

# Concepts, Definitions, Applications: The Terminology Chaos of Internet-Supported Psychotherapeutic Interventions



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University of Haifa, Israel

ISR11, Chicago, May 2013

## 3 Episodes

- **Encyclopedia**  
Internet Counseling

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- **Doctoral dissertations**

The Therapeutic Alliance Online

### Web-based chat

An Evaluation of Therapeutic Alliance and Outcome  
in an On-line Counselling Service

### Internet site-based self-help program



## Let's review publication titles



- **Over 1000 titles have been reviewed**
- **Terms related to any online intervention detected**
- **A match between terms and type of intervention has been sought**

## Representative Examples

Nursing Research • January/February 2006 • Vol 55, No 1, 34-42

**Influence of a Computer Intervention on the Psychological Status of Chronically Ill Rural Women**

**Preliminary Results**

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Wade Hill ▾ Clarann Weinert ▾ Shirley Cudney

## Influence of a **Computer Intervention** on the Psychological Status of Chronically Ill Rural Women

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## Computer Therapy for the Anxiety and Depressive Disorders Is Effective, Acceptable and Practical Health Care: A Meta-Analysis

Gavin Andrews<sup>1\*</sup>, Pim Cuijpers<sup>2</sup>, Michelle G. Craske<sup>3</sup>, Peter McEvoy<sup>4</sup>, Nikolai Titov<sup>5</sup>

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## Cybercounseling Online: The Development of a University-Based Training Program for E-mail Counseling

Lawrence Murphy  
Robert MacFadden  
Dan Mitchell

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*Annual Review of Cybertherapy and Telemedicine 2009*  
*B.K. Wiederhold and G. Riva (Eds.)*  
*IOS Press, 2009*  
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*doi:10.3233/978-1-60750-017-9-108*

Cybertherapy Meets Facebook, Blogger,  
and Second Life: an Italian Experience

Ignazio GRAFFEO<sup>a</sup> and Daniele LA BARBERA<sup>a</sup>

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The Regulation of Technology-Assisted  
Distance Counseling and Supervision in the  
United States: An Analysis of Current Extent,  
Trends, and Implications

Charles R. McAdams III & Kristi Lee Wyatt

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Distance Therapy Comes of Age

# Distance Therapy Comes of Age

## International Journal of Hypertension

[Home](#) [Editorial Board](#) [Author Guidelines](#) [Aims and Scope](#) [Submit a Manuscript](#)

Int J Hypertens. 2012; 2012: 191789.  
Published online 2011 December 20. doi: [10.1155/2012/191789](https://doi.org/10.1155/2012/191789)

PMCID: PI

### Psychosocial Determinants of Health Behaviour Change in an E-Counseling Intervention for Hypertension

Samir Durrani,<sup>1</sup> Jane Irvine,<sup>1</sup> and Robert P. Nolan<sup>2,3\*</sup>



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**Study protocol of a Dutch smoking cessation e-health program**

Nicola E. Stanczyk,<sup>1,2</sup> Catherine Bolman,<sup>1,3</sup> Jean WM Muris,<sup>1,4</sup> and Hein de Vries<sup>1,2</sup>

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BMC Public Health. 2011; 11: 947.  
Published online 2011 November 7; doi: [10.1186/1471-2458-11-947](https://doi.org/10.1186/1471-2458-11-947)

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## The LivePerson Model for Delivery of Etherapy Services: A Case Study

Jerry Finn  
Sharon Bruce

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Sharon Bruce

Journal of Anxiety Disorders 24 (2010) 635–644

Contents lists available at ScienceDirect



Journal of Anxiety Disorders



A therapist-assisted cognitive behavior therapy internet intervention for posttraumatic stress disorder: Pre-, post- and 3-month follow-up results from an open trial

Britt Klein<sup>a,\*</sup>, Joanna Mitchell<sup>b</sup>, Jo Abbott<sup>b</sup>, Kerrie Shandley<sup>a</sup>, David Austin<sup>a</sup>, Kathryn Gilson<sup>b</sup>, Litza Kiroopoulos<sup>b</sup>, Gwenda Cannard<sup>c</sup>, Tomi Redman<sup>c</sup>



