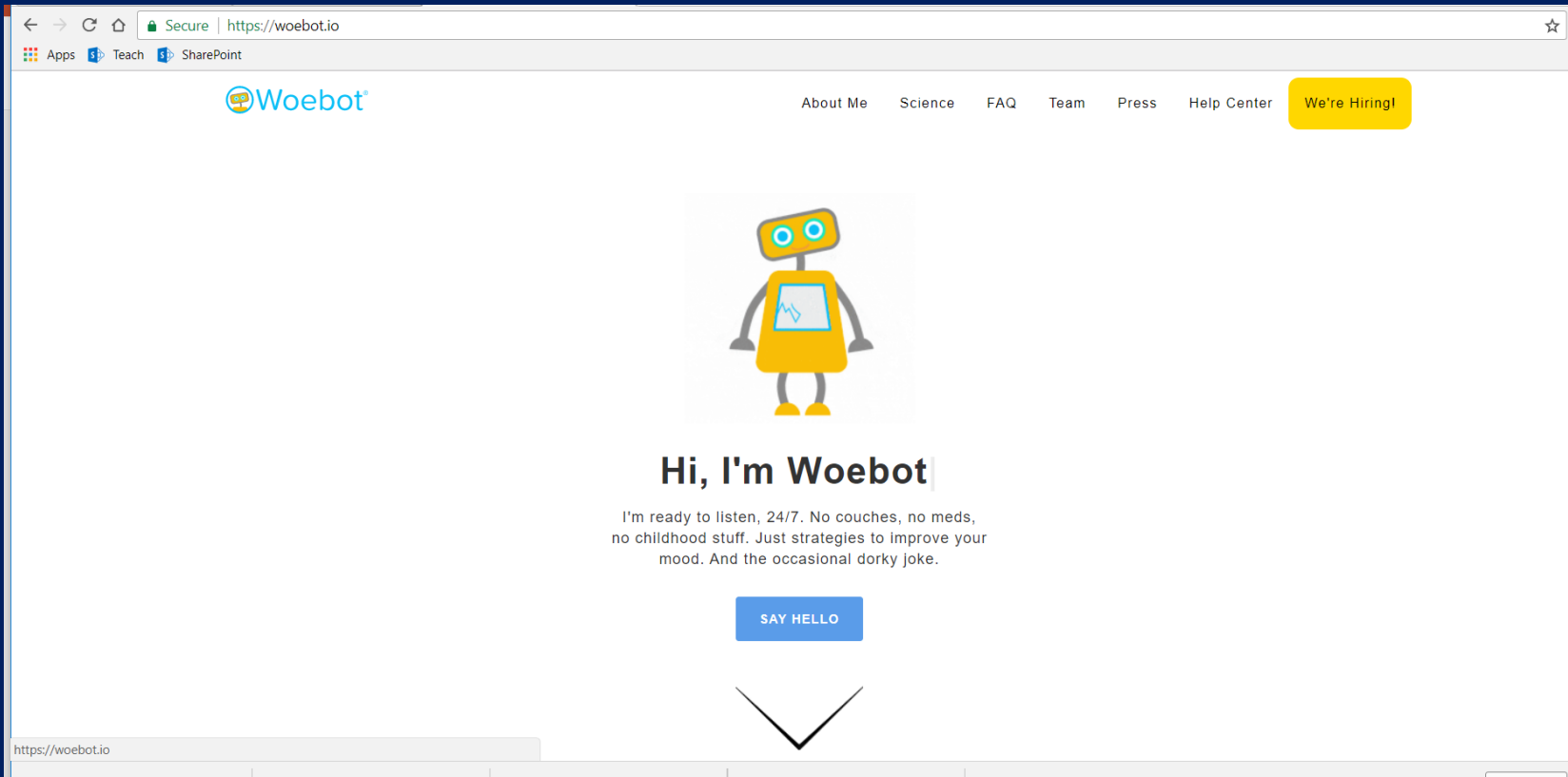
- Try some first
- MUCH more effective to do these in a joined up way
- Smart Co-design is essential

1. What

- Apps, programs & websites
- Chat bots & Chat people
- VR and AR
- Repurposed games

For mental health & wellbeing

Facebook's Woebot



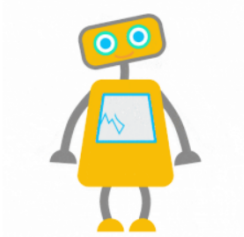
The image shows a screenshot of a web browser displaying the Woebot website. The browser's address bar shows "Secure | https://woebot.io". The page features the Woebot logo in the top left, a navigation menu with links for "About Me", "Science", "FAQ", "Team", "Press", and "Help Center", and a yellow "We're Hiring!" button. In the center, there is a cartoon illustration of a yellow robot with a screen on its chest. Below the robot, the text reads "Hi, I'm Woebot" followed by a short bio: "I'm ready to listen, 24/7. No couches, no meds, no childhood stuff. Just strategies to improve your mood. And the occasional dorky joke." A blue "SAY HELLO" button is positioned below the text, with a large downward-pointing chevron symbol underneath it.

