

# *Digital Mental Health in 2022*

John Torous, MD MBI

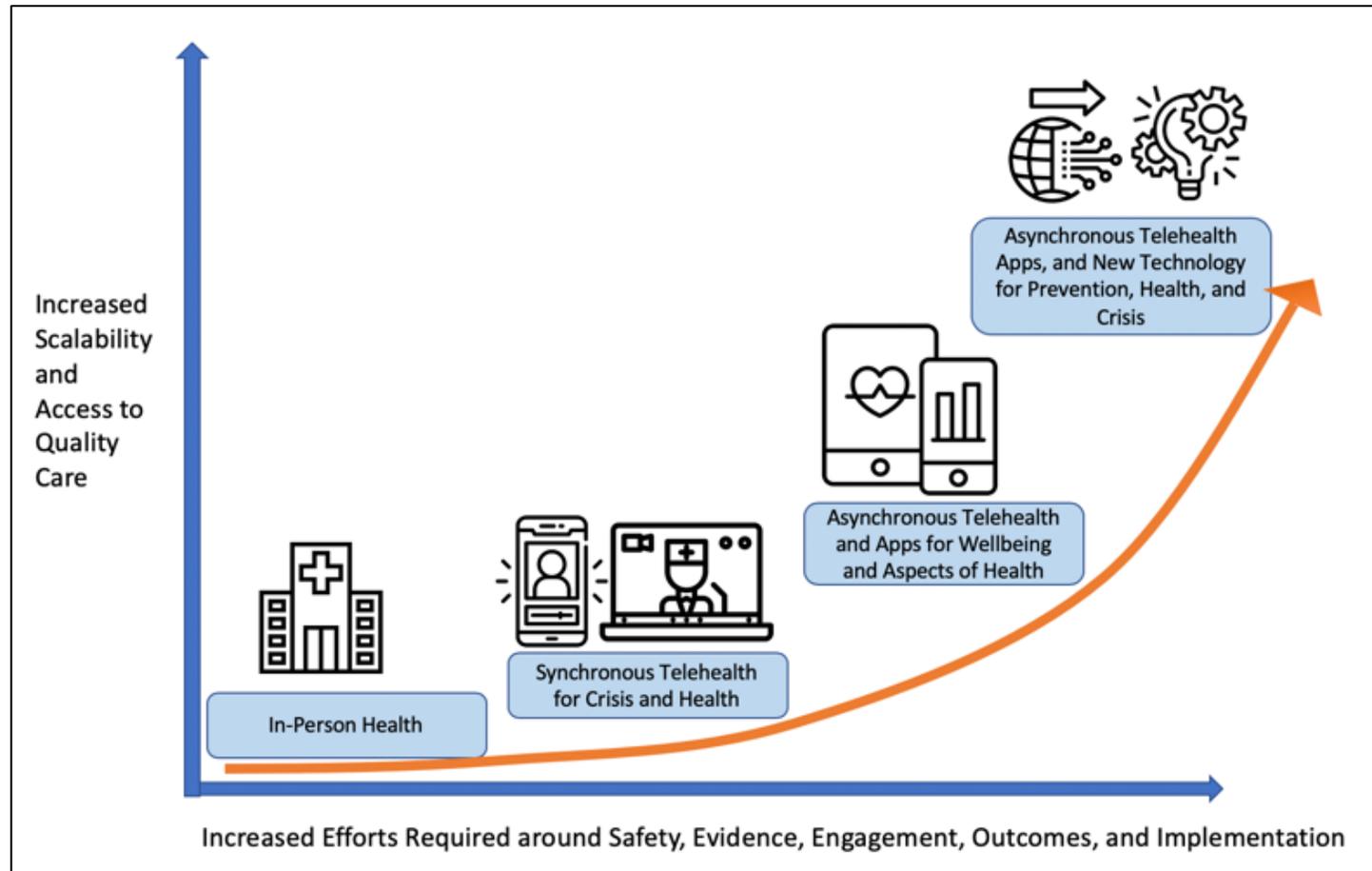


Beth Israel Deaconess  
Medical Center

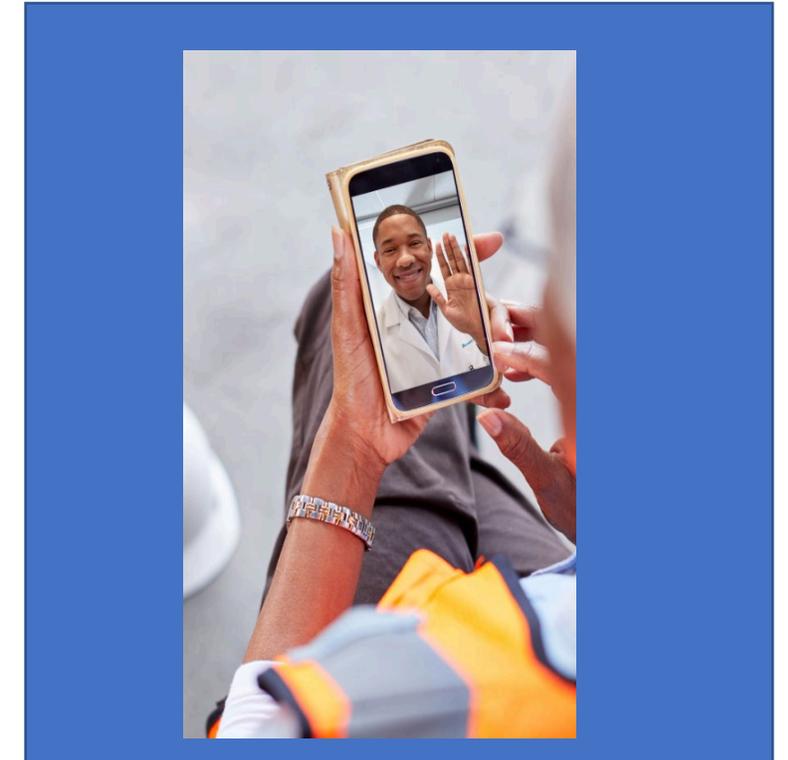
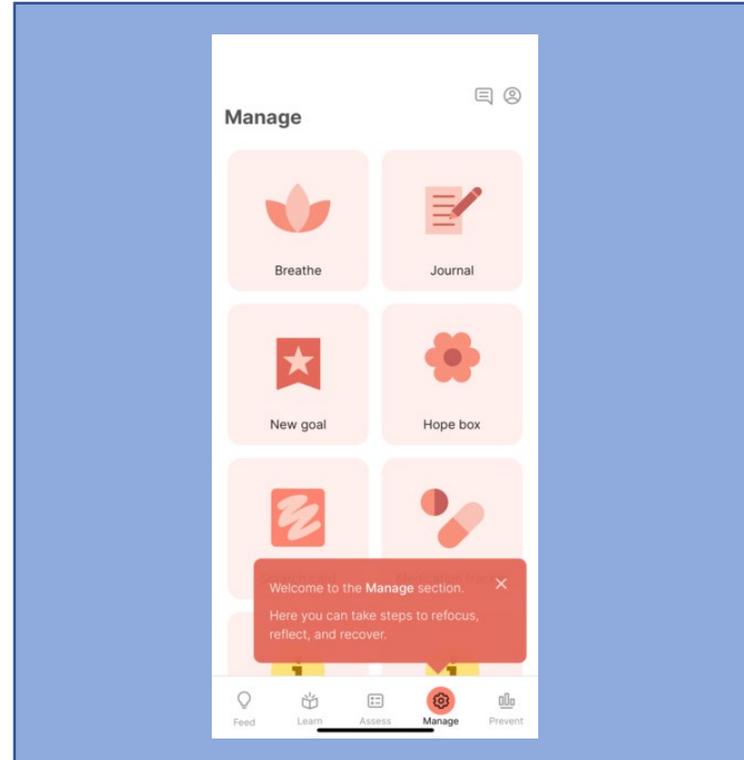
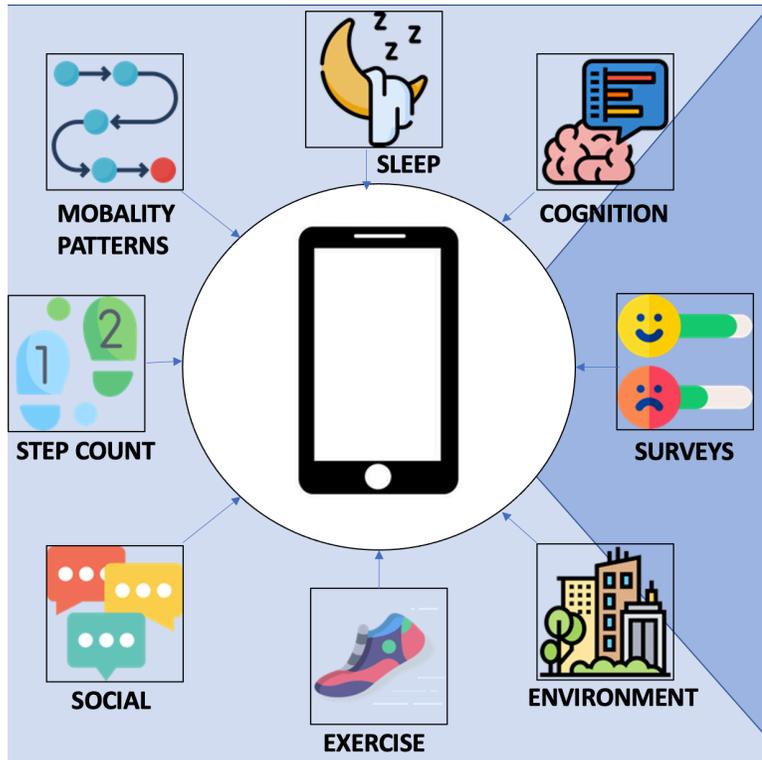


HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

# Clear Potential of Technology



# Why Smartphones



# Three Models

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**Self**



**Guided**



**Hybrid**

# Hybrid Today

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- Using apps to augment and extend care.
- Assumes access to care.
- Does it improve overall access by more efficiency?
- Does it improve quality of care?

Best Example in the  
World Coming Up

# 'Hybrid' Care?

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SCIENCE \ TECH \ HEALTH \

## Telehealth startup Cerebral halts controlled substance prescriptions

*Cerebral is under investigation by the DOJ and DEA*

By [Nicole Wetsman](#) | May 17, 2022, 10:54am EDT

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# Hybrid Today

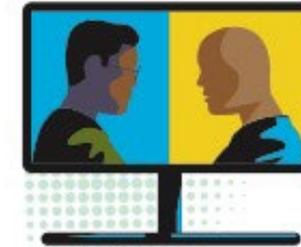


of the division of digital psychiatry at Beth Israel Deaconess Medical Center in Boston. Dr. Torous and his team offer face-to-face sessions over a videoconferencing platform and train patients to use a smartphone app called mindLAMP between appointments to take anxiety surveys, monitor their medication regimens and keep a mood journal.

Psychiatrists, social workers and other mental-health professionals use data collected through the mindLAMP app to gain better insight into the patient experience between sessions and to help customize treatment, such as assigning mindfulness exercises.

## A New Connection

The mindLAMP app is one of the digital mental-health aids designed to enhance interaction between therapists and patients. Here are the basics of how it works:



Traditional face-to-face therapy sessions are held either in person or over a videoconferencing platform.



