

Integrating Online Psychotherapies Into Clinical Practice

*A Look at Apps, Websites, and e-
Therapies*

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Goals and Objectives

- Better understanding of e-therapies - their strengths and limitations
- In-depth look into current e-Therapy Program at TSH

iCBT for Mood & Anxiety

- Several meta-analyses with generally supportive results – *BJPsych*: “some evidence” but “high dropout rates”, *BMC Psychiatry*: “supports efficacy”; *Cognitive Behaviour Therapy: Internet and other computerized treatments* “hold promise”; *MJA*: similar conclusion
- *J Clinical Psychology*: 19 studies reviewed, iCBT **beats** placebo; *J Affective Disorders*: 23 randomized studies, “did **not** differ significantly” from face-to-face therapy

iCBT Problems

Great evidence but...

- Drop out rates are high (adherence) - MoodGYM > 74%
- Long term effects aren't known - and one paper questions effects on functionality (depression)
- Not everyone has access to computers (esp. inpatients)



The vision: E-therapy Hub

- Interactive online platform accessible to all clients
 - iCBT, iMindful, and iFamily Education available to *all* clients
 - Incorporating other e-therapy modules over time



iCBT Solutions

How TSH addresses these problems...

- E-therapy Program:
 - iCBT
 - iMindful
 - iFamily Psychoeducation
 - TSH MH App Library



iCBT at TSH

- Developed in 2014 and improved in 2015
- 6 e-mail-based modules
- Involves:
 - Clear modules with homework
 - Detailed email responses from designated therapist
 - Flexibility
 - Telephone sessions and follow-up check-ins, as needed
 - No deadlines
- Lower drop out rates with TSH iCBT Program (37%)

CBT Model Continued

- As you can see the five aspects are interconnected
- This means that each aspect influences all the others



Environment

Environment / Situation

Environmental influences help determine the attitudes, beliefs, and thoughts that develop in childhood and often persist into adulthood



Thoughts

Thoughts



Thoughts help define our moods. They influence how we behave and our biological responses

It's The Thought That Counts: Although all the parts of the model are interconnected, our thoughts are what trigger our emotional and behavioral responses

Let's now look at an example to highlight this key point

Example

Situation: Jane walks into a party and everyone starts laughing

Thought: Jane thinks "They are laughing at me"

Mood: Jane feels sad and embarrassed

Behaviour: Jane leaves the party

Physical Reaction: Jane experiences increased heart rate and starts to sweat



Increasing Access to Services

- T.W., 25-year-old female, wanted refresher of CBT
- Primary diagnosis: Schizophrenia
Secondary diagnosis: Depression and anxiety

“ In the beginning, I was eager to start the program [...] I also started to worry that I would not complete the program [...] I noticed how aware it was making me to become. When it came to certain situations, I experienced less negative emotions. It made me mindful; I was able to take unhealthy thoughts [...] out of the equation. At one point, I felt the exercises/homework would not be helpful, but in fact, it did. ”



Increasing Access to Services

- G.T., 41-year-old male
- Primary diagnosis: Depression and alcohol dependence
- Shift work and long hours