Secure | https://woebot.io

Apps Teach SharePoint

Woebot

About Me Science FAQ Team Press Help Center We're Hiring!



Hi, I'm Woebot

I'm ready to listen, 24/7. No couches, no meds, no childhood stuff. Just strategies to improve your mood. And the occasional dorky joke.


SAY HELLO

https://woebot.io


 **Woebot**

12K people like this including Monique Faleafa and 26 friends


Mental Health Service

 So here's how I work, I'm going to ask you about your mood and as I get to know you, I'll teach you some good stuff


OK

 I'll help you recognize patterns because.. (no offense) humans aren't that great at remembering things... 😊

Ok


 (sorry)... It's just that I

Hey!

 (sorry)... It's just that I have a perfect memory 😊


so each week I'll give you insight on how your mood changes

OK

 I'm gonna check in with you daily..

Daily?

Yup! It only takes 5 mins

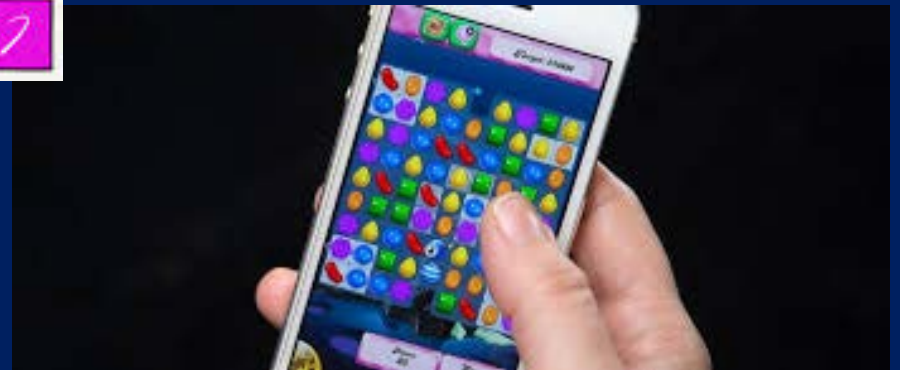
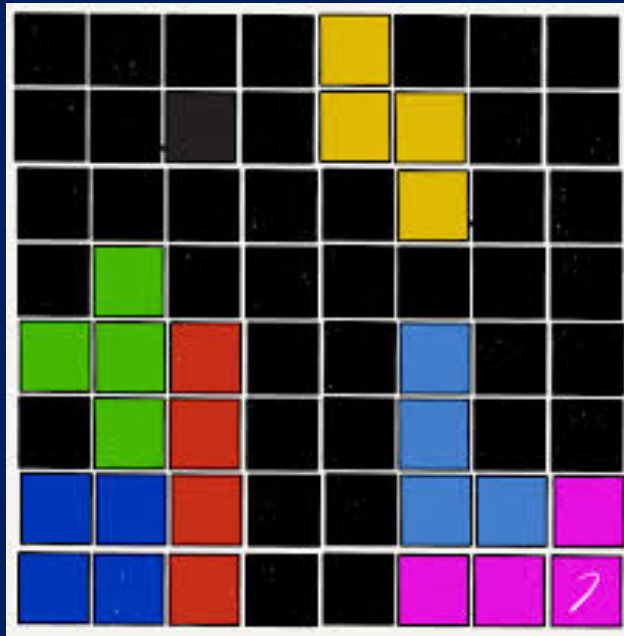
 Can you handle that?

yup

VR for phobias...



Tetris for Intrusive thoughts



Some of the Currently Available...

Local

- SPARX
- Ask Auntie Dee
- The Journal
- The Lowdown & Depression.org
- Beating the Blues
- Brave Online (CDHB)
- Big White Wall (ADHB)
 - & in development

International

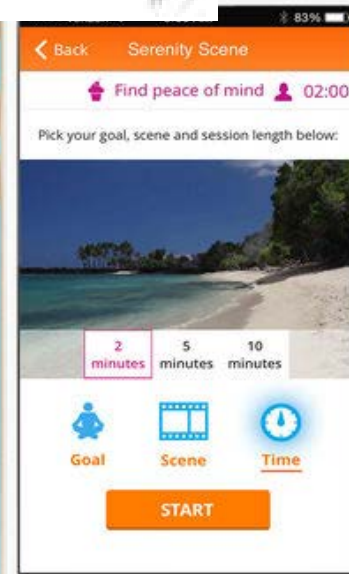
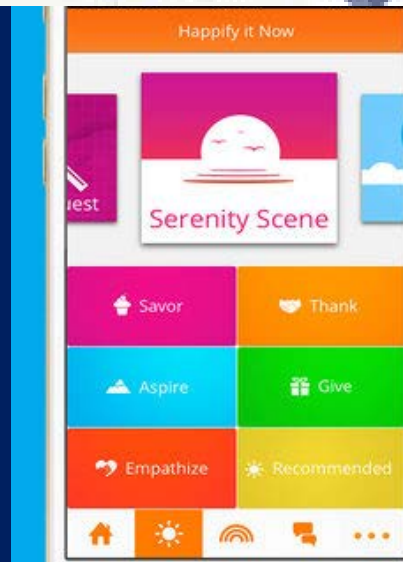
- SuperBetter *
- Happify*
- Calm*
- Headspace*
- <https://ecouch.anu.edu.au>
- MoodGYM (AUD39)
- Biteback
- * Frenium

