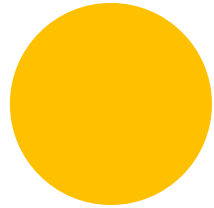
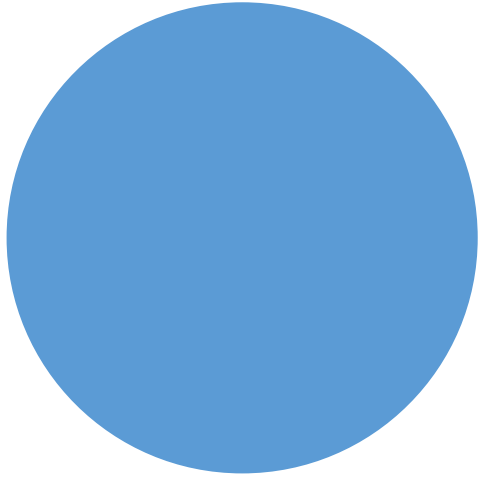


# Using Apps in Clinical Practice: Competency Considerations

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

Marlene Maheu, PhD  
Shawna Wright, PhD  
Stephen Schueller, PhD



The Coalition for Technology in  
Behavioral Science (CTiBS)  
Competencies

<https://CTIBS.ORG>



Where do  
competencies fit  
in?

Laws

Regulations

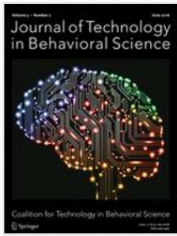
*Ethical Standards*

*Guidelines*

***Competencies***

Training


Professional Services



# Correction to: An Interprofessional Framework for Telebehavioral Health Competencies

Authors

[Authors and affiliations](#)

Marlene M. Maheu , Kenneth P. Drude, Katherine M. Hertlein, Ruth Lipschutz, Karen Wall, Donald M. Hilty

Correction

First Online: 26 February 2018

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**Correction to: Journal of Technology in Behavioral Science  
(2017) 2:190–210**

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# CTiBS TBH

*Interprofessional  
Framework for  
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Health  
Competencies*