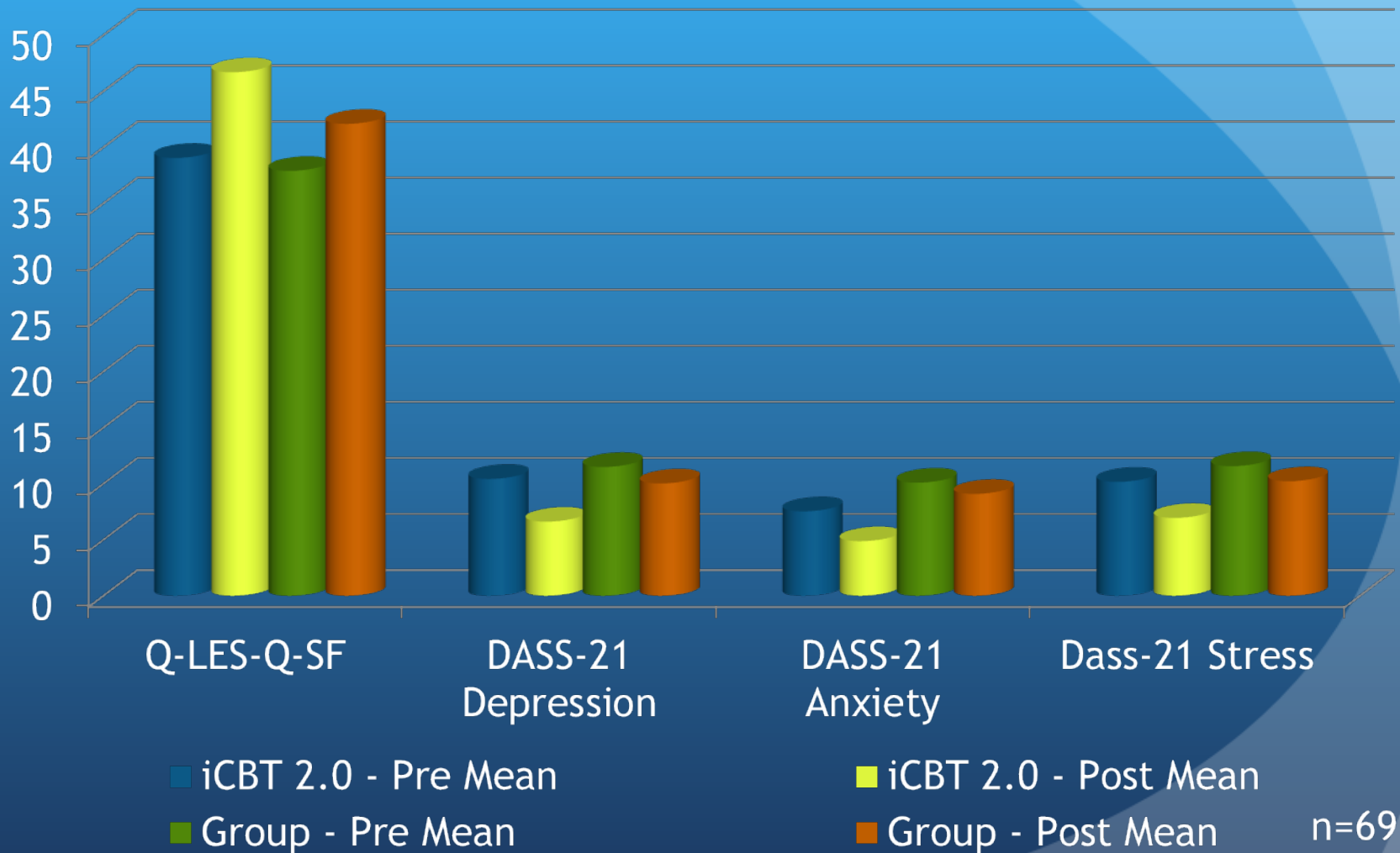
“ I am using the techniques to calm [my]self in difficult situations. I'm really happy that I took this course. I'm going to read all your modules every day as they are very helpful in making your thoughts and beliefs change. ”