Headspace 15 million users



Happify

40 000 new users per month



Home | Victoria Univer... | G | tedris for psycholo... | G | candy crush simple mod... | L | your circumstances - Qu... | BITE BACK

Secure | https://www.biteback.org.au

App | Teach | SharePoint

What do you think of this page?

LOG IN SIGN UP Emergency Help

Things to do Quicklinks

Home Things to do Mental Fitness Bookshelf Blogs Competition

Build stronger connections with people?

Delicious
I appreciate food
Girl - 7 March

Amplify - "Good Times"
It really help me realise how good things dont seem so good when you have all...
Tumble Girl - 7 March

how I felt
I was stressed so with it...
Jack - 6

Thank Tank
Life's little chunks of awesome

Snap That!
Check out this week's theme: Gates

Follow us

Do our free challenges!

Reduce stress. Improve Focus. Expand Potential.
Join a new group each month and conquer our 5 Week Challenge to BITE BACK together.

SIGN UP

What's your personality?
Find out with our quiz.

WPA eposter stasi..._pdf woebot 3.jpg woebot 2.jpg Woebot 1.jpg Show all

6:58 PM 8/03/2018

Home | Victoria Univer... | G | tedris for psycholo... | G | candy crush simple mod... | L | your circumstances - Qu... | E-COUCH

Secure | https://ecouch.amu.edu.au/secure/assessments/assessments

App | Teach | SharePoint

Logout as user | Help/Signposting to Support Update Account Details | Print view

MY PROGRAM

Outzses

MY ASSURANCE
My mood
Feedback
Social anxiety
Mood feedback
Choose my program

Still to come...

e-couch Armchairs
e-couch Toolkits
My Workbook
Emergency help

Some questions about you

To help you map your progress through e-couch and get a better understanding of your mood and emotional state, we're going to start with some quizzes.

Your answers to the questions in this section will help make your e-couch program as helpful and relevant as possible for the challenges that you may be facing in your life. You'll also receive feedback about how you are doing.

Let's start with some questions about your life circumstances:

	Yes	No
Are you married or in a de facto relationship?	<input type="radio"/>	<input type="radio"/>
Are you currently undergoing a divorce or separation?	<input type="radio"/>	<input type="radio"/>
Have you recently experienced the loss of someone or something very important to you?	<input type="radio"/>	<input type="radio"/>

The next questions are about whether you experience anxiety and/or panic:

	Yes	No
In the last 4 weeks, have you had an anxiety attack - suddenly feeling fear or panic?	<input type="radio"/>	<input type="radio"/>
If yes, do these attacks bother you a lot or are you worried about having another attack?	<input type="radio"/>	<input type="radio"/>
Do you fear any of the following so much that you avoid them: eating or drinking with other people, being watched or listened to, being in public, being criticised, speaking or writing in an audience?	<input type="radio"/>	<input type="radio"/>
Are you frightened by spiders, snakes or other animals so much so that it interferes with your ability to function or sleep?	<input type="radio"/>	<input type="radio"/>

WPA eposter stasi..._pdf woebot 3.jpg woebot 2.jpg Woebot 1.jpg

the MoodGYM

TRAINING PROGRAM / Mark III

← BACK NEXT →

FEELINGS
THOUGHTS
UNWARPING
DE-STRESSING

PROGRESS

EXERCISE: "Activity Scheduling"

This EXERCISE provides a form set out to do that for you. But to give you an example, let's see what JANE has organised for herself.

