



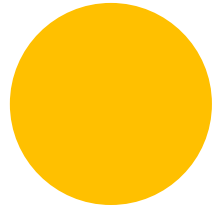
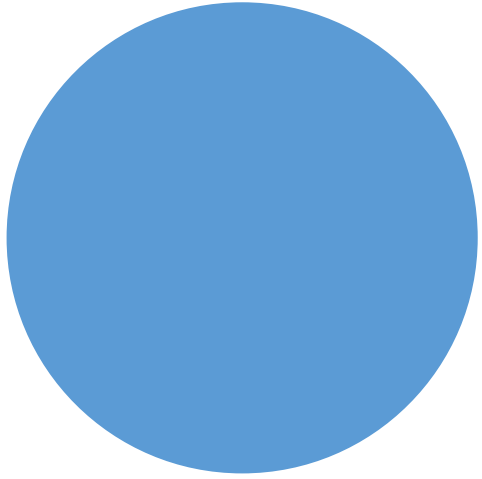
Using Apps in Clinical Practice: Practical Aspects

Hosted by the American Psychological Association (APA)
in Collaboration between the Coalition for Technology
in Behavioral Science (CTiBS) and APA Divisions 18, 19,
29, 31, 32, 37, 42, 46, 53, & 56

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The Coalition for Technology in
Behavioral Science (CTiBS)
Competencies

Leadership of Jack Tsai, PhD

<https://CTIBS.ORG>



What are
telehealth
competencies?

