The New York Times

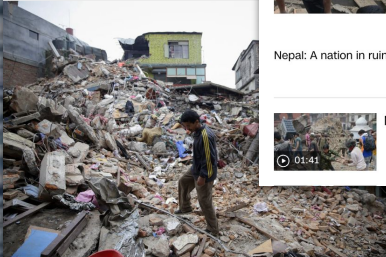*Earthquake Devastat...*
Killing More Than 1,9

Give this article

Read in a

CNN World

Earthquake slams Nepal; devastating loss of people, history

By Manesh Shrestha, Ray Sanchez and Wayne Drash, CNN
Updated 1:26 PM EDT, Mon April 27, 2015

Video Ad Feedback

Nepal: A nation in ruins after earthquake

01:41 - Source: CNN

Nepal: A nation in ruins after earthquake

01:41

3

Research at the Intersection of Design, Technology, and Mental Health & Best Wellness Apps to Reduce Stress

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Mental health

Emotional

Physiological

Social

1 in 5

U.S. adults experience mental illness

Severe or long term stress can lead to serious mental illnesses such as depression and anxiety.

STRESS AND ITS IMPACT ON ABILITY TO FUNCTION

N = 3,192

27% of all adults said that most days they are so stressed they can't function

% REPORTING THEY ARE SO STRESSED THEY CAN'T FUNCTION

46% of those under 35

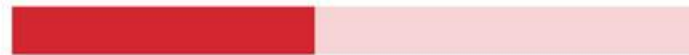**42%** ages 35 to 44

16% ages 45 to 64

4% ages 65+

56% of Black adults under 35

46% white adults under 35
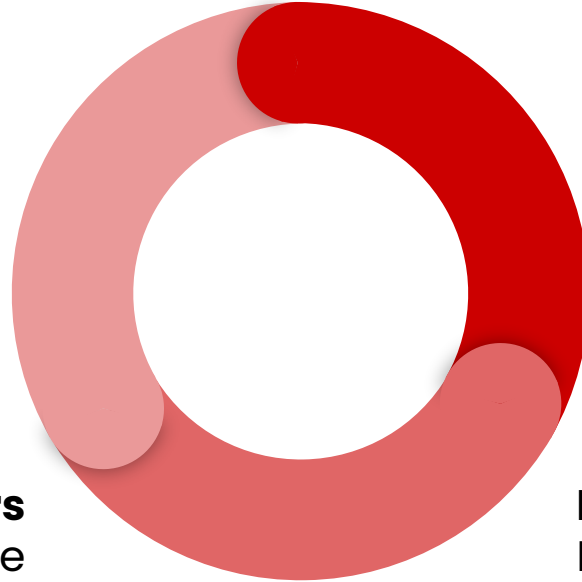
44% Latino/a adults under 35

43% Asian adults under 35
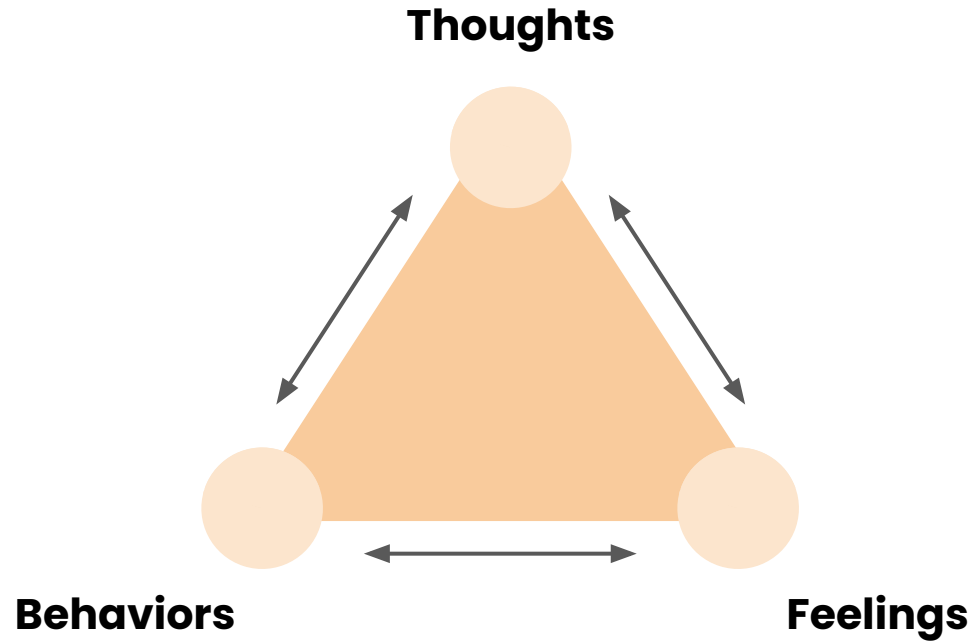
Thoughts
"I am sick of these deadlines."