A "digital navigator" handles the technical aspects of the digital interaction between therapist and patient, from app setup and customization to data presentation and troubleshooting.

The mindLAMP app allows patients to access suggested mental-health resources and tips; complete customized surveys about their symptoms, moods and activities; complete activities and learn skills to manage symptoms; track their own treatment progress, and communicate with their therapist. It also tracks physical activity—like the patient's daily number of steps, screen time and hours of sleep—that can be analyzed to see if it is affecting the patient's mental health.

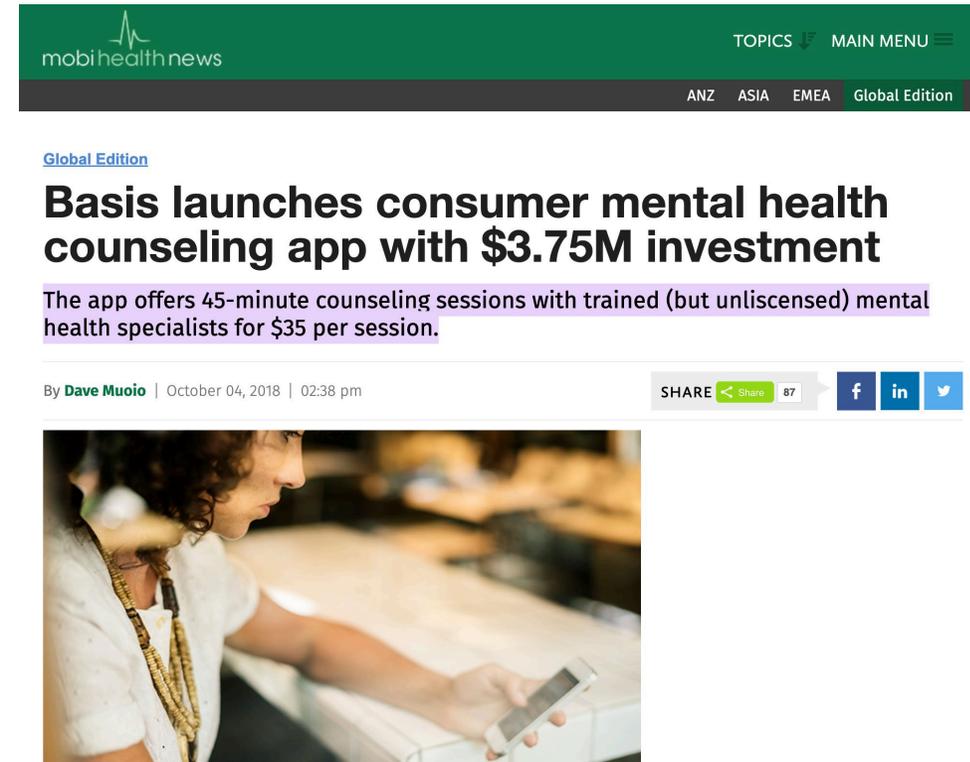


Source: Division of Digital Psychiatry, Beth Israel Deaconess Medical Center; Kevin Han/The Wall Street Journal



# Guided Use of Apps (*Coached*)

- Can help makes apps more scalable
- But who is the coach?
- Is it the same coach each time?



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## Basis launches consumer mental health counseling app with \$3.75M investment

The app offers 45-minute counseling sessions with trained (but unlicensed) mental health specialists for \$35 per session.

By [Dave Muoio](#) | October 04, 2018 | 02:38 pm

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# Can Coaching for Health Apps Work?

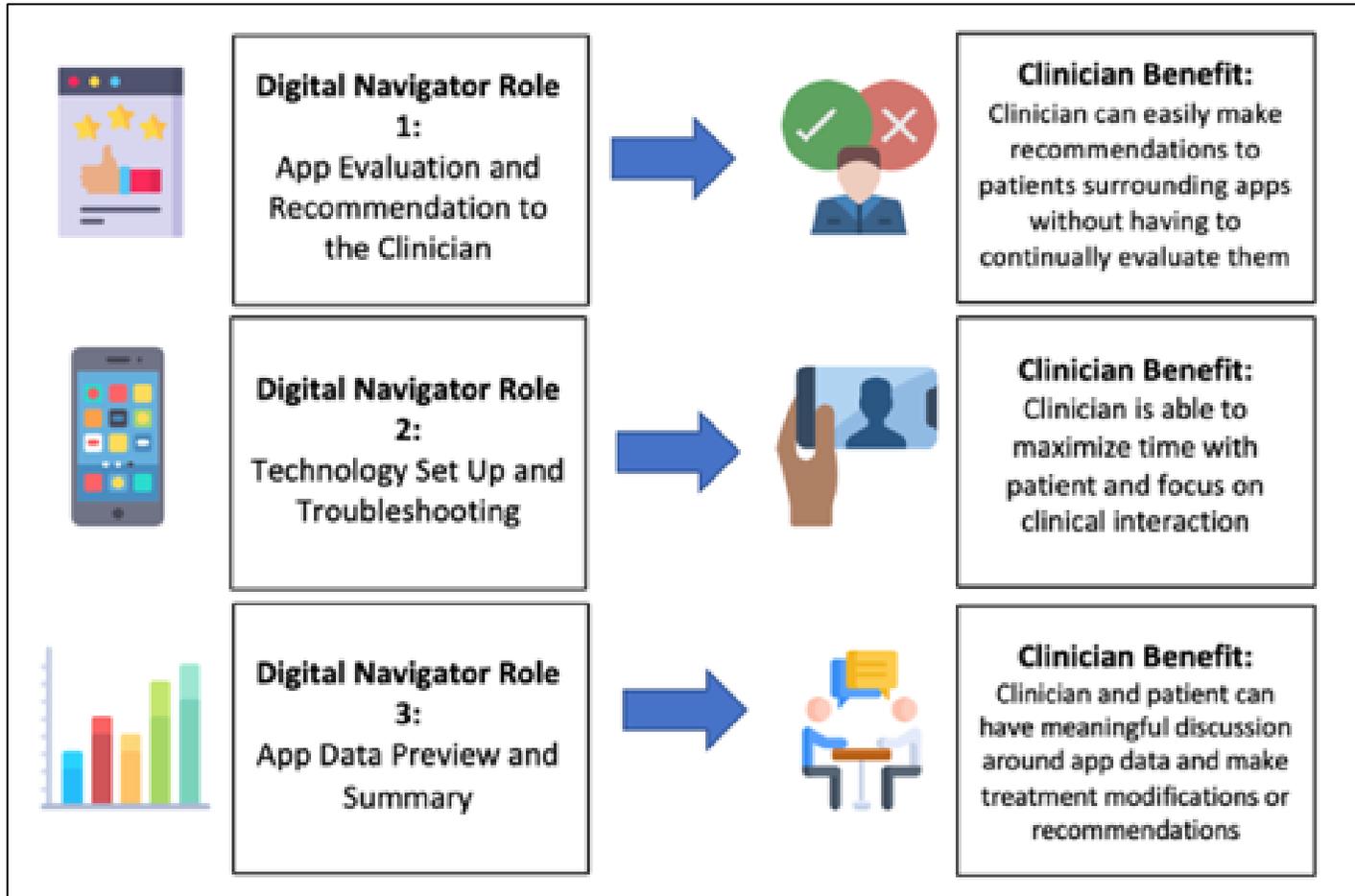
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- Yes, task sharing among non-clinicians makes sense
- But there is a different barrier often still overlooked.