Laws

Regulations

Ethical Standards

Guidelines

Competencies

Training

Professional Services

CTiBS TBH

*Interprofessional
Framework for
Telebehavioral
Health
Competencies*

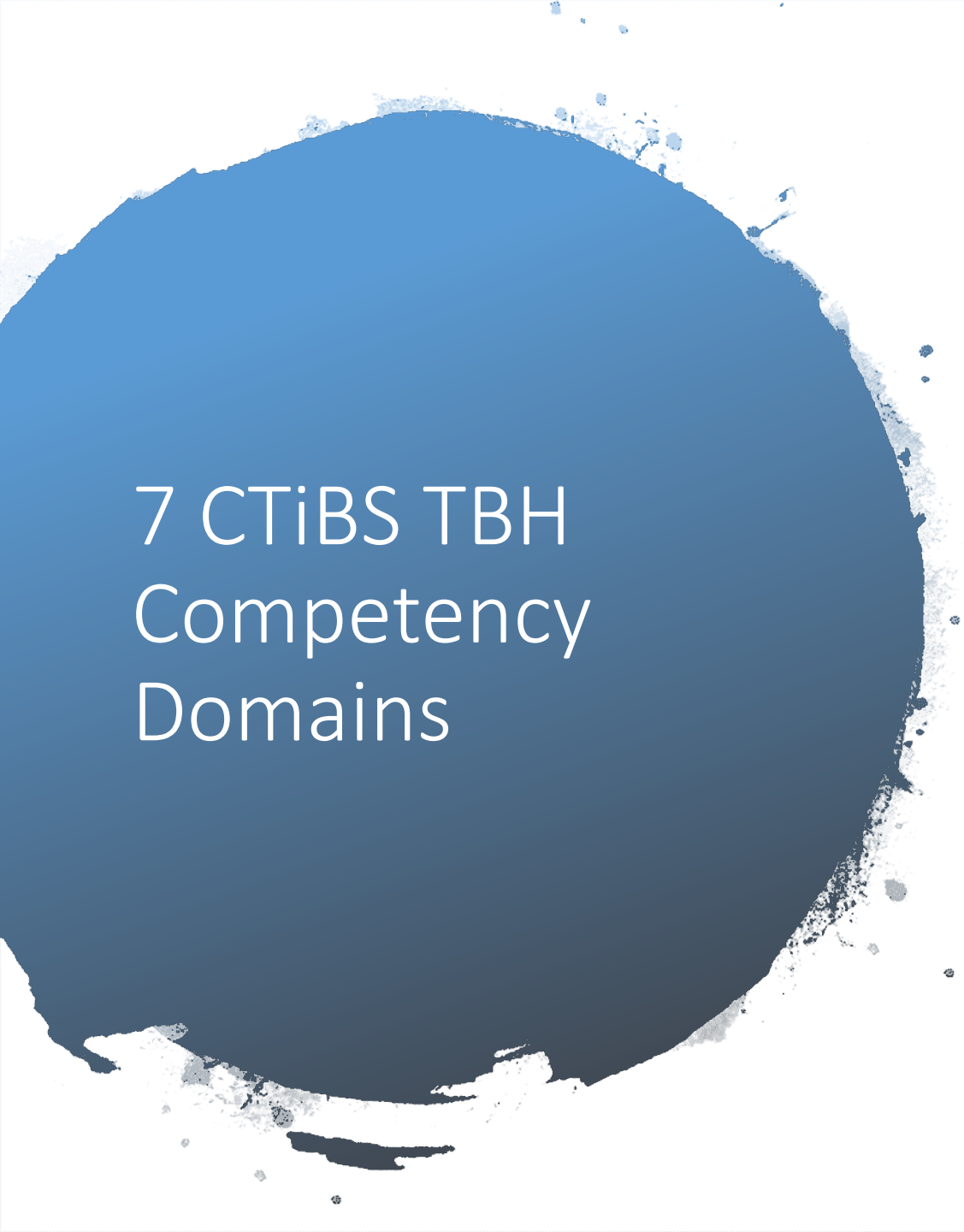
7 Domains

5 Subdomains

49 Telebehavioral Objectives

146 Telebehavioral Practices

Novice, Proficient & Authority



7 CTiBS TBH Competency Domains

Clinical

Telepresence

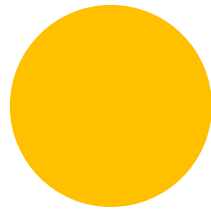
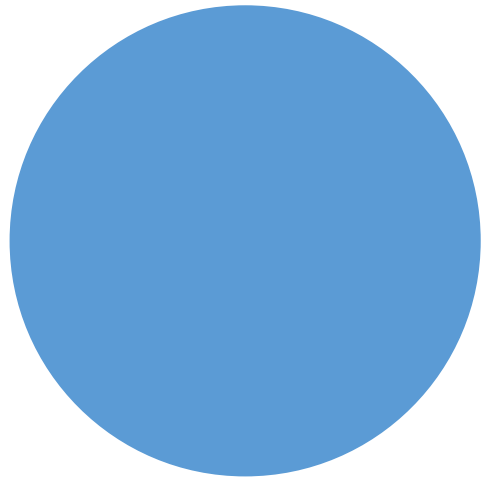
Technical

mHealth & Apps

Ethical & Evidence-Based

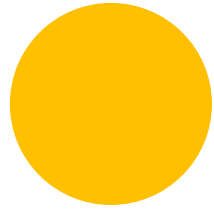
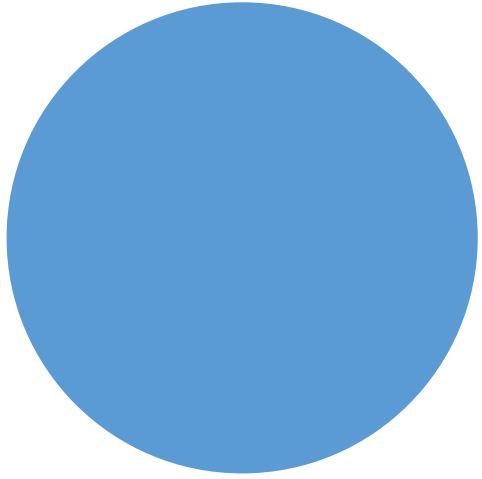
Legal & Regulatory