Behaviors
E.g., Procrastinate

Feelings
E.g., Tired, discouraged

Cognitive Behavior Therapy (CBT)

Thoughts

Behaviors

Feelings

Beck, A. T. (1970)

Examples of Cognitive Behavioral Therapy Techniques

- Cognitive restructuring

- Mindfulness exercise

- Behavior activation

- Journaling

Cognitive Restructuring

Helps you identify stressful thoughts and replace them with more productive ones.

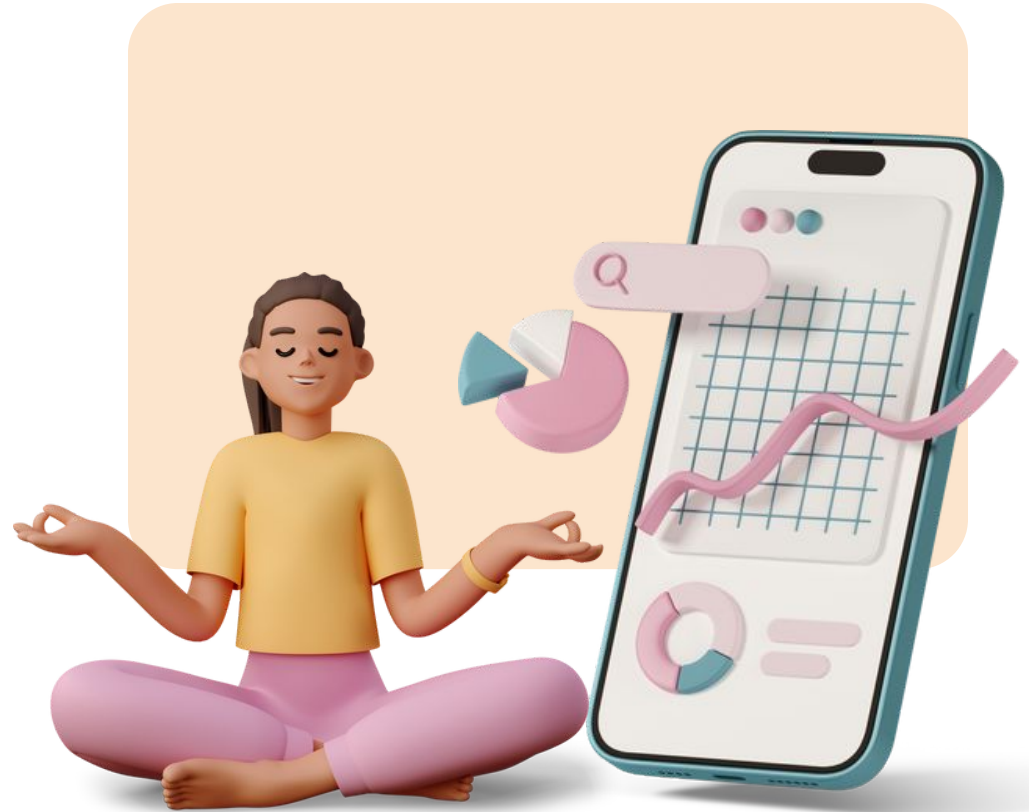Identifying the situation, thoughts, and feelings that leads to stress