*“Establish clear digital mental health training, development and certification pathways for non-professional practitioners, that includes peer-support workers, care navigators and lived experience workforce to equip them with the right skills and knowledge to use digital tools and platforms effectively”*



# Defining the Digital Navigator



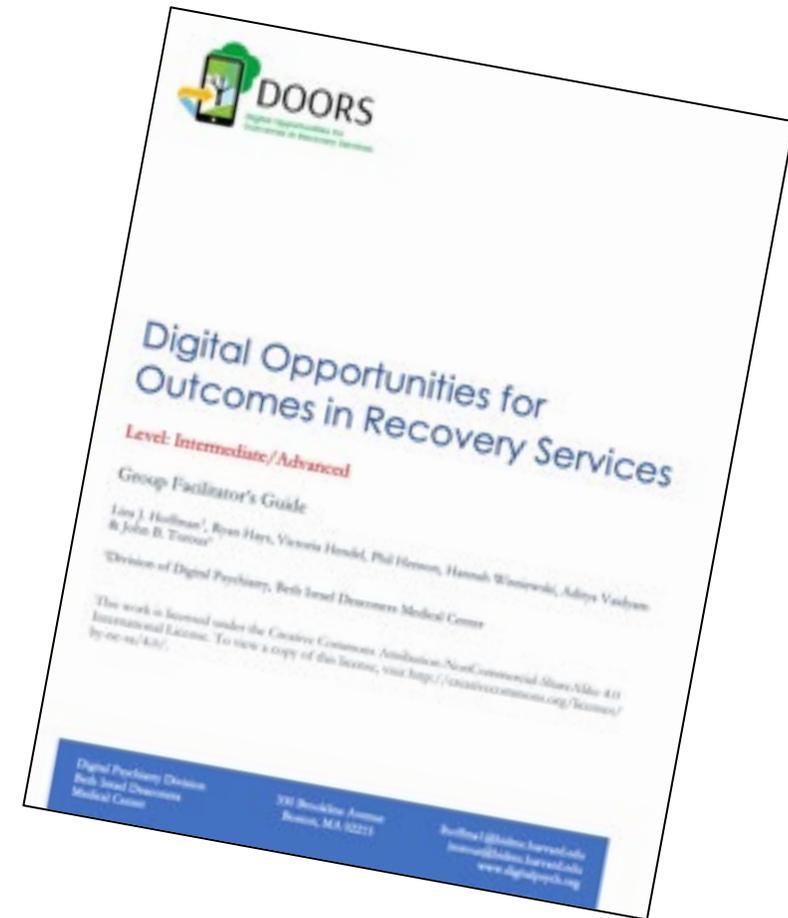
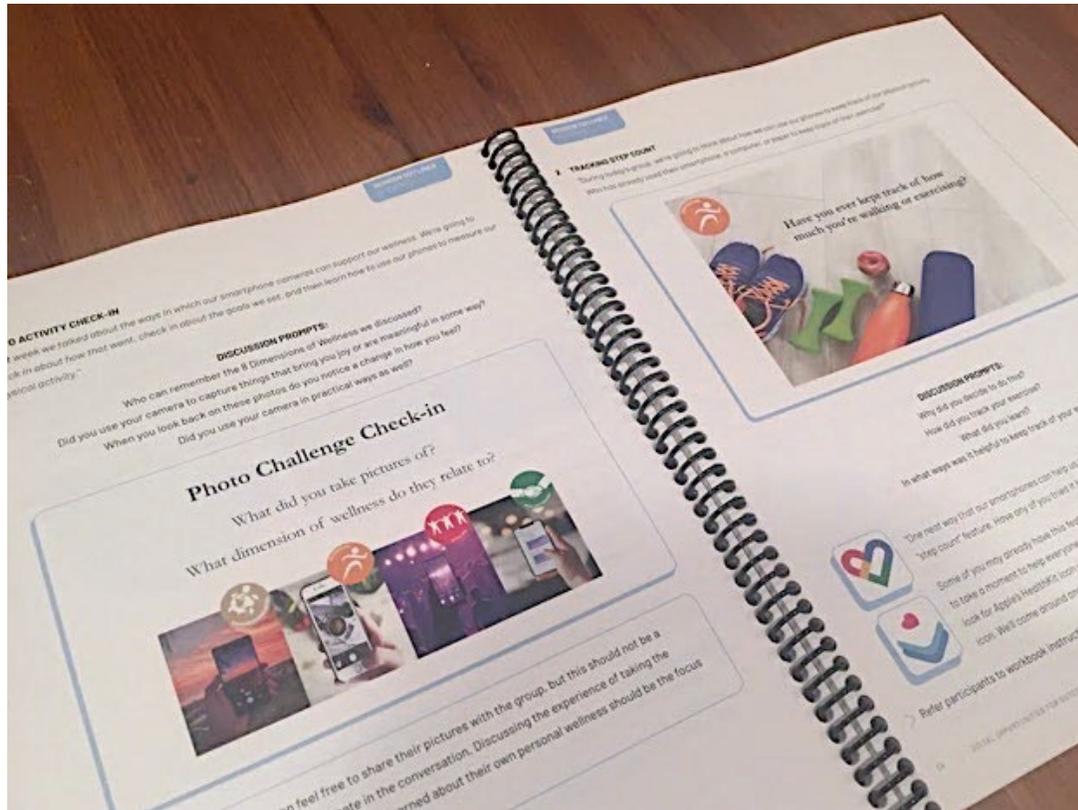
### Skill Practice

