

DOCTORAL STUDIES COURSE UNIT DESCRIPTION

Name of subject	Field of science, code	Faculty / Center	Institute / Department
Digital technologies in psychological services	S 006	Faculty of Philosophy	Institute of Psychology

Student's workload	Credits	Student's workload	Credits
Lectures		Consultations	1
Independent study	6	Seminars	

Course annotation
<p>The use of digital technologies in mental health prevention, intervention and postvention. Various digital technologies used in mental health field (apps, virtual reality, machine learning, data science, robotics, etc.). Ways in how digital technologies can improve the quality and accessibility of mental health services. Limitations of the use of digital technologies in mental health. Challenges in implementing digital technologies in mental health.</p> <p>Internet interventions. Principles of development of internet interventions. Methods of recruiting participants and collecting data for online interventions. Effectiveness of internet interventions and mobile apps to reduce various mental health problems (depression, anxiety, post-traumatic stress disorder, etc.). Mechanisms of changes in digital mental health interventions: mediating and moderating factors. Factors related to acceptability and usability of online interventions. Cost-effectiveness studies of digital interventions. Opportunities and challenges for the use of machine learning algorithms in mental health.</p> <p>Future research directions. Ethical issues and challenges in the use of digital technologies in mental health.</p>

Reading list
<ol style="list-style-type: none"> 1. Global strategy on digital health 2020-2025. Geneva: World Health Organization; 2021. Licence: CC BY-NC-SA 3.0 IGO. 2. Ritterband LM, Thorndike FP, Cox DJ, Kovatchev BP, Gonder-Frederick LA. (2009). A behavior change model for internet interventions. <i>Ann Behav Med</i>, 38(1):18-27. doi: 10.1007/s12160-009-9133-4 3. Bond, R.R., Mulvenna, M.D., Potts, C., O'Neill, S., Ennis, E. and Torous, J. (2023). Digital transformation of mental health services. <i>npj Mental Health Research</i>, 2:13. https://doi.org/10.1038/s44184-023-00033-y 4. Andersson, G. and Titov, N. (2014), Advantages and limitations of Internet-based interventions for common mental disorders. <i>World Psychiatry</i>, 13: 4-11. https://doi.org/10.1002/wps.20083 5. Chekroud, A. M. et al. The promise of machine learning in predicting treatment outcomes in psychiatry. <i>World Psychiatry</i> 20, 154–170 (2021). doi: 10.1002/wps.20882 6. Koh, J., Tng, G. Y. & Hartanto, A. Potential and pitfalls of mobile mental health apps in traditional treatment: an umbrella review. (2022) <i>J. Pers. Med.</i> 12, 1376. Doi: 10.3390/jpm12091376 7. Torous, J., Nicholas, J., Larsen, M. E., Firth, J. & Christensen, H. Clinical review of user engagement with mental health smartphone apps: evidence, theory and improvements. (2018). <i>Evid. Based Ment. Health</i>, 21, 116–119. doi:10.1136/eb-2018-102891 8. Fiske A, Henningsen P, Buyx A. Your Robot Therapist Will See You Now: Ethical Implications of Embodied Artificial Intelligence in Psychiatry, Psychology, and Psychotherapy. (2019). <i>J Med Internet Res.</i>, 21(5): e13216. doi: 10.2196/13216

The names of consulting teachers	Science degree	Main scientific works published in a scientific field in last 5 year period
Evaldas Kazlauskas	Dr.	Nomeikaite, A., Gelezelyte, O., Berger, T., Andersson,

	<p>G. & Kazlauskas, E. (2023). Exploring reasons for usage discontinuation in an internet-delivered stress recovery intervention: A qualitative study. <i>Internet Interventions</i>, 34, 100686. https://doi.org/10.1016/j.invent.2023.100686</p> <p>Nomeikaite, A., Andersson, G., Dear, B. F., Dumarkaite, A., Gelezelyte, O., Truskauskaite, I. & Kazlauskas, E. (2023). The role of therapist support on the efficacy of an internet-delivered stress recovery intervention for healthcare workers: a randomized control trial. <i>Cognitive Behaviour Therapy</i>, https://doi.org/10.1080/16506073.2023.2214699</p> <p>Dumarkaite, A., Truskauskaite-Kuneviciene, I., Andersson, G., & Kazlauskas, E. (2022). The Effects of Online Mindfulness-Based Intervention on Posttraumatic Stress Disorder and Complex Posttraumatic Stress Disorder Symptoms : A Randomized Controlled Trial With 3-Month. <i>Frontiers in Psychiatry</i>, 13(March), 1–9. https://doi.org/10.3389/fpsy.2022.799259</p> <p>Biliunaite I., Kazlauskas E., Sanderman R., & Andersson G. (2021). Process Evaluation of Internet-Based Cognitive Behavioral Therapy Intervention for Informal Caregivers. <i>Front. Med.</i> 8:725510. https://doi.org/10.3389/fmed.2021.725510</p> <p>Dumarkaite, A., Truskauskaite-Kuneviciene, I., Andersson, G., Mingaudaite, J., & Kazlauskas, E. (2021). Effects of Mindfulness-Based Internet Intervention on ICD-11 Posttraumatic Stress Disorder and Complex Posttraumatic Stress Disorder Symptoms: a Pilot Randomized Controlled Trial. <i>Mindfulness</i> https://doi.org/10.1007/s12671-021-01739-w</p>
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<p>Certified during Doctoral Committee session on 2023-12-04. Protocol No. 15600-KT-523</p>
<p>Committee Chairman prof. Evaldas Kazlauskas</p>