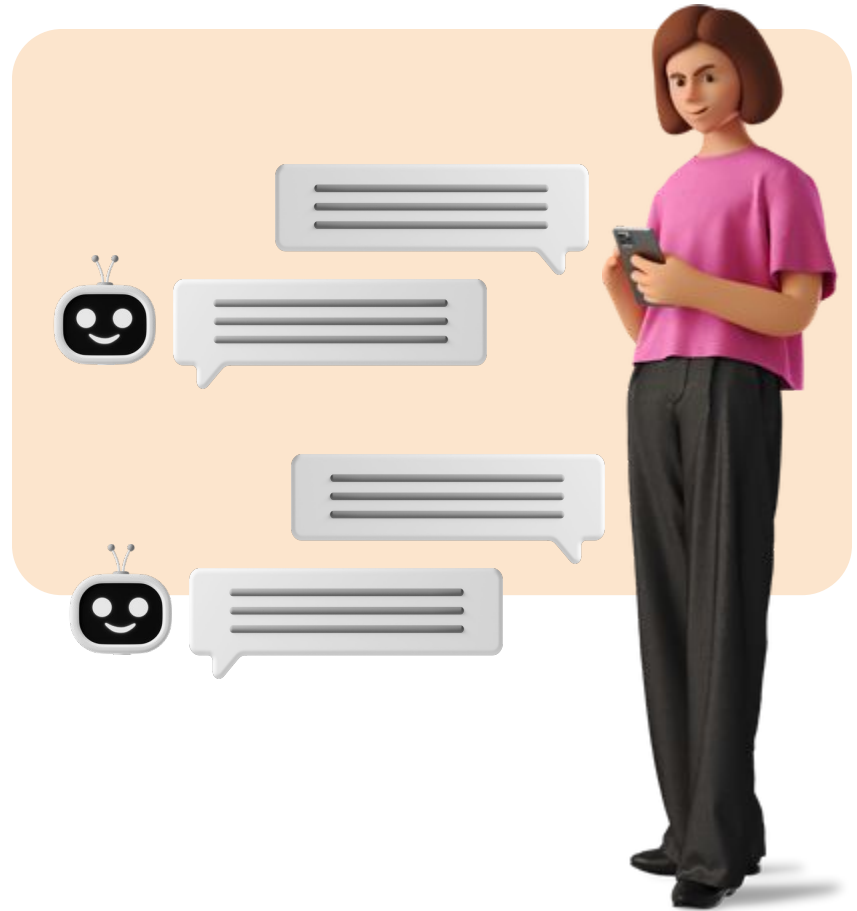Challenge the negative thought by examining the evidence for and against it.
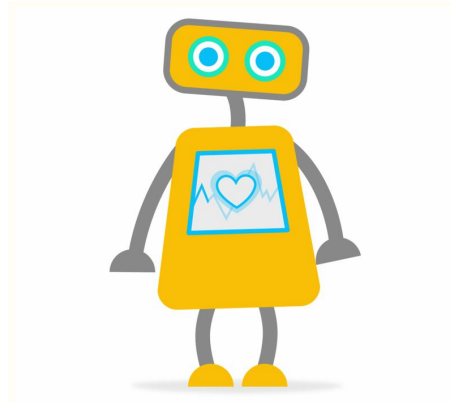