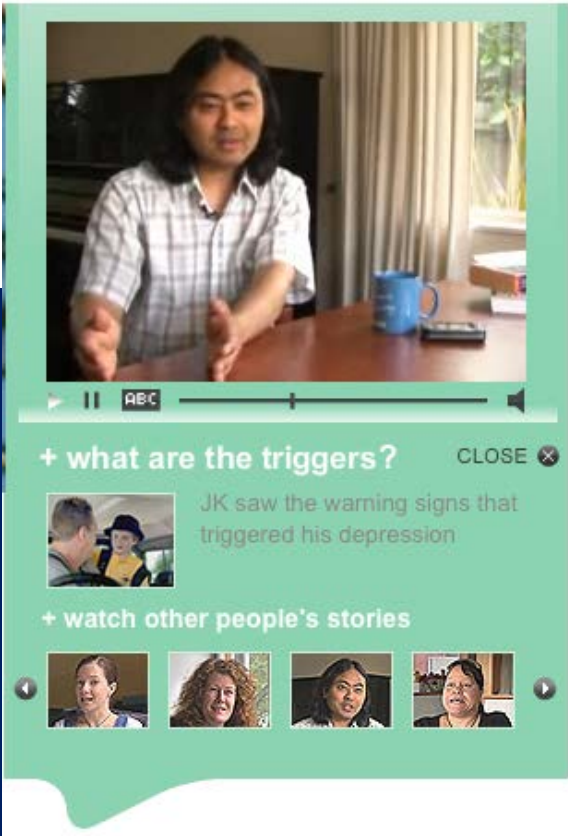
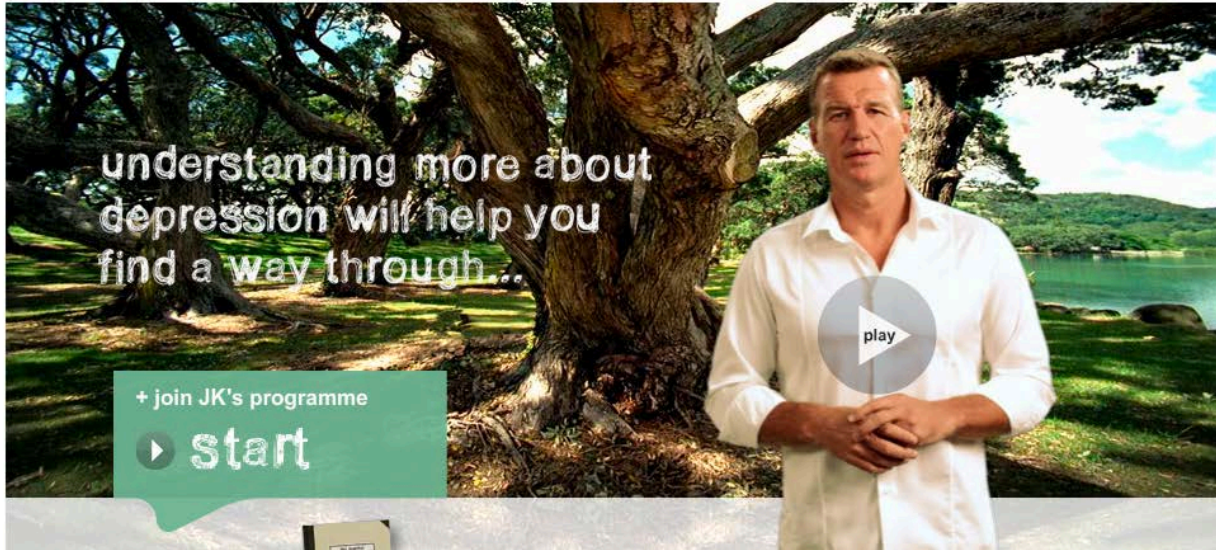
JANE'S Activity Plan

"Hi, Well I did that Pleasant Events Schedule (and it took me quite a while I might say) and found that the following activities were fun for me: Being with children, rearranging my room, going on picnics and walks, and buying something for my self.

So... Well obviously I can't go picnicking everyday since I have to work, I've tried to schedule some of these activities into my daily roster. Also some of them are genuine one-offs, there is no point rearranging my room everyday...

I've booked these activities into my daily schedule, but I'm planning to rearrange my weekend to change my room. I'm also thinking about a part-time job working with kids."

Friday 27 July		
HOUR	ACTIVITY	PLEASANT RATING (0-2)
7-8	Breakfast followed by 20 minute walk.	2 - I'm glad I'm doing this.



Thelowdown.co.nz

—
STRAIGHT UP
ANSWERS FOR
WHEN LIFE
SUCKS
—

What's on your mind?



Anxiety



Depression



Health



Relationships



Me



School



A friend



Beating the Blues

beatingtheblues.co.nz

The screenshot shows the homepage of the Beating the Blues website. At the top, there is a navigation bar with the logo 'beating the blues' (cognitive behavioural therapy) on the left and links for 'ManageMyHealth™', 'Login', 'Activate', and 'About Us' on the right. Below this is a secondary navigation bar with a home icon and dropdown menus for 'ABOUT BEATING THE BLUES', 'PATIENTS', 'PRACTITIONERS', and 'HELP & SUPPORT'. The main content area features a large hero section on the left with a photo of a smiling man, a quote in cursive: 'I know I will carry on using the stuff it taught me when life gets difficult', and the name '- STEVE, NZ*'. Below the photo is a video player with a play button and the text 'WATCH VIDEO'. To the right of the hero section is a 'Getting Access' section with the 'MANAGE MY HEALTH' logo and text explaining that the program is accessed through ManageMyHealth™, with instructions for first-time users to 'activate' and for existing users to 'login'. Below this are two buttons: 'LOGIN' and 'ACTIVATE'. Further down are two colored boxes: an orange one for 'Patients' with a photo of a woman and text about feeling anxious or depressed, and a yellow one for 'Practitioners' with a photo of a man and text about helping in practice. At the bottom, there is a white section with three columns of information: 'Helping you to get better and stay better' with a doctor icon and text about consulting a doctor; 'If you live in NZ, Beating the Blues® is available as part of your treatment through your GP.' with a cloud icon; and 'Beating the Blues® treats depression and anxiety by using Cognitive Behavioural Therapy (CBT)' with a sun icon. A fourth column contains 'Beating the Blues® offers you 8 weekly online treatment sessions of 50 minutes.' with a person icon. A fifth column contains '7 out of 10 people who have used Beating the Blues® have been able to overcome their depression.' with an alarm clock icon.