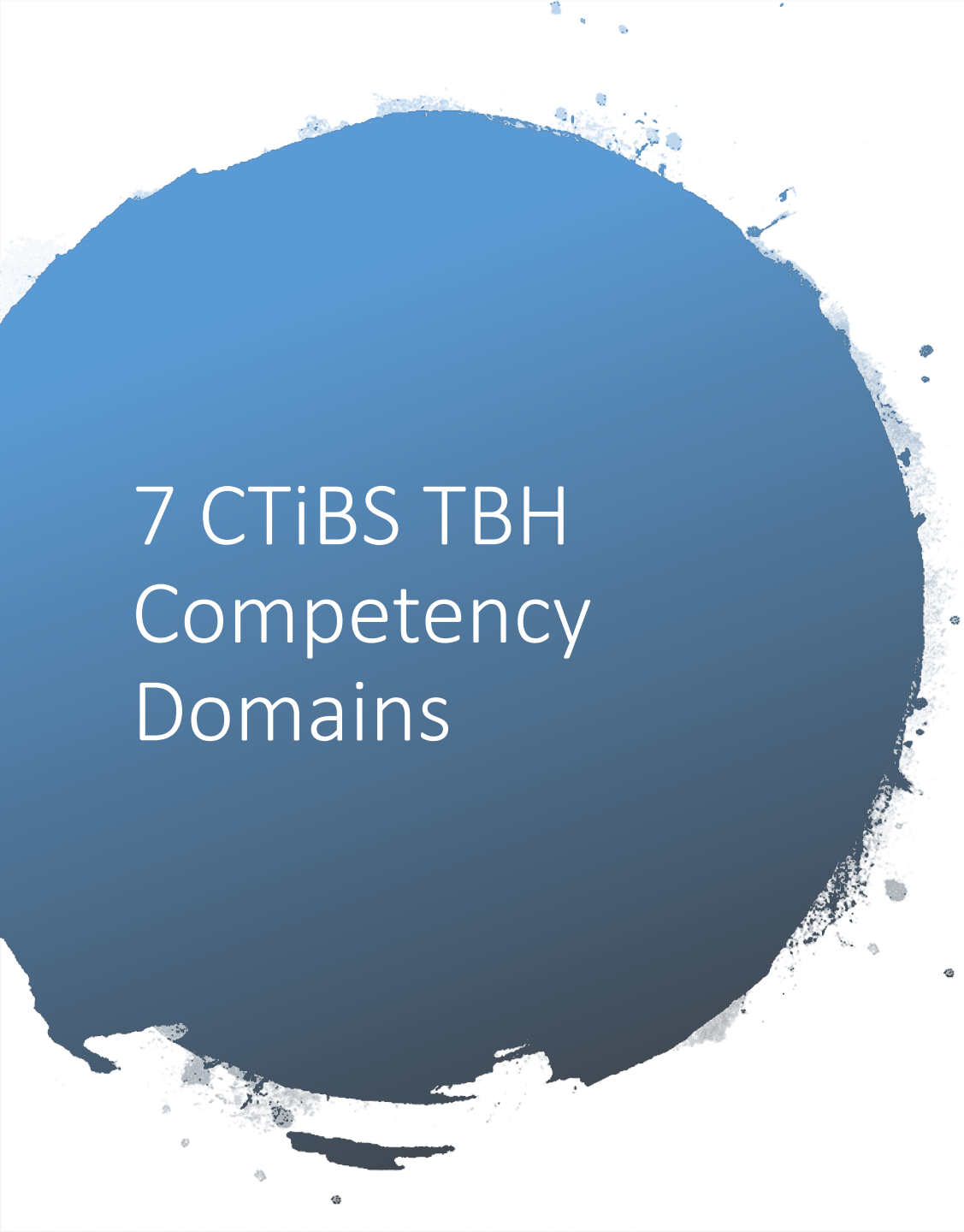
7 Domains

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?



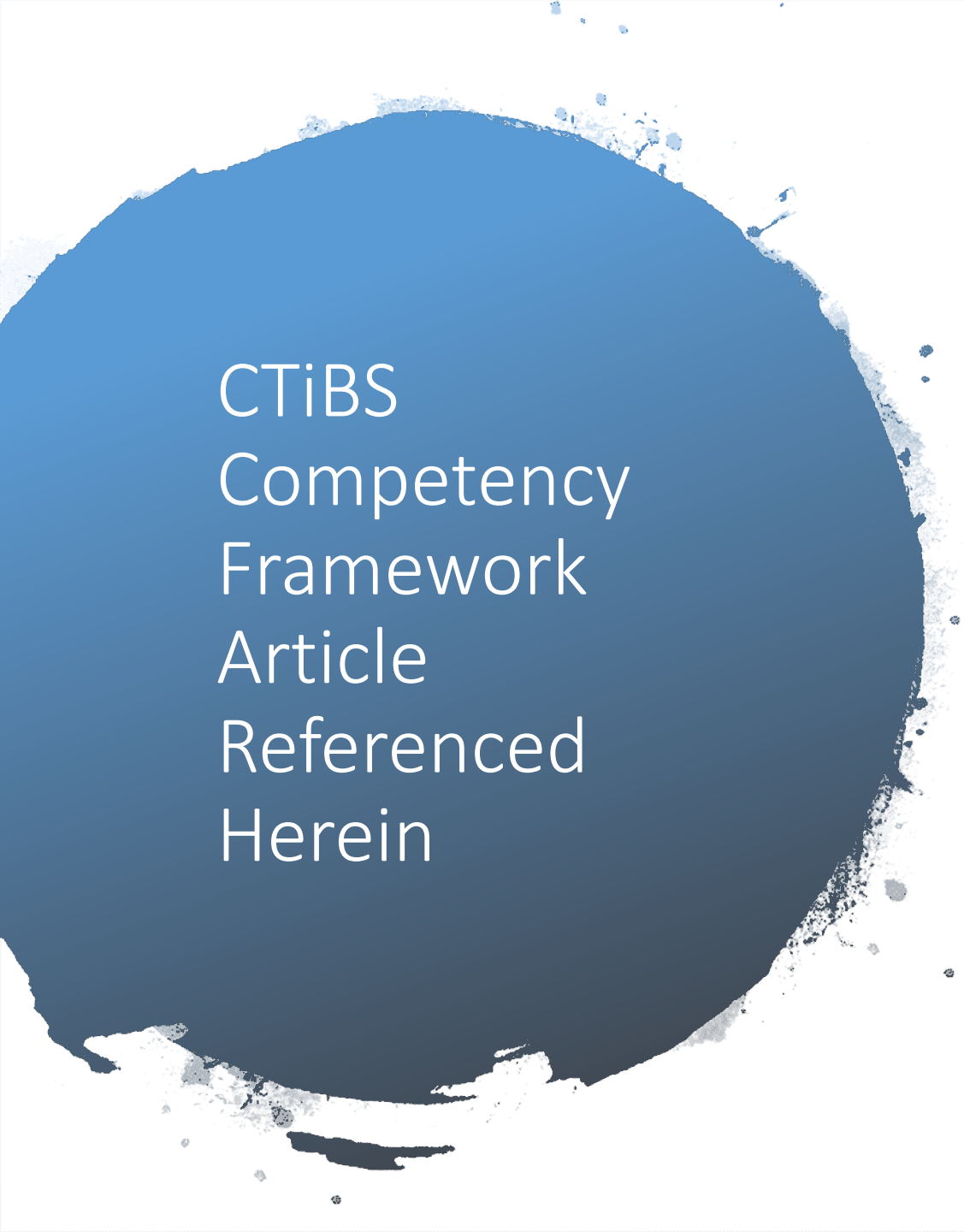
What do I need to know regarding  
researching, teaching, supervising  
and/or consulting about clinical apps?