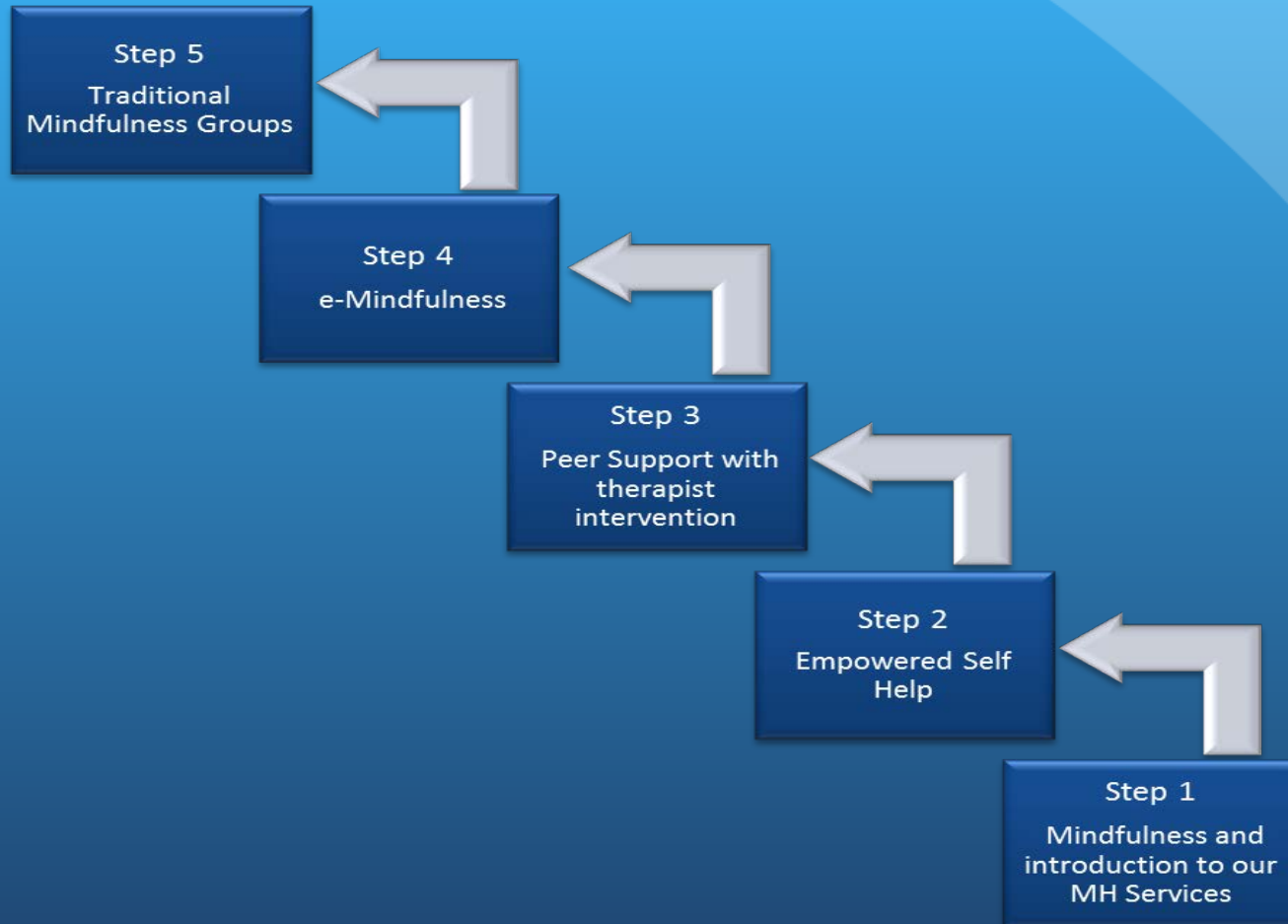
Increasing Access to Services

- S.J., 27 year-old female, Major Depressive Disorder
- On maternity leave, and required flexibility
- 8 months pregnant, expecting her first child
- “Thank you so much for giving me the time to complete the program. I find that during the days when I am really tired my thoughts become more negative and are triggered from feeling like I don’t have enough help. Learning about the “hot thoughts” will allow me to target those thoughts that affect me the most and deal with them accordingly.”