Practice Development

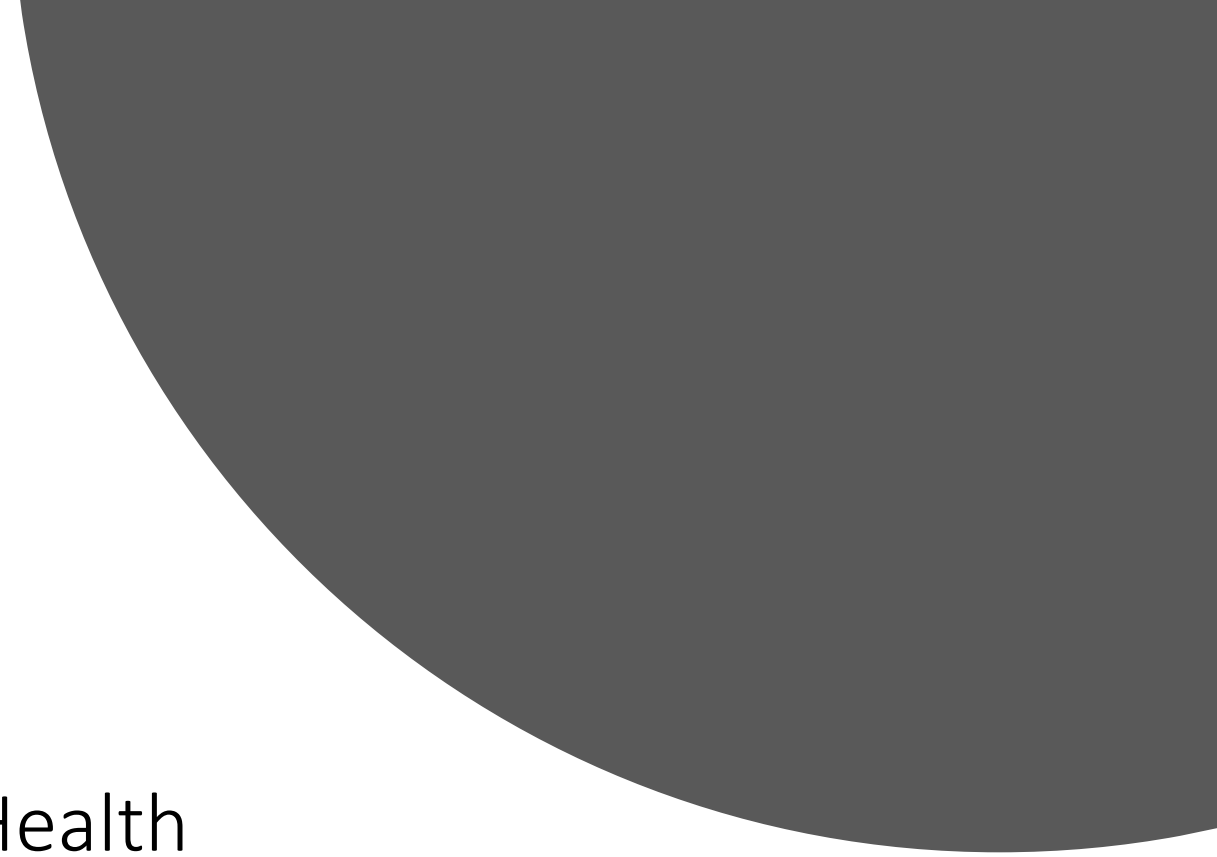
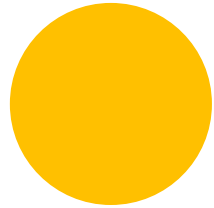
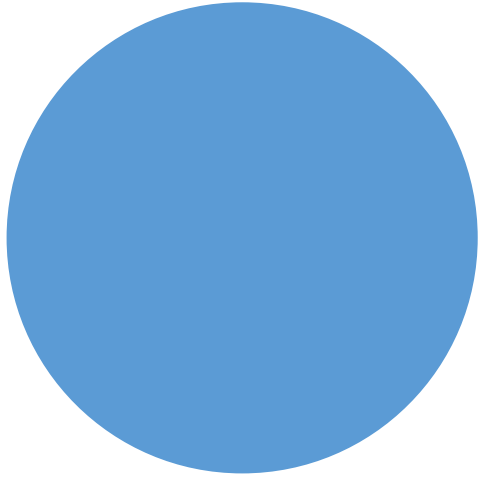


1. Assesses client/patient use of mobile health technologies
2. Selects a technology with client/patient for a purpose, documents and monitors
3. Practices with evidence-based technology and approach
4. Attends to legal, regulatory and ethical issues, and develops new ones if indicated

**CTiBS TBH
Competency Domain
#7 mHealth and Apps:
Objectives**



Why would apps be a relevant
technology topic for psychologists
across APA?



In the CTiBS Telebehavioral Health Competency Framework's clinical domain, an identified objective is thinking about how to incorporate mHealth into client treatment planning. How do you think about treatment planning with apps?