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## **An Exploratory Study of Client Perceptions of Internet Counseling and the Therapeutic Alliance**

**Todd Leibert**  
**James Archer Jr.**  
**Joe Munson**  
**Grady York**

*Journal of Mental Health Counseling*  
*Volume 28/Number 1/January 2006/Pages 69–83*

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Cognitive Behaviour Therapy Vol 38, No S1, pp. 55–60, 2009

 **Routledge**  
Taylor & Francis Group

**What Makes Internet Therapy Work?**

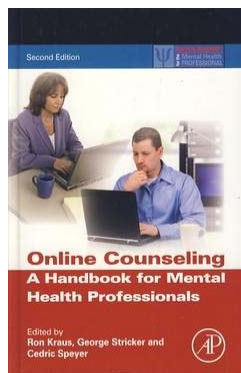
Gerhard Andersson<sup>1,2,3</sup>, Per Carlbring<sup>1</sup>, Thomas Berger<sup>1,4</sup>, Jonas Almlöv<sup>1</sup> and  
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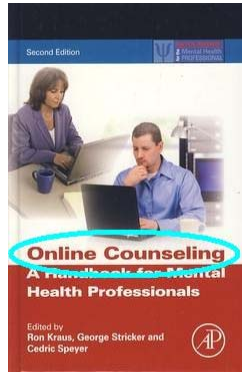
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*Alcohol & Alcoholism* Vol. 43, No. 6, pp. 669–674, 2008  
Advance Access publication 7 August 2008

doi: 10.1093/alcalc/agn066

#### **TREATMENT**

Development of a Psychologically Enhanced Interactive Online Intervention for Hazardous Drinking

Stuart Linke<sup>1,2,\*</sup>, Jim McCambridge<sup>3</sup>, Zarnie Khadjesari<sup>2</sup>, Paul Wallace<sup>2</sup> and Elizabeth Murray<sup>2</sup>

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*Journal of Health Communication*, 17946–959, 2012  
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ISSN: 1081-0730 print/1087-0415 online  
DOI: 10.1080/10810730.2012.665419



**The Gap Between Attitudes and Use in Prediction of  
Effect of an Online Smoking Cessation Program**

LOES MEEUSSEN



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LOES MEEUSSEN

**Best Practices in Online Therapy**

Jo-Anne M. Abbott  
Britt Klein  
Lisa Ciechomski

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Telecounseling in Rural Areas  
for Alcohol Problems

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Recent Advances in Telepsychiatry:  
An Updated Review

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Rebecca G. Knapp, Ph.D.  
B. Christopher Frueh, Ph.D.

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### **Rationale and design: telepsychology service delivery for depressed elderly veterans**

Leonard E Egede<sup>\*1,2,3</sup>, Christopher B Frueh<sup>1,4,5</sup>, Lisa K Richardson<sup>5,6</sup>,  
Ronald Acierno<sup>1,5</sup>, Patrick D Mauldin<sup>1,3,7</sup>, Rebecca G Knapp<sup>1,8</sup> and  
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**Rationale and design telepsychology service delivery for depressed elderly veterans**