- 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](https://www.psyberguide.org)



CTiBS  
Competency  
Framework  
Article  
Referenced  
Herein

Maheu M. M., Drude, K.,  
Hertlein K., Lipshutz, R., Wall,  
K., Long, R., Hilty D. M. , (2017).  
An Interprofessional  
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Health Competencies. Journal  
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Science, 1(4).



## Other Free Resources

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

# App-Related Resources

- Hilty, D. M., Chan, S., Hwang, T., Wong, A., & Bauer, A. M. (2017). Advances in mobile mental health: opportunities and implications for the spectrum of e-mental health services. *Mhealth*, 3.
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- Maheu, M. M., Pulier, M. L., & Roy, S. (2013). Finding, evaluating, and using smartphone applications. In G. P. Koocher, J. C. Norcross & B. A. Greene (Eds.), *Psychologists' desk reference*. (3rd ed., pp. 704-708). New York: Oxford University Press.
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- Luxton, D. D., June, J. D., & Chalker, S. A. (2015). Mobile health technologies for suicide prevention: feature review and recommendations for use in clinical care. *Current Treatment Options in Psychiatry*, 2(4), 349-362.
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- Neary, M., & Schueller, S. M. (2018). State of the field of mental health apps. *Cognitive and Behavioral Practice, 25*(4), 531-537.
- O'Loughlin, K., Neary, M., Adkins, E. C., & Schueller, S. M. (2019). Reviewing the data security and privacy policies of mobile apps for depression. *Internet interventions, 15*, 110-115.

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- Armstrong, C. M., Edwards-Stewart, A., Ciulla, R. P., Bush, N. E., Cooper, D. C., Kinn, J. T., & Hoyt, T. V. (2017). Department of Defense mobile health practice guide (3<sup>rd</sup> edition). Defense Health Agency Connected Health, Department of Defense.
- Armstrong, C. M., Ciulla, R. P., Edwards-Stewart, A., Hoyt, T., & Bush, N. (2018). Best practices of mobile health in clinical care: The development and evaluation of a competency-based provider training program. *Professional Psychology: Research and Practice*, 49(5-6), 355.