Treatment Planning

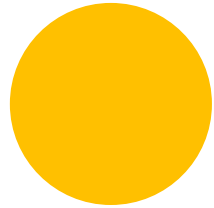
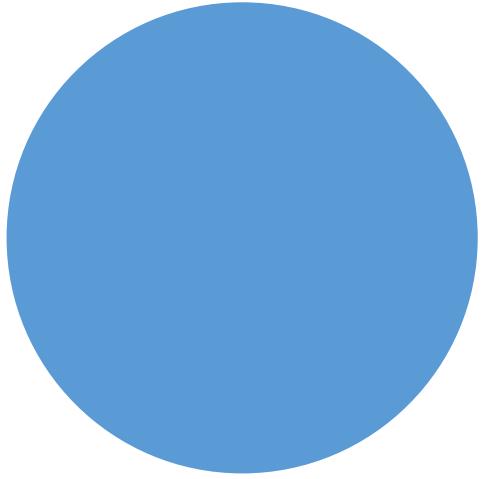
- Bottom line: **Technology is not the Treatment**
- Considerations
 - Patient interest
 - Contraindications
 - Ability/logistics



Aspects of treatment planning that can include health technology

- Self-care
- Assessment
- Education
- Tracking
- Homework
- Maintenance





Clients will sometimes tell us they have found an app that they find useful, or we hear about an app that we haven't used. How can psychologists effectively evaluate and select apps for use in practice?



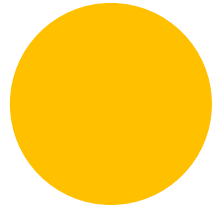
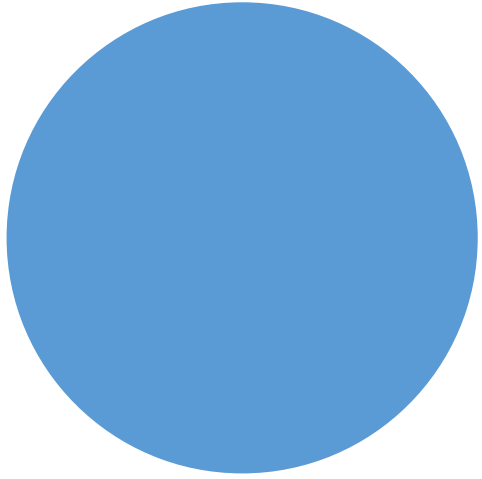
Selecting Apps

- Rely on reviews by subject matter experts
(PsyberGuide; Division 56, 46, 2, 1 Mental Health Mobile App Review Database; iMedicalApps.com)
- APA App Evaluation Model

<https://www.psychiatry.org/psychiatrists/practice/mental-health-apps/app-evaluation-model>

Torous et al.(2018). Psychiatric Services



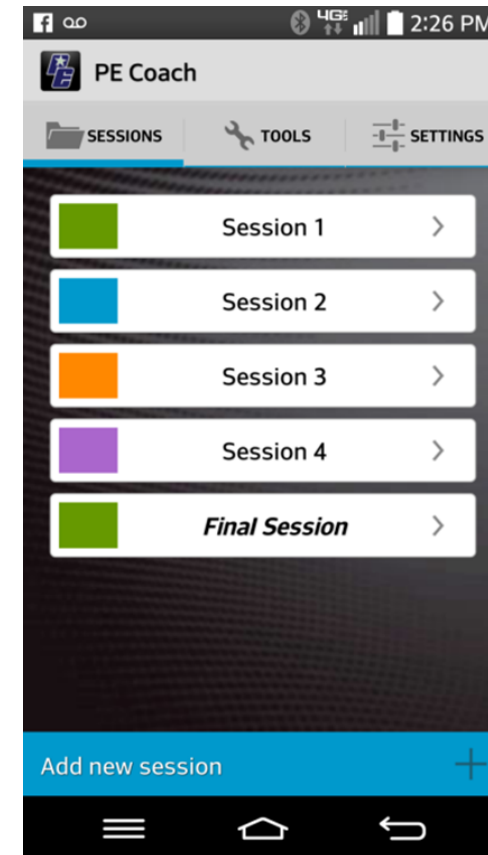


The APA App Evaluation Framework sounds practical and useful. Can you walk through a brief example to demonstrate its use?