Develop a more balanced perspective on the situation.
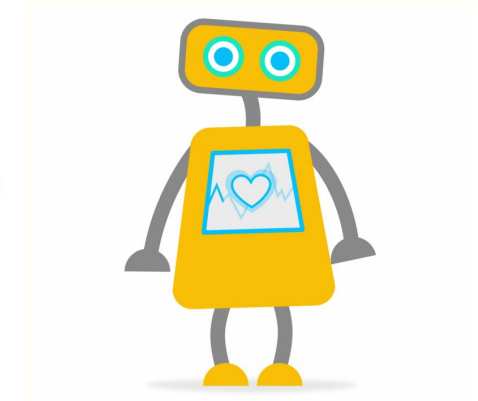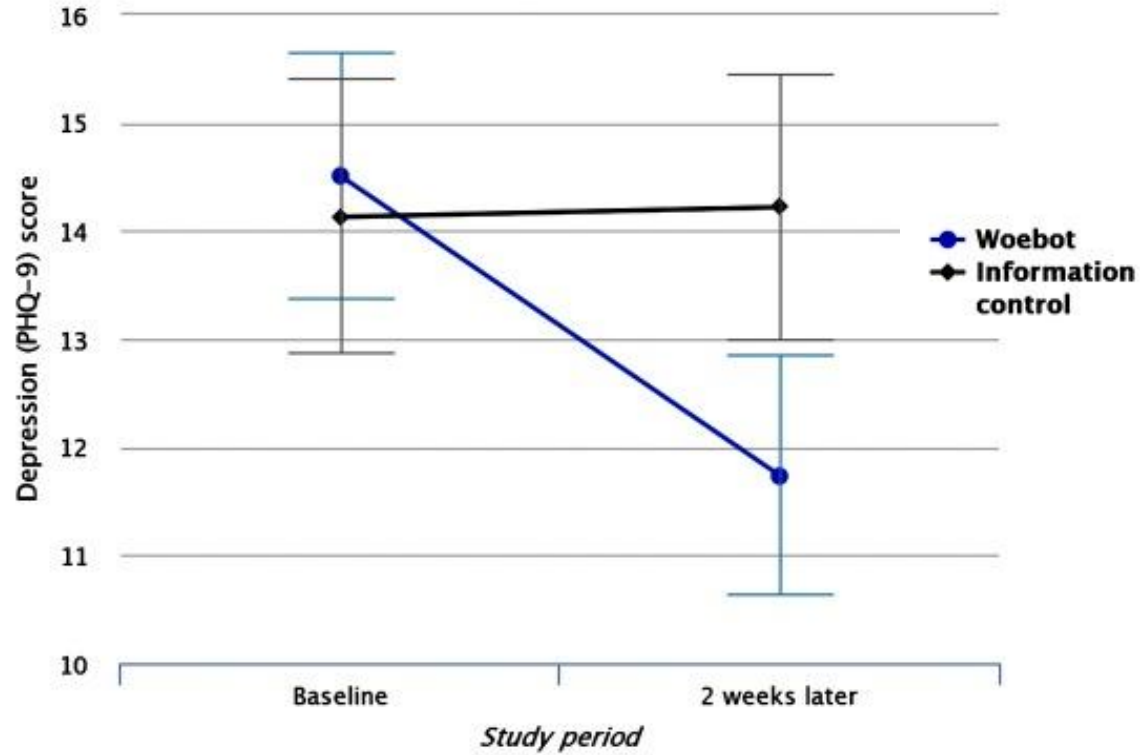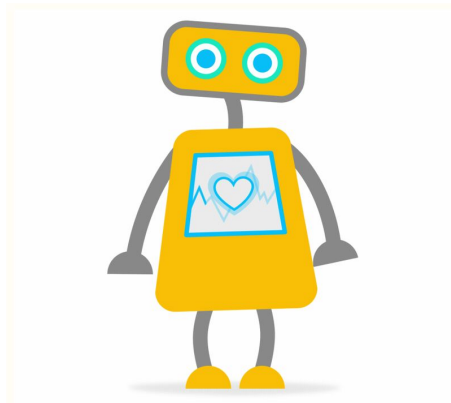
Mental Health Technology