Web browsers provide access to things like sites with tips for coping skills, blogs from others in recovery and healthcare portals.

Chrome is the default browser on an Android phone.

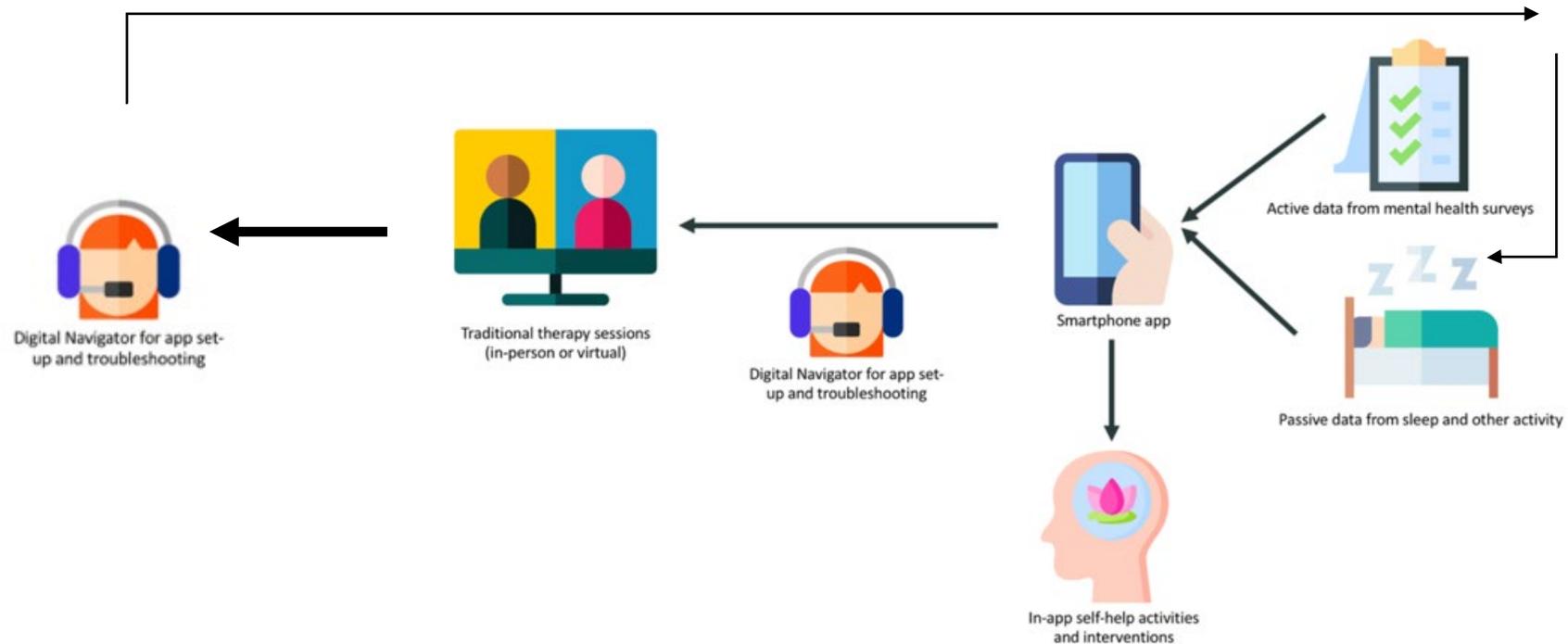
Click on the Chrome icon next to the camera icon.

