

Internet-based Interventions for Common Mental Disorders: Opportunities and Challenges

Abstract

It is well-established that internet interventions are effective in the treatment of common mental disorders. This gives many new opportunities to improve efficiency of mental health care and reaching populations that do not make optimal use of existing services. In this seminar, Professor Cuijpers will give an overview of what is known about the effects of internet-based interventions and the effects are comparable to those of face-to-face therapies. Most research on internet interventions is focused on efficacy but much research is needed on how this knowledge can be used in prevention, treatment, general medical care and specific settings like schools, universities and the workplace. Most research is also on CBT, but there is no reason to assume that other approaches would be less effective, and he will show some examples of other approaches than CBT that also have been found to be effective.

Professor Cuijpers will give examples of studies on internet-based interventions in which he has been involved in the past decade to show the possibilities of internet interventions in different routine care settings. He will also go into the consequences and opportunities for the field of the mobile revolution and other technological innovations.