Mental Health Chatbots

Woebot®
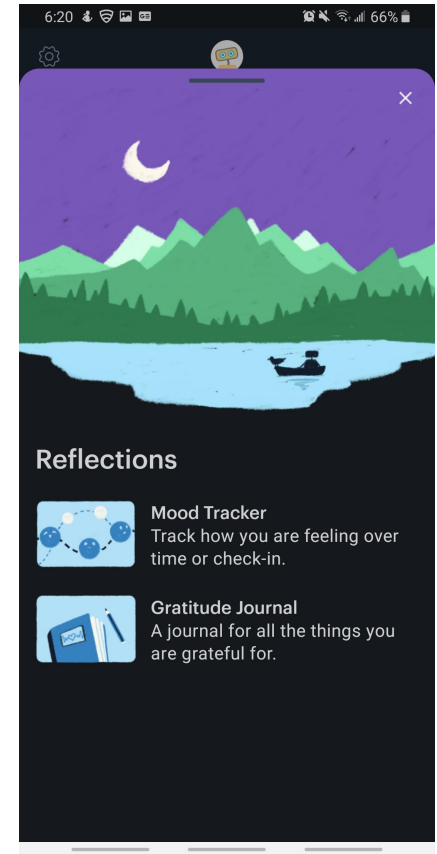
https://woebothealth.com/

Change in depression by group

Fitzpatrick et. al 2017

Woebot®

Woebot®

ANDROID APP ON
Google Play

Available on the
App Store
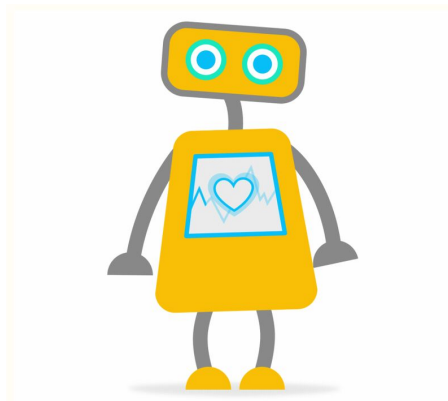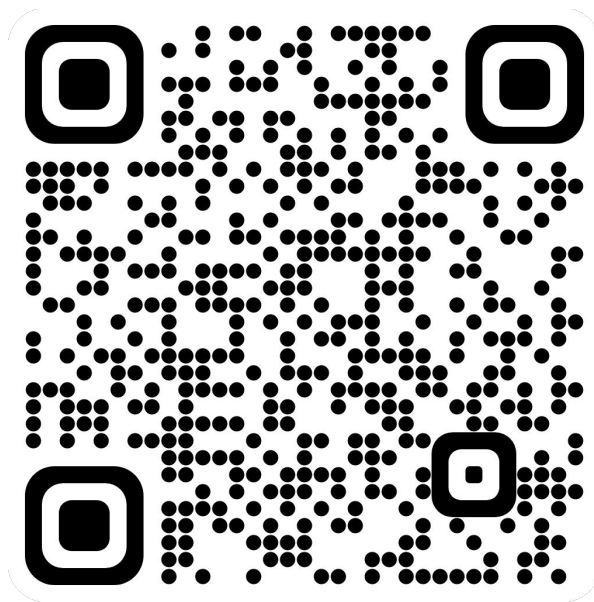
Best Wellness Apps to Reduce Stress

Best Wellness Apps to Reduce Stress

Mobile Application Rating Scale (MARS) Score

- Svanello: 4.58
- Mindshift CBT: 4.29
- Stoic: 4.16
- Mood Notes: 3.95

Average score across all apps reviewed = 3.53/5 (N=15)