# Digital Health Navigators: Leading Groups or 1:1



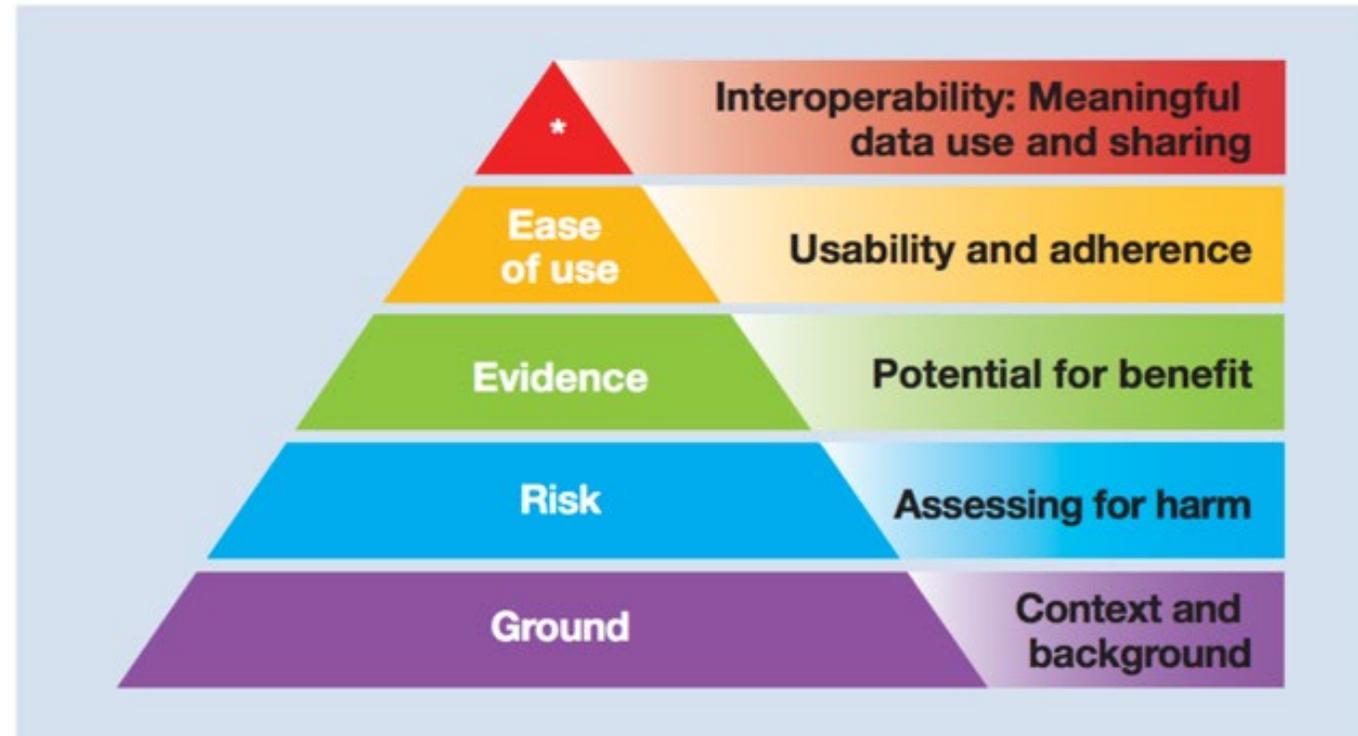
Hoffman L, Wisniewski H, Hays R, Henson P, Vaidyam A, Hendell V, Keshavan M, Torous J. Digital Opportunities for Outcomes in Recovery Services (DOORS): a pragmatic hands-on group approach toward increasing digital health and smartphone competencies, autonomy, relatedness, and alliance for those with serious mental illness. *Journal of psychiatric practice*. 2020 Mar;26(2):80.

# Returning to the BIDMC Hybrid Clinic Example



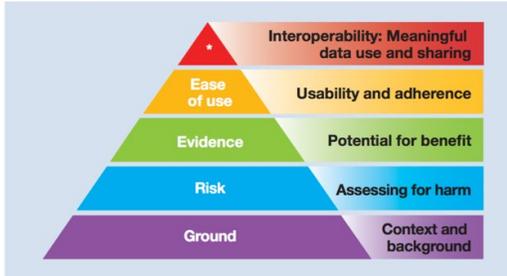
# Self Guided Apps

- More scalable
- Well known potential
- But also well known barriers.



Torous J, Andersson G, Bertagnoli A, Christensen H, Cuijpers P, Firth J, Haim A, Hsin H, Hollis C, Lewis S, Mohr DC. Towards a consensus around standards for smartphone apps and digital mental health. *World Psychiatry*. 2019 Feb;18(1):97.

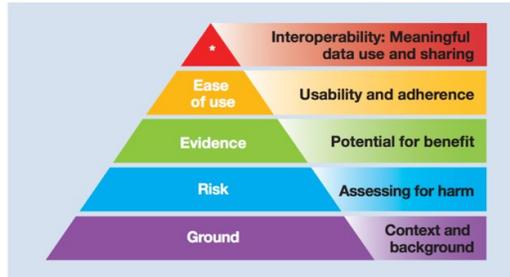
# State of Self Guided Apps: Risk



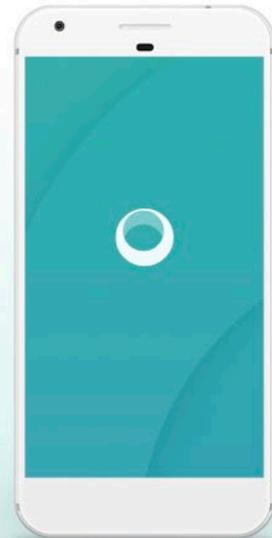
 <p>Shine, Inc Shine</p>	 <p>MindDoc Health MindDoc</p>	 <p>Moov Inc Sanity &amp; Self</p>	 <p>Happify, Inc. Happify</p>
 <p>Sanvello Health, Inc. Sanvello</p>	 <p>7 Cups of Tea 7 Cups</p>	 <p>Calm.com, Inc. Calm</p>	 <p>Youper, Inc Youper</p>

Very creepy! 🤪

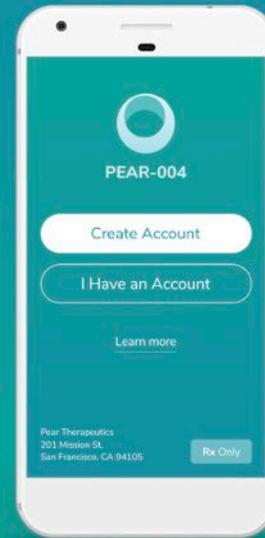
# State of Self Guided Apps: Benefit



Welcome to Pear-004!