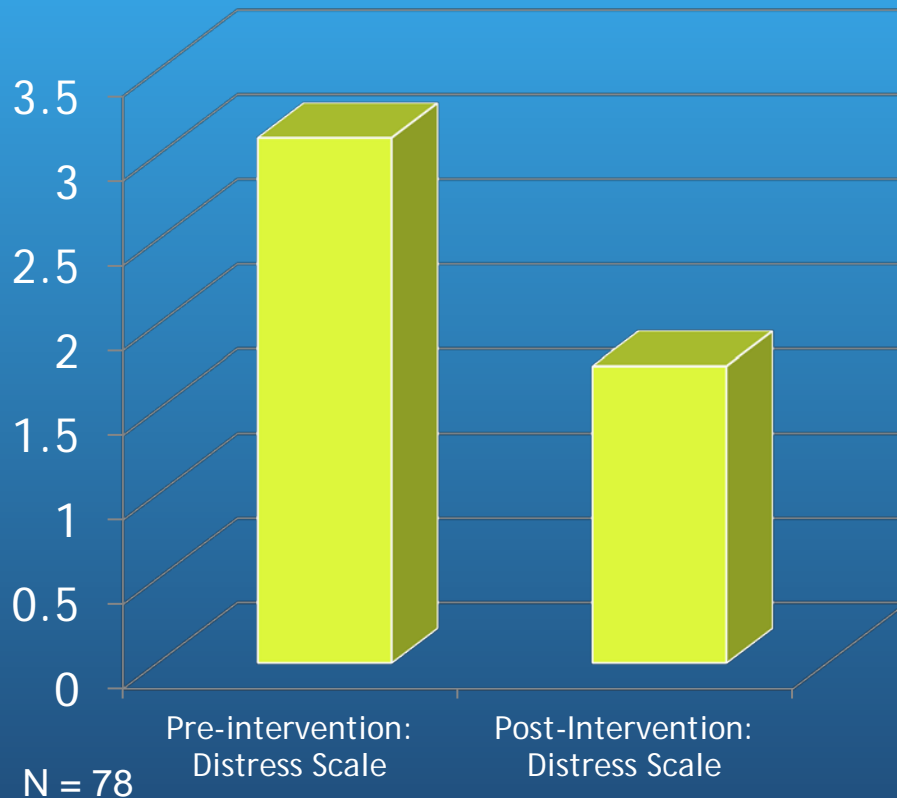
ICBT2.0 vs Group



iMindful: 5-Step Model



iMindful Feedback & Results



- Steps 1 & 2: Relaxation in the oncology treatment room is effective in reducing moment-to-moment distress in hospital setting
- Steps 3 & 4: Online platform feedback positive (e.g., helpful, flexible)

iMindful: Main Page- Patient View



LOGOUT



Online Modules



Message your Therapist



Group Chat



Video Appointments



Meditation



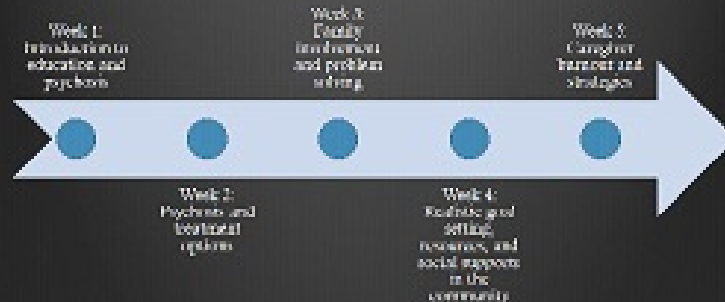
Resources



iFamily Education

- Developed in 2015; 5 E-mail-based modules
- Provide families with support, education, problem-solving skills and resources during times of crisis
- Homework involves developing crisis plan and recognizing early warning signs
- Flexibility

Family Education Outline for Psychosis



Early Warning Signs



Early warning signs may include:



What Goes on a Crisis Card:

Important phone numbers—write in call in case of a crisis or emergency, including who to call first and who to call as a backup

Your loved one's mental health professionals (e.g., psychiatrist, therapist or worker)

Your loved one's family doctor

The hospital or treatment center that your loved one is currently or has previously received treatment

A list of your loved one's symptoms and signs, the proper dosage for each, and the times of day that they are to be taken (you may also want to include the name and number of the pharmacy that the prescriptions are usually filled at)

A list of medications that your loved one is taking in

A list of medications that were used in the past that did not work, or that your loved one would not take due to side effects

Tips for effectively communicating with and working with your loved one when they are in crisis

Normal topics of interest to your loved one

Coexisting health

Self-harm safety issues, such as how to remove pills

Circle by A. Bell and M. Wood, M.D. (2006)

Family Reactions to Mental Illness

Families often feel a range of emotions when coping with their loved one's illness. Some common emotions include:



Thank You!
Questions and Comments