Example: PE Coach

- VA app to assist Prolonged Exposure treatment of PTSD



App Evaluation Model

- Step 1: Gather Background Information

- What is the business model? Who is the developer? Does it claim to be medical? What is the cost? What platforms is it available for? When last updated?

- Step 2: Risk/Privacy & Security

- Is there a privacy policy? What data are collected, are data de-identified? Can you opt out of data collection and can you delete data? What security measures are in place?

- Step 3: Evidence

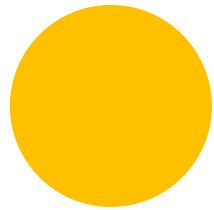
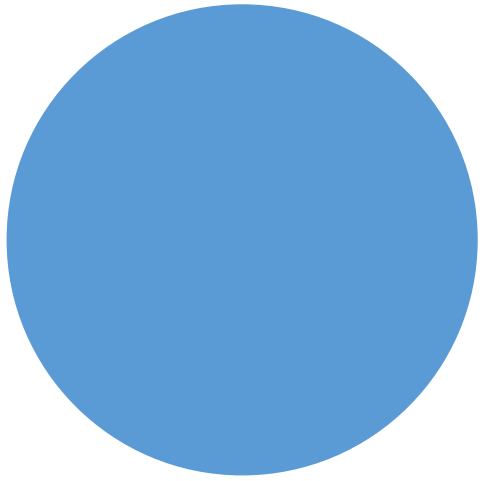
- What does it do vs. claim to do? Is there peer reviewed evidence/science behind it? Is there feedback that supports claims? Does content appear to be reasonable?

- Step 4: Ease of Use

- Is it easy to access? Does it need an active connection to the internet? Is it accessible for those with disabilities? Culturally relevant?

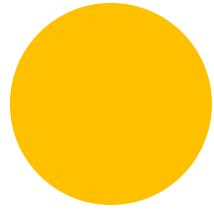
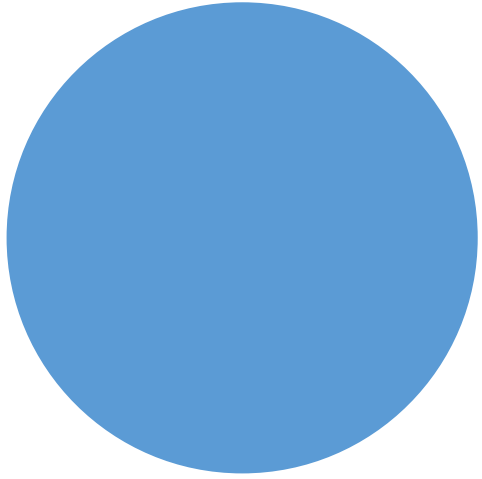
- Step 5: Interoperability

- Who owns the data? Can it share with an HER? Can you print/export data? Can you share data across devices or tools?



Does a provider need to keep up to date
with all new apps?





What are practical ways to recommend an app to a client, once you have identified one that you would like to recommend?



Clinical Administration

- Discuss
- Demonstrate
- Prescribe
- Follow-up

R_x PRESCRIPTION FOR CONNECTED HEALTH

MOBILE RESOURCES

☐  ACT Coach*	☐  CPT Coach*	☐  Moving Forward*	☐  Stay Quit Coach*
☐  AIMS*	☐  DHA Opioid Safety	☐  Parenting2Go*	☐  T2 Mood Tracker
☐  Breathe2Relax	☐  Dream EZ	☐  PE Coach 2*	☐  Tactical Breather
☐  Breathe, Think, Do	☐  LifeArmor	☐  Positive Activity Jackpot	☐  The Big Moving Adventure
☐  CBT-I Coach*	☐  Mindfulness Coach*	☐  PTSD Coach*	☐  VetChange*
☐  Concussion Coach*	☐  Mood Coach*	☐  STAIR Coach*	☐  Virtual Hope Box