beating the blues
cognitive behavioural therapy

ManageMyHealth™ Login Activate About Us

ABOUT BEATING THE BLUES PATIENTS PRACTITIONERS HELP & SUPPORT

I know I will carry on using the stuff it taught me when life gets difficult

- STEVE, NZ*

Beat depression and anxiety

WATCH VIDEO

Beating the Blues® is the most widely used and evidence-based online CBT treatment programme for depression and anxiety.

Getting Access

MANAGE MY HEALTH

Beating the Blues® is accessed through ManageMyHealth™.

First time users, activate Beating the Blues®. If already registered, login on ManageMyHealth™.

LOGIN ACTIVATE

Patients

Feeling anxious or depressed? Find out how Beating the Blues® can help you.

Practitioners

Learn how Beating the Blues® can help in your practice.

Helping you to get better and stay better

Talk to your doctor if you think Beating the Blues® could be helpful for you. Your doctor can introduce you to the programme.

If you live in NZ, Beating the Blues® is available as part of your treatment through your GP.

Beating the Blues® treats depression and anxiety by using Cognitive Behavioural Therapy (CBT)

Beating the Blues® offers you 8 weekly online treatment sessions of 50 minutes.

7 out of 10 people who have used Beating the Blues® have been able to overcome their depression.

2. Why?

The rationale and the evidence

Mental health problems are common

Most people do not get help

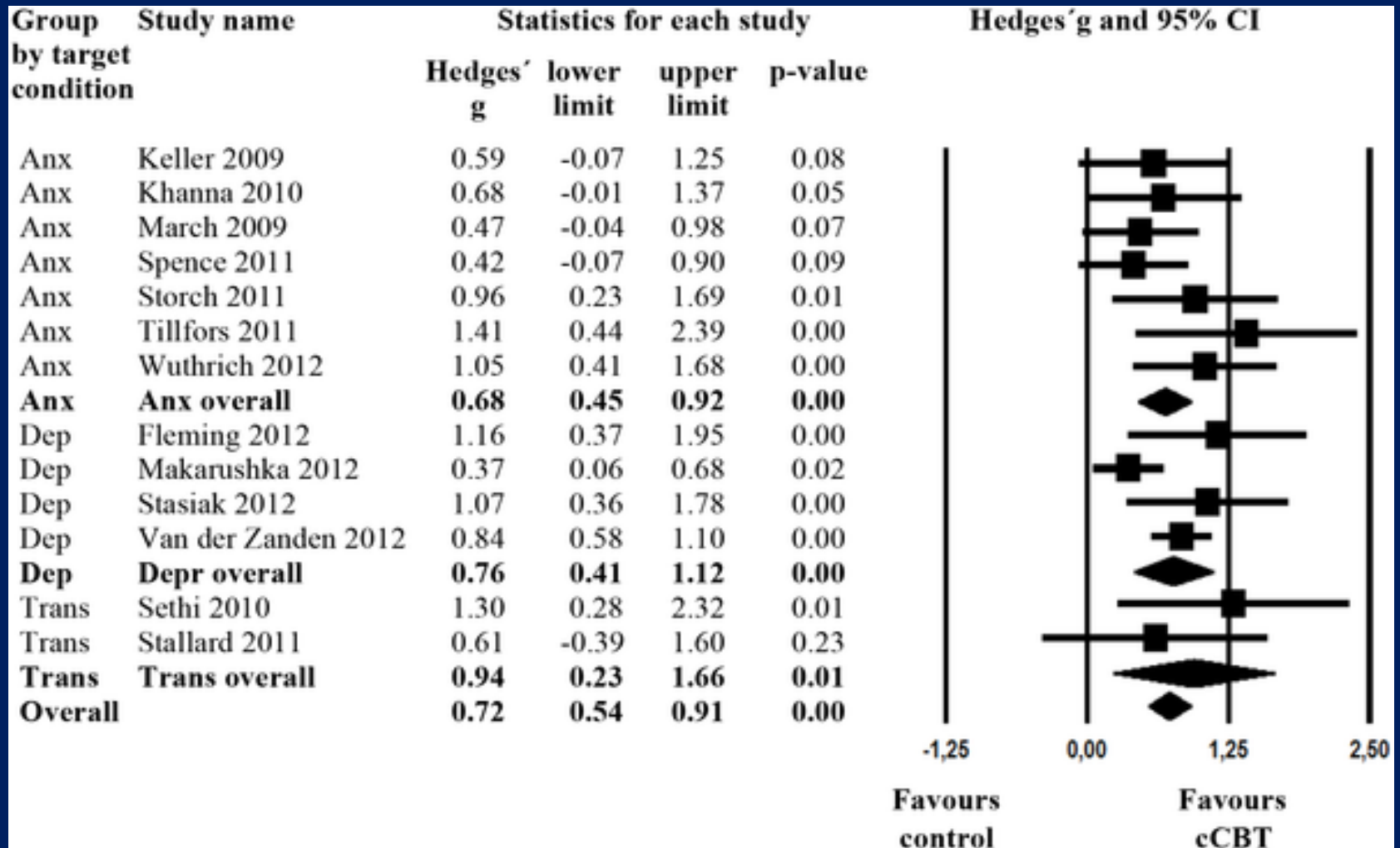
There are interventions which can make a difference