Erhardt, Drew, et al., 2022
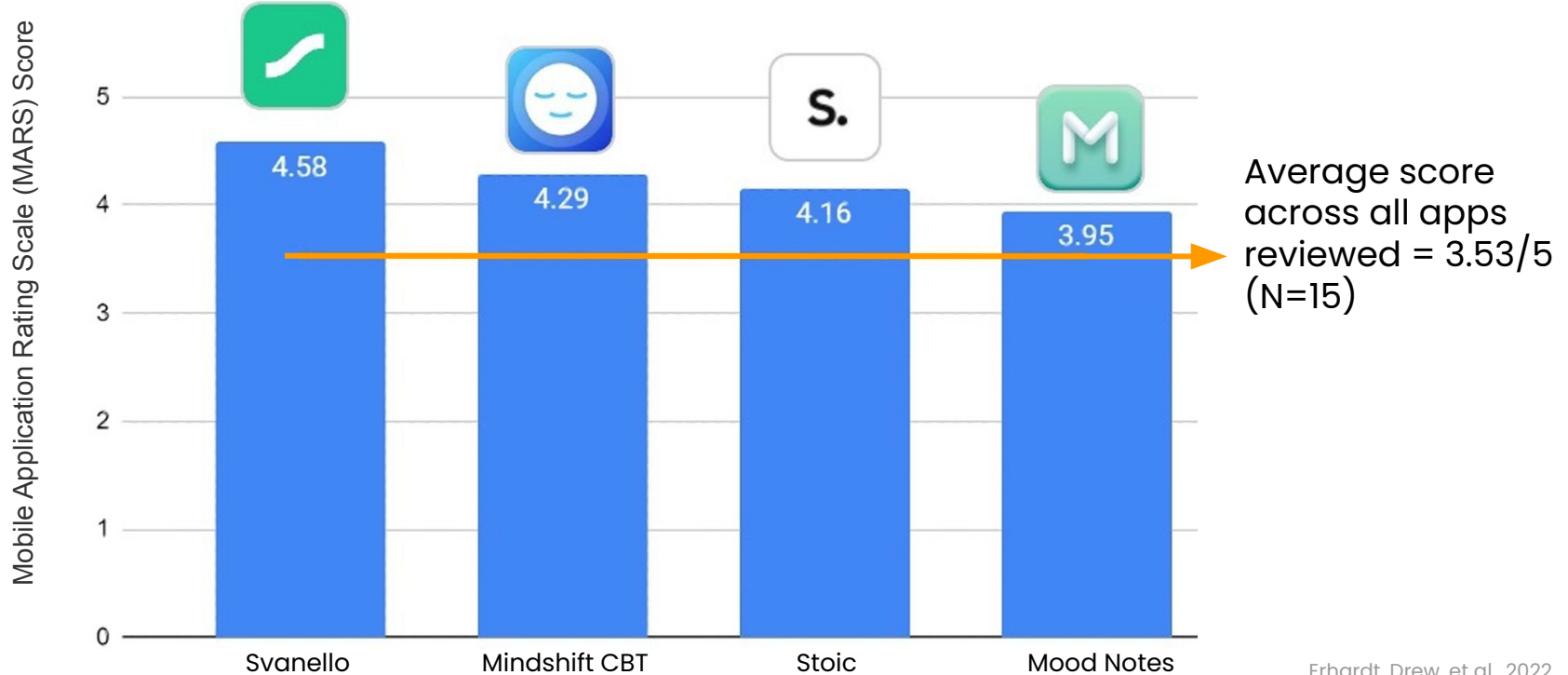
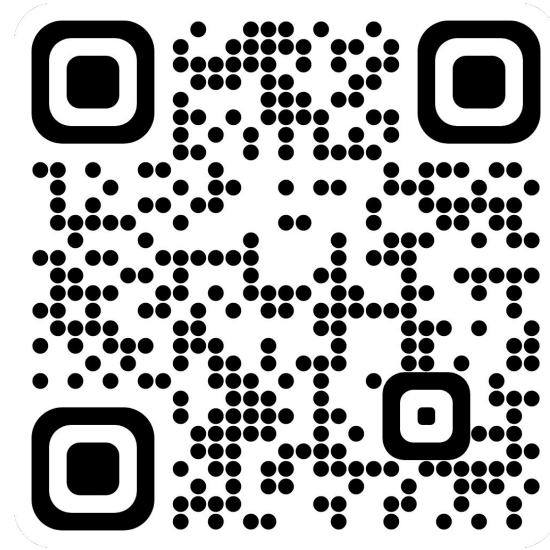# Find the Wellness App that Fits Your Needs
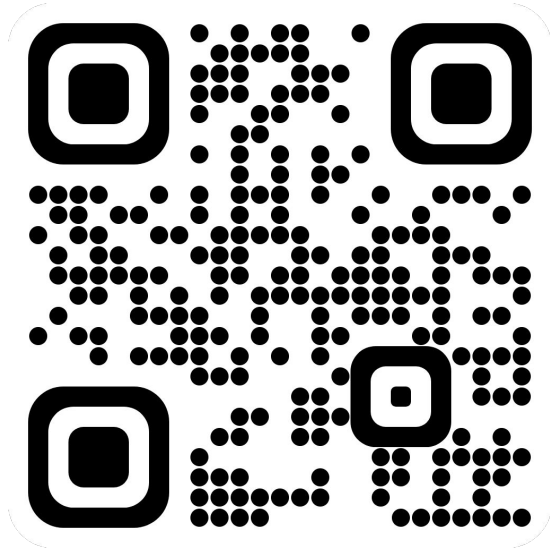
MIND

Mindapps.org | Beth Israel Deaconess Medical Center

ONE MIND
PsyberGuide

Onemindpsyberguide.org | University of California Irvine

Challenges and Risks of Mental Health Technology

- Efficacy
- Personalization
- Safety
- Privacy
- Lack of Governing Bodies

Palmer et al. 2020

Potential Future Research Direction

- Investigating longitudinal impact of mental health apps on health outcomes.

- Developing personalized, adaptive solution for individual's changing needs over time.

- Integrating mental health apps into existing practice.

- Investigating AI-based systems to support mental health and wellbeing.

Q & A

Thank You!

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