INSTRUCTIONS

 Available on the App Store

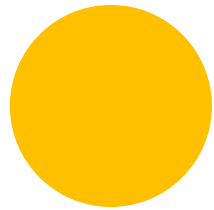
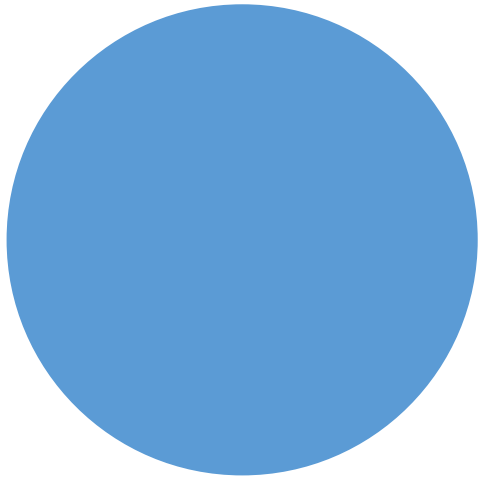
 Get it on Google play

DOWNLOAD THESE FREE MOBILE APPS FROM THE APP STORE AND GOOGLE PLAY.

*THESE APPS WERE DEVELOPED BY, OR IN PARTNERSHIP WITH, THE U.S. DEPARTMENT OF VETERANS AFFAIRS.

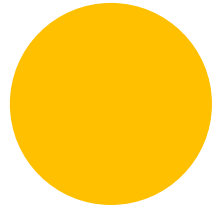
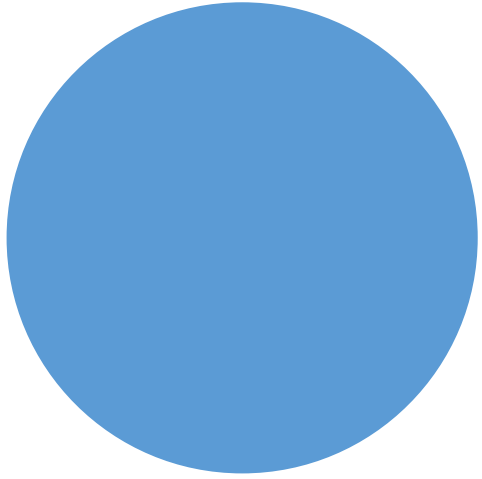


PRODUCT ID # CH-0032



What should a provider do if a client or patient isn't interested in technology like apps?



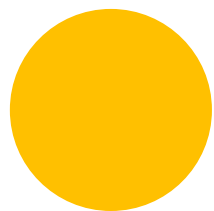
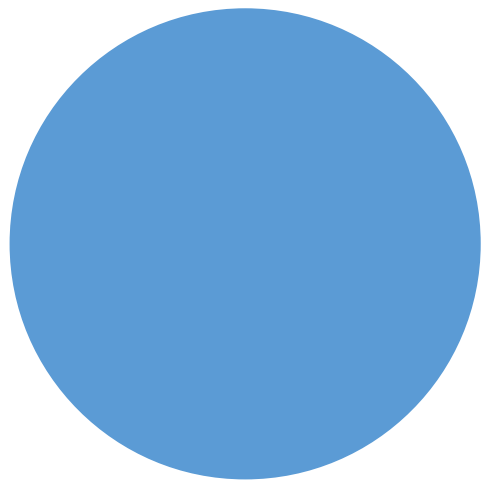


Documentation of telebehavioral health
is an important CTiBS TBH competency.
Are there particular considerations for
documentation of mHealth use in
practice?

Documentation

- Informed consent
- Homework and Follow-up





Resources

APA Divisions 18, 19, 29, 31,
32, 37, 42, 46, 53, & 56

CTiBS.ORG

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Stay in Touch



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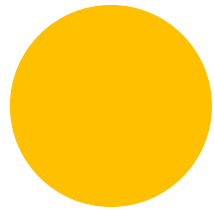
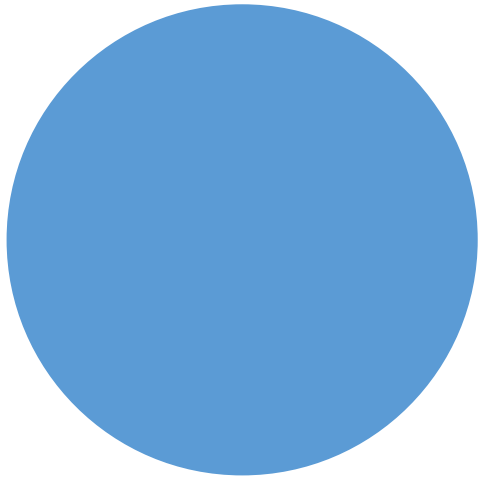
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Questions