# App-Related Resources

## Research and Development

Examples of Mobile Apps For Which the FDA Will Exercise Enforcement

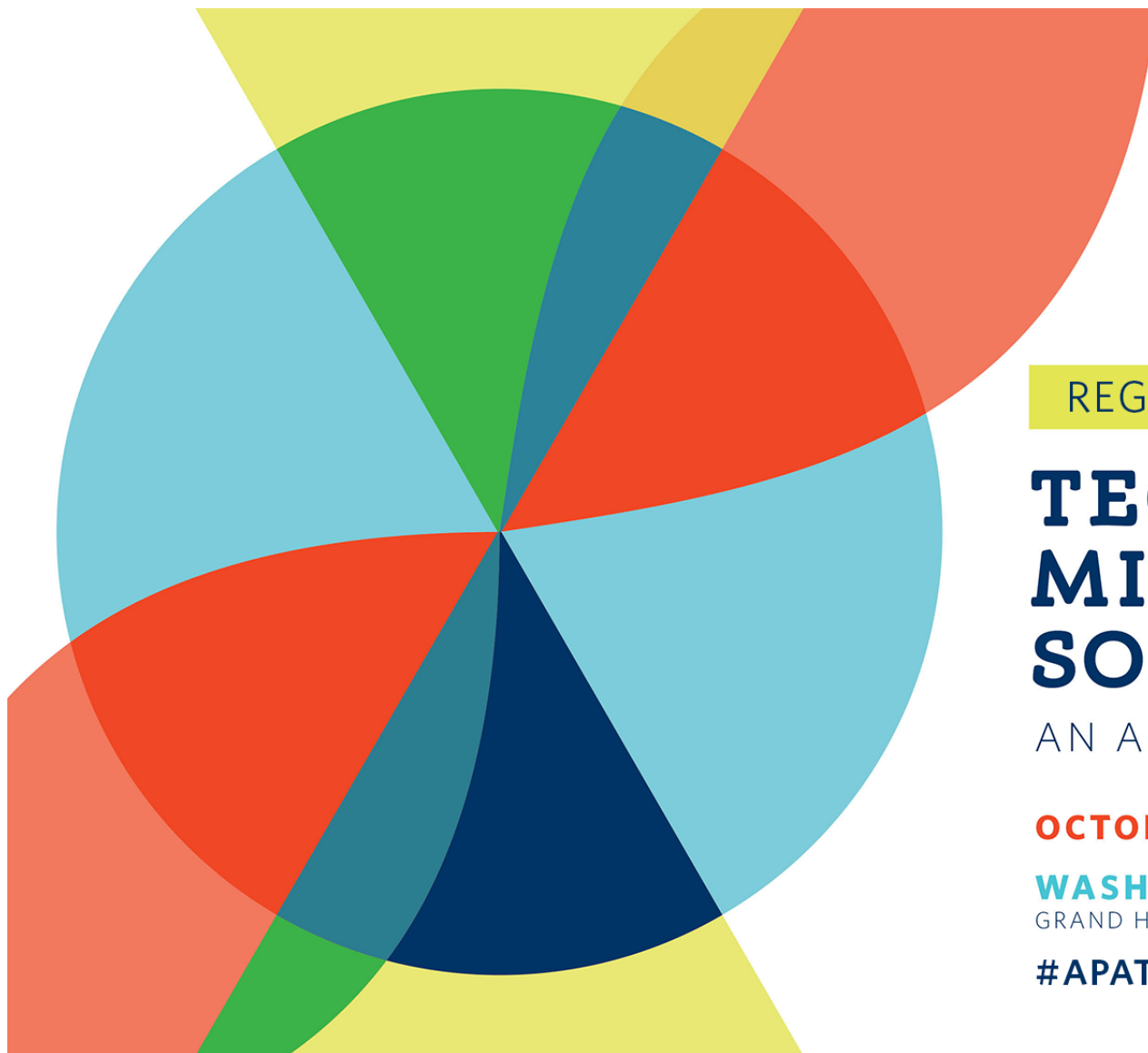
Discretion:

<https://www.fda.gov/medical-devices/mobile-medical-applications/examples-mobile-apps-which-fda-will-exercise-enforcement-discretion>

Guidance on the Use of Mobile Applications:

<http://www.kumc.edu/Documents/hrpp/Topical%20Guidance/Guidance%20on%20the%20Use%20of%20Mobile%20Applications.pdf>

- Guidance for Research Involving Mobile Apps or Mobile Medical Apps: <https://irb.northwestern.edu/sites/irb/files/documents/Mobile%20Apps%20and%20Mobile%20Medical%20Apps%20Guidance.pdf>
- Health App Use Scenarios & HIPAA: <https://hipaagsportal.hhs.gov/community-library/accounts/92/925889/Public/OCR-health-app-developer-scenarios-2-2016.pdf>
- Lewis, T. L., & Wyatt, J. C. (2014). mHealth and mobile medical apps: a framework to assess risk and promote safer use. *Journal of medical Internet research*, 16(9), e210.



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Questions?

