Using Apps in Clinical Practice: Competency Considerations

Hosted by the American Psychological Association (APA) in Collaboration with the Coalition for Technology in Behavioral Science (CTiBS)

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Where do competencies fit in?

Laws
Regulations
Ethical Standards
Guidelines
Competencies
Training
Professional Services
Correction to: An Interprofessional Framework for Telebehavioral Health Competencies

The online version of the original article can be found at
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Correction to: Journal of Technology in Behavioral Science
(2017) 2:190–210
CTiBS TBH
Interprofessional Framework for Telebehavioral Health Competencies

- 7 Domains
- 5 Subdomains
- 49 Telebehavioral Objectives
- 146 Telebehavioral Practices
- Novice, Proficient & Authority
7 CTiBS TBH Competency Domains

- Clinical
- Telepresence
- Technical
- mHealth & Apps
- Ethical & Evidence-Based
- Legal & Regulatory
- Practice Development
What should I consider when assessing someone’s ability to use a clinical app?

- Physical/emotional capacities
- Rationale(s)
- Treatment model / orientation
- Needed features/ options
- Evidence-base
How do I think about evidence-based apps for an individual/group?

- Limited research
- Does app integrate into tx plan?
- How do I introduce?
- Client/patient preferences?
How do I introduce a clinical app to an individual/group?

- Identify treatment goal(s)
- Consider privacy limitations
- Discuss with client/patient (educate re: privacy, fears, features/limitations of app)
- Assist w/ installation of app on device
How do I practice and educate with evidence-based and/or peer-reviewed apps?

- Scientific literature
- Peer review vs evidence-based
  - Skewed information
  - Developer
- Other available clinical education & resources
What are the relevant legal, regulatory and ethical issues to consider when using clinical apps?

- Documentation
- Privacy policies
- Dynamic informed consent
- Follow-up processes
- Telehealth involvement?
What do I need to know regarding researching, teaching, supervising and/or consulting about clinical apps?

- Fundamentals of research
- Interprofessional issues
- Practical, legal and ethical considerations for identifying appropriate apps
Where is more scientific research available about clinical apps?

- PubMed
- Google scholar
- Journal for Technology in Behavioral Science (JTiBS)
- Telehealth.org/bibliography
- PsyberGuide.org
CTiBS
Competency Framework
Article Referenced Herein

Other Free Resources

- PSYBERGUIDE
  Psyberguide.org
- SAMHSA
  https://store.samhsa.gov/apps
- TBHI News (weekly email newsletter)
  Telehealth.org/signup
App-Related Resources


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Research and Development

Examples of Mobile Apps For Which the FDA Will Exercise Enforcement Discretion:

Guidance on the Use of Mobile Applications:

• Guidance for Research Involving Mobile Apps or Mobile Medical Apps:

• Health App Use Scenarios & HIPAA:

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Questions?