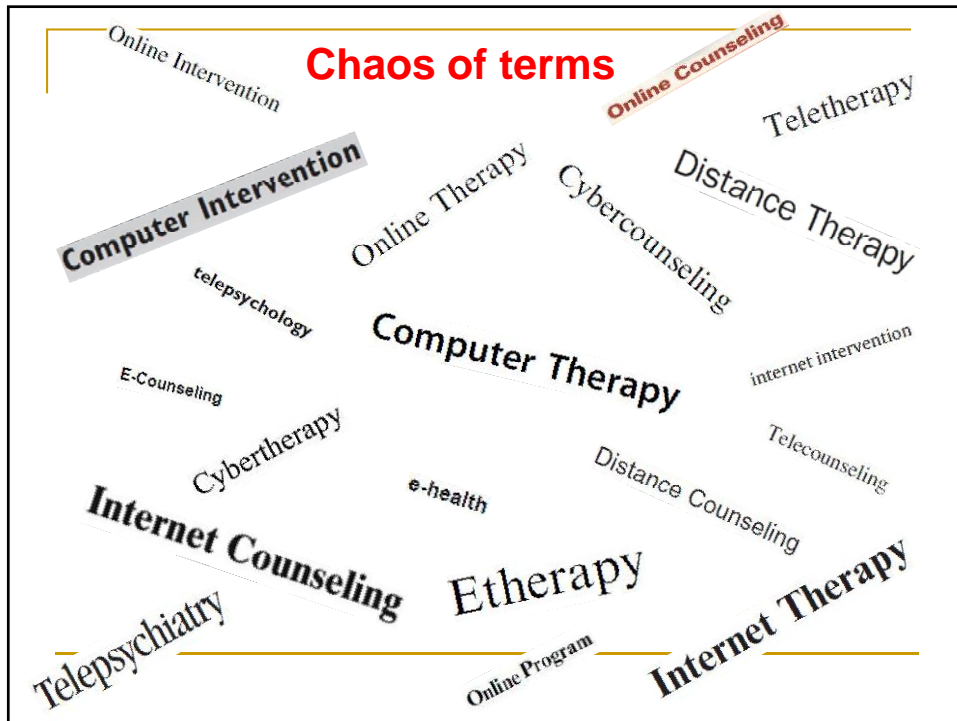
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Professional Psychology: Research and Practice  
2008, Vol. 39, No. 2, 169–175

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0735-7028/08/\$12.00 DOI: 10.1037/0735-7028.39.2.169

**Comparison of Functional Outcomes and Treatment Cost Between a  
Computer-Based Cognitive Rehabilitation Teletherapy Program  
and a Face-to-Face Rehabilitation Program**

Comparison of Functional Outcomes and Treatment Cost Between a  
Computer-Based Cognitive Rehabilitation **Teletherapy** Program  
and a Face-to-Face Rehabilitation Program



## Findings...

- **No connection between terms used and type, technology, content, approach, or modality of intervention**
- **Terms used inconsistently over the years and over publication outlets**
- **Terms used inconsistently even by the same author(s)**

## Specific findings

**A certain term has been used in referring to two different, distinct interventions**

**for instance:**

**Cybertherapy – could refer to software-based chat (e.g., ICQ) or to videoconferencing**

**A certain online technology has been referred to by several different terms**

**for instance:**

**Internet site-based self-help is referred to as Ehealth, Internet therapy, web-based therapy, online therapy, or online program**

## Terminology is crucial in the current communication revolution



- **Mass, borderless, limitless, speedy communication**
- **Information flows instantaneously**
- **Worldwide collaboration and joint projects**
- **Terms, measurement units, common language are critical**

## 2 examples of terminological mismatch



### JPL Metric mishap caused loss of NASA orbiter

September 30, 1999

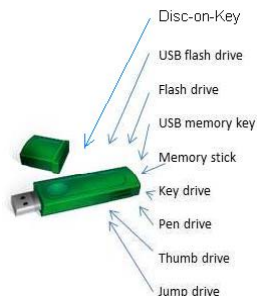
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CNN (NASA) lost a 125 million Mars orbiter because a Lockheed Martin engineering team used English units of measurement while the agency's team used the more conventional metric system for a key spacecraft operation, according to a review finding released Thursday.

The units mismatch prevented navigation information from transferring between the Mars Climate Orbiter spacecraft team in at Lockheed Martin in Denver and the flight team at NASA's Jet Propulsion Laboratory in Pasadena, California.

Lockheed Martin helped build, develop and operate the spacecraft for NASA. Its engineers provided navigation commands for Climate Orbits thrusters in English units although NASA has been using the metric system predominantly since at least 1990.





## We need accepted definitions

ann. behav. med. (2009) 38:4-17  
DOI 10.1007/s12160-009-9130-7

ORIGINAL ARTICLE

### Defining Internet-Supported Therapeutic Interventions

Azy Barak, Ph.D. · Britt Klein, D.Psych. (Clinical) ·  
Judith G. Proudfoot, Ph.D.

## Conclusions and suggestions

- **Researchers, developers, and writers in the area must adhere to commonly-accepted terminology**
- **ISRII is a proper place to develop and dispense a professional glossary**
- **Journal and book editors, as well as the media in general, should become aware of such glossary and follow it**





Thanks for listening!

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