Some people are less keen on talking about feelings...

They can do new things.



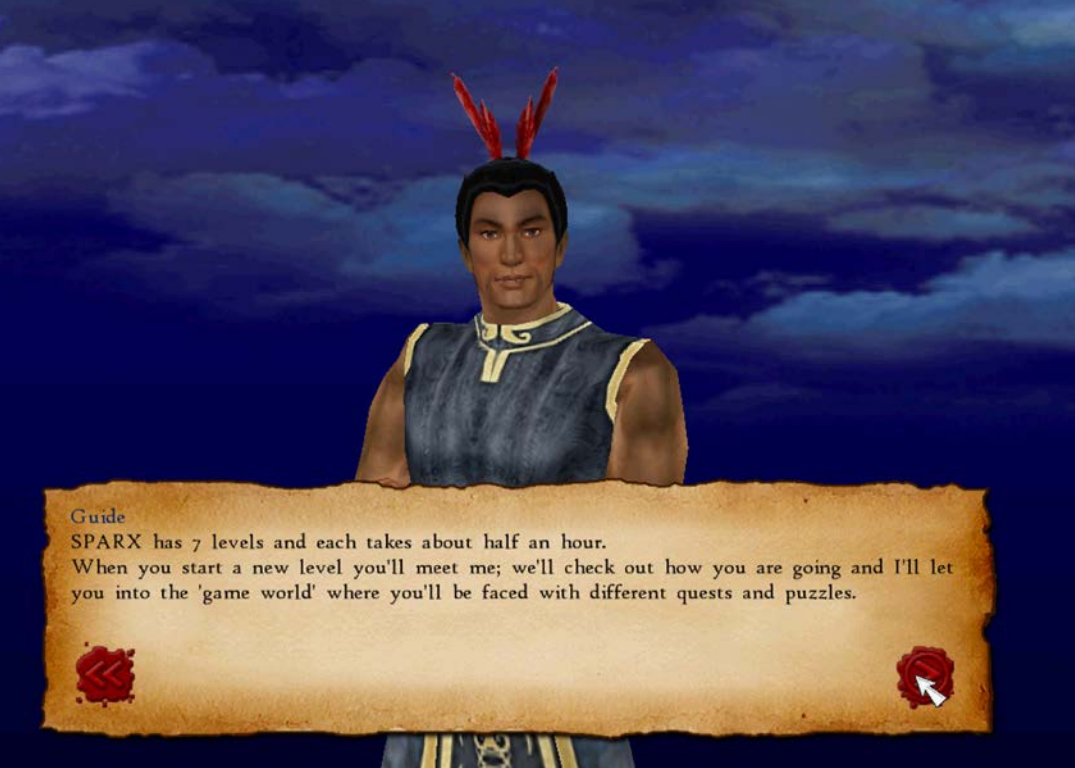
Fig 2. Forest Plot.



Ebert DD, Zarski AC, Christensen H, Stikkelbroek Y, Cuijpers P, 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): e0119895.

doi:10.1371/journal.pone.0119895

<http://127.0.0.1:8081/plosone/article?id=info:doi/10.1371/journal.pone.0119895>



SPARX.org.nz

Bicentric frame of reference

Story telling

Play based learning

Social Learning



Designing and testing



- Workshops, Focus Groups and interviews with
 - Young People
 - Cultural Advisors
 - Whanau
 - Service providers, CBT content experts & Learning technologists
 - Game designers
 - Researchers

