

Beyond efficacy to national implementations of net-therapy: Public health perspectives

ISRII Panel Introduction Charlottesville 11 Oct 07

- in most countries therapist time is scarce
- most therapist time can be saved by delegating most therapy tasks to computer-aided cognitive behaviour therapy (CCBT) on the net
- such netCCBT is tailored to patient input, unlike automated net-education (e-books)

In research around the world, CCBT used at home or elsewhere improved mental health problems in adults and children*

*HANDS-ON HELP: COMPUTER-AIDED PSYCHOTHERAPY
Maudsley Monograph No. 49, Psychology Press 2007 **Marks et al**

97 CCBT self-help systems tested in 175 studies including 103 RCTs

Despite its research promise, netCCBT is used nowhere on the national scale needed to improve public health

-for most sufferers in the community to access & complete netCCBT well, careful organisation is required

-successful implementation needs each country's health care system to organise, fund, support & do net-outcome-monitoring of netCCBT

Panel members from Australia, Netherlands, Sweden, UK & USA will briefly note national implementation issues in their countries

-the audience will then join an extended general discussion, starting with 2 discussants from Israel & USA

-the Panel will end with a brief resume by each Panel member