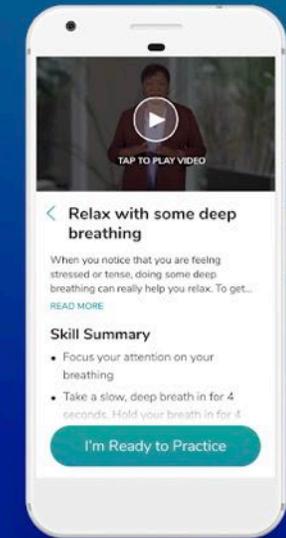
Pear-004 is available 24/7



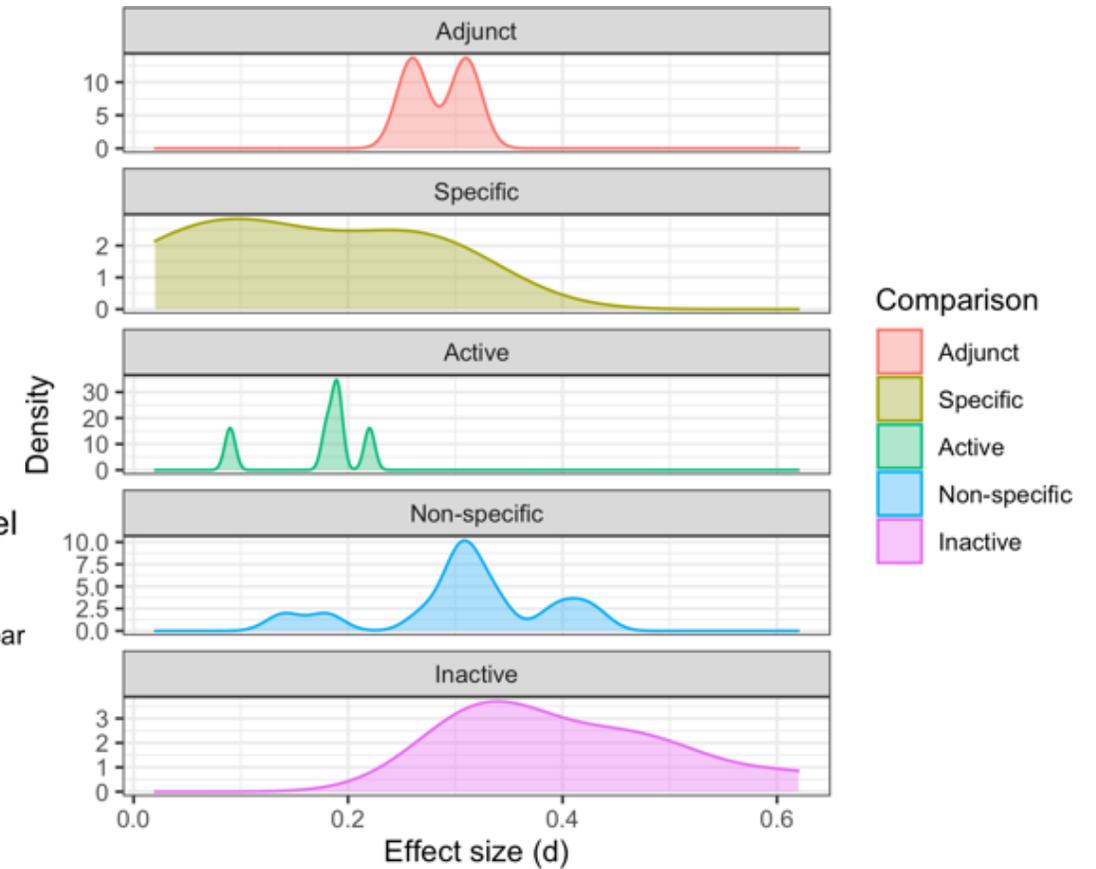
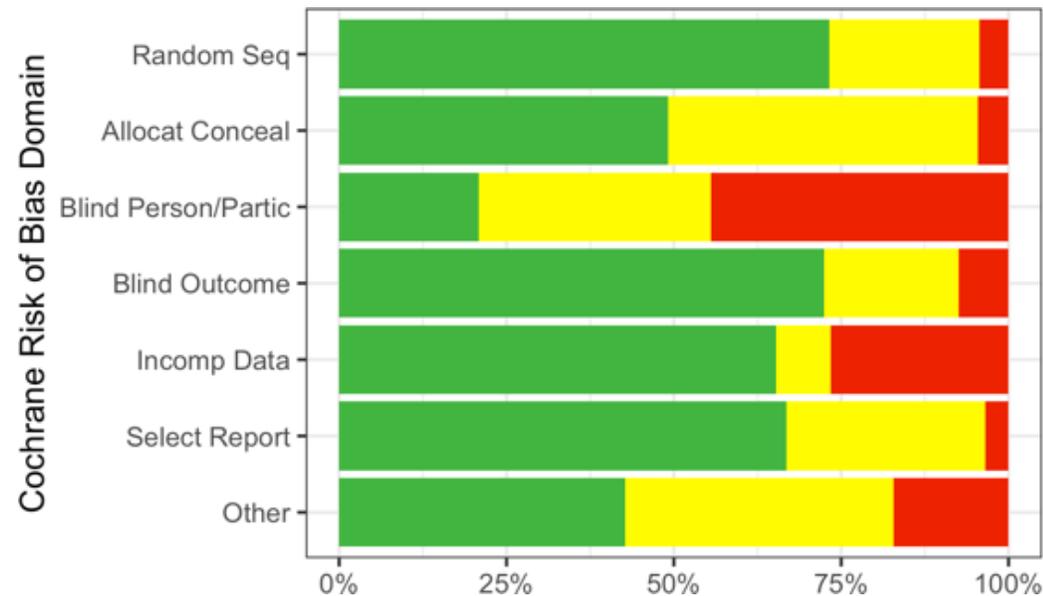
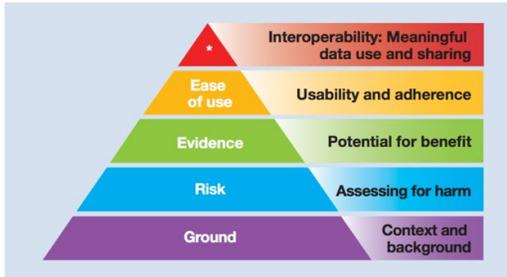
Set and achieve goals