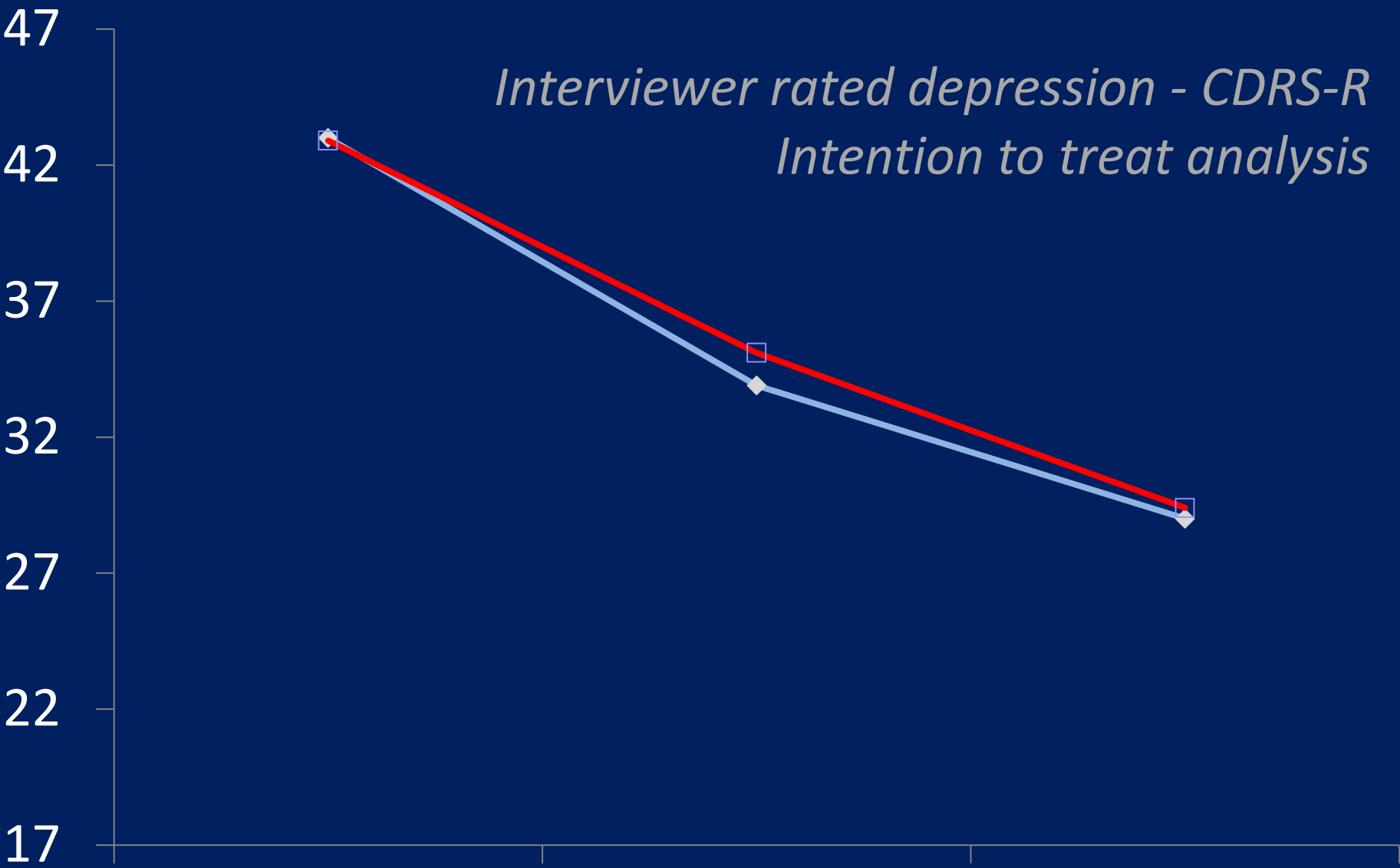


- RCT in schools and PHC
- Smaller trials
- User feedback

SPARX: national RCT



*Interviewer rated depression - CDRS-R
Intention to treat analysis*



Pre

Post

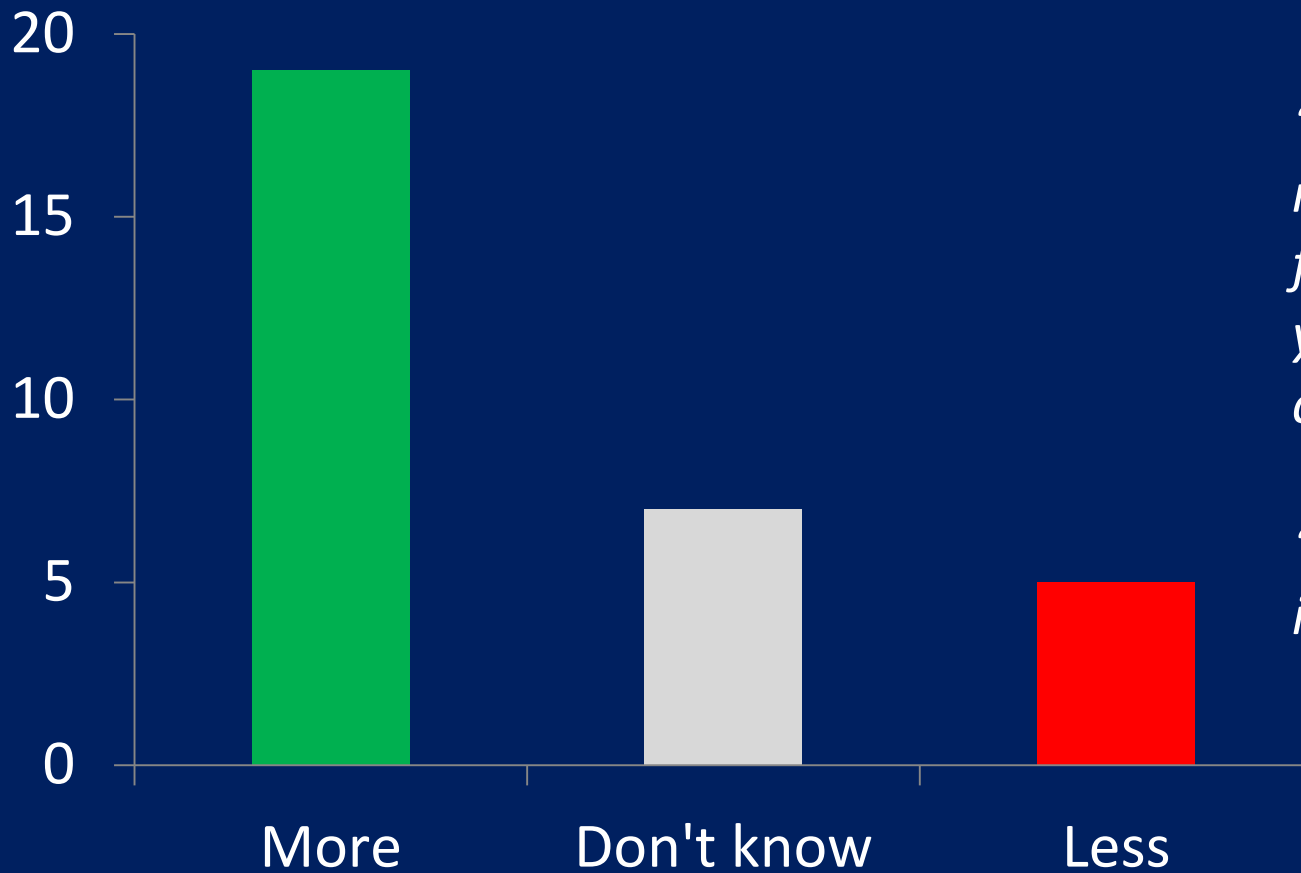
Follow up

◆ CDRS-R SPARX

■ CDRS-R TAU

- I didn't think I would enjoy it but actually I did... the guide said was really useful.
- The Bird of Hope is encouraging, it's like having someone next to you, by your side, it will be in my memory.
- It changed how frustrated I was, so I could understand what was going on. I was understanding what it was saying to me and I was solving problems.
- It has changed me, I don't hate now.
- Oh yeah, I used to get some of those Gnats – but now I am all positive. I am thinking positive, thinking of all the good stuff that has happened.
- You should give it to people in prison, they'll stop killing each other
- Now I am not fighting with my bro and I'm not getting into other fights. Using the skills to not always get what you want but to get somewhere in life . I don't feel like hitting him. I leant not to use fighting to get what you want.

Do you think SPARX makes people more/less likely to ask for help? Alt Ed Students



'This makes you more likely to ask for help, it gives you more confidence'

'Maybe less 'cause it helps'

Provider interviews

40 Youth workers; trainees; trainers; managers; tutors



'It's the bazooka!'

'It's transformative'

**'Could be a great tool
for youth workers'**



**'What is to be gained by
putting them in front of a
computer?'**

**'What about the human
contact?'**

3. Downsides

- Not everyone wants them
- Can't do some stuff
- Retention often low
 - Pure self help: wide reach but low retention
 - Supported: higher retention, lower reach
- People often don't do full costings
- Possible to do harm

Helping? Harming?

Inner Vision



So...

PART of the solution, also need:

People - love and belonging

Participation - meaningful things to do & to look forward to

Resources & protection

Options for help when we need it

4. If you are keen...

- Try lots out
- Consider utilising/ adapting
 - Ask for implementation data
 - Local consults & decision making
- Budget for safe hosting, updates & comms
- Expect implementation challenges
- Include human support & connect to other options
- Look for collaborations (IRSII Ak 2019; youth focused network terry.fleming@vuw.ac.nz)

Smart Co-design



Preferences vary

Needs in a crisis can differ from outside the crisis

Avoid 'one app to rule them all'

Consider: exactly the right users, audience segmentation, fresh eyes, timeliness



1. Digital mental health tools – varied & exploding area

2. PART of the way forward

3. If you are keen to do these...

- Try some
- Collaborate
- Smart Co-design