

Psychiatry Grand Rounds

WCM Department of Psychiatry

Psychology CE Announcement

Digital Mental Health: Opportunities and Challenges

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11:00am – 12:30pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345

1.5 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information

SPEAKER: Dr. Wilhelm has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Sabine Wilhelm, Ph.D., is a Professor at Harvard Medical School and the Chief of Psychology at Massachusetts General Hospital, where she also directs the Center for Obsessive Compulsive and Related Disorders (CORD) and the Center for Digital Mental Health in Psychiatry. She is a leading researcher in obsessive-compulsive and related disorders and has published over 330 papers, nine books, and has given more than 290 talks on these subjects. In addition, she has mentored over 50 junior investigators in the field and has been the principal investigator of numerous clinical research grants. Dr. Wilhelm is the Vice-Chair of the Scientific Advisory Board of the International OCD Foundation, and she has received many awards for her work, including the Aaron T. Beck Award from the Academy of Cognitive Therapy, the Peter K. Ranney Innovation Award from the World Medical Innovation Forum, and the 2023 NAMI Scientific Research Award.

Abstract:

Our field has made progress in establishing Cognitive Behavioral Therapy as a treatment for mental health problems. However, it's still challenging to provide affordable, high-quality care. There's a shortage of providers, mental care is expensive, and people don't seek help due to stigma. Fortunately, technology can help. Internet and smartphone app-based treatments are easy to scale, inexpensive, and have shown promising results. In this discussion, I will explore how technology can help. However, we need to consider possible problems such as ethics and data privacy, a lack of empirical support for some technology-based treatments, low engagement, and a gap between research and clinical use. I will offer suggestions to address these issues.

Learning Objectives:

1. Describe the status of internet and smartphone-based digital mental health interventions and their efficacy.
2. Identify the challenges associated with digital mental health research and interventions.
3. Discuss how we might minimize risk and maximize the benefits of digital mental health interventions.

References:

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2. Wilhelm, S., Weingarden, H., Greenberg, J. L., Hoepfner, S. S., Snorrason, I., Bernstein, E. E., McCoy, T. H., & Harrison, O. T. (2022). Efficacy of App-Based Cognitive Behavioral Therapy for Body Dysmorphic Disorder with Coach Support: Initial Randomized Controlled Clinical Trial. *Psychotherapy and psychosomatics*, 91(4), 277–285. <https://doi.org/10.1159/000524628>
3. Bernstein, E. E., Weingarden, H., Wolfe, E. C., Hall, M. D., Snorrason, I., & Wilhelm, S. (2022). Human Support in App-Based Cognitive Behavioral Therapies for Emotional Disorders: Scoping Review. *Journal of medical Internet research*, 24(4), e33307. <https://doi.org/10.2196/33307>
4. Weingarden, H., Garriga Calleja, R., Greenberg, J. L., Snorrason, I., Matic, A., Quist, R., Harrison, O., Hoepfner, S. S., & Wilhelm, S. (2023). Characterizing observed and effective behavioral engagement with smartphone cognitive behavioral therapy for body dysmorphic disorder: A methods roadmap and use case. *Internet interventions*, 32, 100615. <https://doi.org/10.1016/j.invent.2023.100615>
5. Hiranandani, S., Ipek, S. I., Wilhelm, S., & Greenberg, J. L. (2023). Digital mental health interventions for obsessive compulsive and related disorders: A brief review of evidence-based interventions and future directions. *Journal of Obsessive-Compulsive and Related Disorders*, 36, 100765. <https://doi.org/10.1016/j.jocrd.2022.100765>