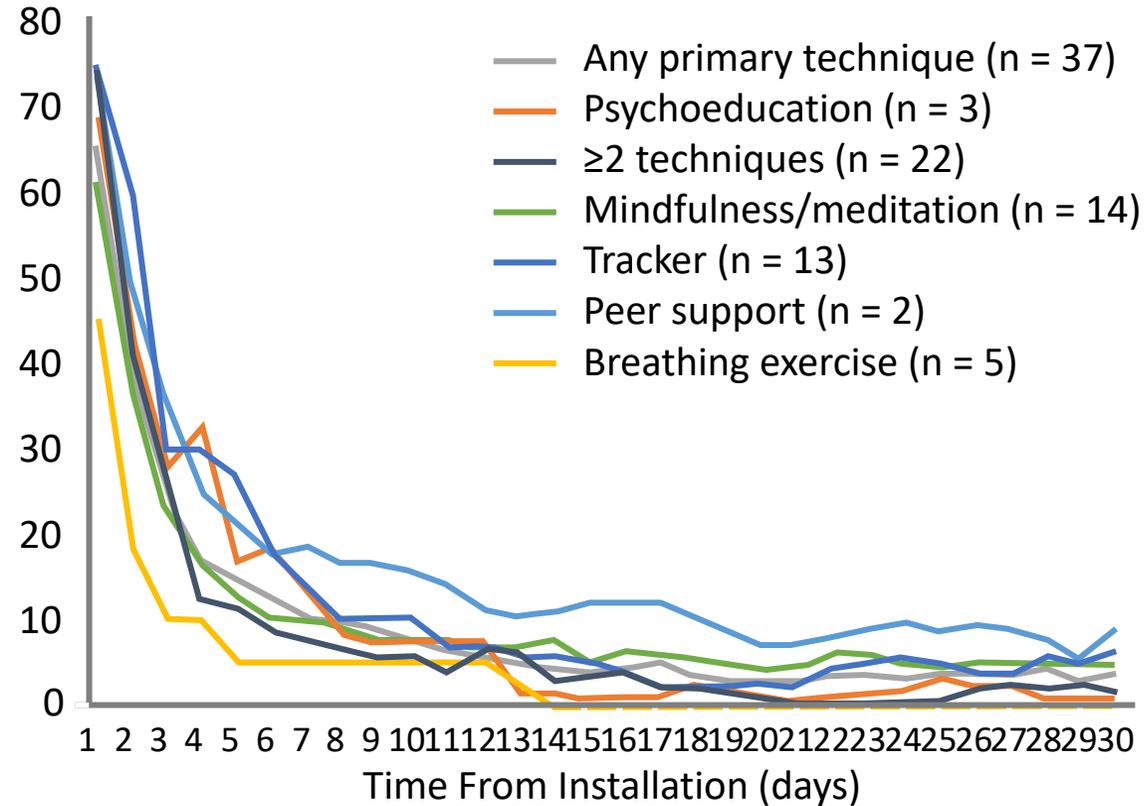
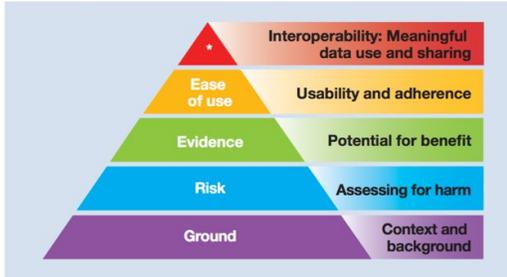
Learn and practice skills



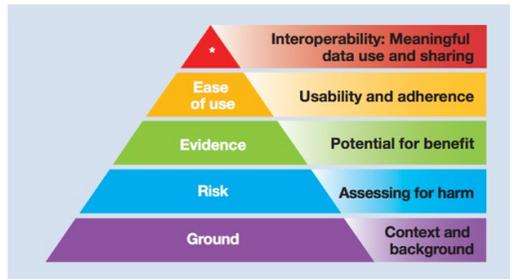
# State of Self Guided Apps: Benefit



# State of Self Guided Apps: Engagement



# State of Self Guided Apps: Meaningful Use



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# Three Models (Again) – Or Really One Total?



**Self**

Make Apps More Safe and Engaging



**Guided**

Digital Health Navigators



**Hybrid**

Integrate Apps into Care Today

# Final Thoughts

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- We have 1000s of apps today
- We need to support people (clinicians and patients)
- This means new team members, new clinical workflows, and new governances.
- With the right ecosystem, we can radically transform access
- We can also cause harm if careless

# Thank You

SOCIETY OF DIGITAL PSYCHIATRY



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