Erwachsene

Diskussion: Diese Studie zeigt, dass bereits eine kurze Mitgefühlsmeditation, ob allein oder zusammen mit dem Partner, soziale Verbundenheit und Affekt verbessern kann. Das physiologische Profil legt nahe, dass Mitgefühlsmeditation zumindest in der individuellen Bedingung einer gewissen Anstrengung bedarf. Für die praktische Anwendung ergibt sich, dass sowohl individuelle als auch dyadische Mitgefühlsmeditation das Potential haben, sozio-emotionales Wohlbefinden zu fördern.

Keywords: Angststörungen, E-Health/ Digitalisierung

Feedback After Exposure Therapy: Initial Usability and User-friendliness Assessment of a Mental Health App

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Purpose. There has been a substantial increase in the use of smartphone applications (apps) to monitor, evaluate, and manage mental health symptoms. While many treatments could benefit from the incorporation of apps, exposure therapy could particularly benefit from real-time data collection to help counteract patients' retrospective recall biases. This small-scale study (n = 16) assessed a university developed m-health app called Exposure Therapy Monitoring System (ETMOS) by evaluating its perceived usefulness in planning, implementing and evaluating exposure therapy.

Methods. Six psychotherapists and 10 patients were recruited from an outpatient setting. After using ETMOS for one week, participants evaluated its engagement, functionality, aesthetics and information quality, as well as its subjective quality by filling out the German end-user version of the Mobile App Rating Scale (uMARS-G). All items were rated on a 5-point scale (1 = inadequate to 5 = excellent).

Results. Participants rated ETMOS with an above average rating on the aesthetics, functionality, and information subscales (M = 3.76, M = 4.04 and M = 4.09, respectively) and with an average rating on the engagement subscale (M = 3.27). Overall, ETMOS had an above average total score (M = 3.78, SD = 0.29) and received 3.8 out of 5 stars on the subjective quality subscale. Additional qualitative analyses were conducted to further evaluate the perceived usefulness and quality of ETMOS.

Conclusions. This study gained valuable information regarding the usefulness and user-friendliness of ETMOS. Future research assessing m-health apps for clinical purposes should also take this first important step of evaluation into consideration. The next step in clinical evaluation would be to assess the short- and long-term therapeutic gains of m-health app adminstration as an add-on to therapy.

Keywords: Angststörungen, E-Health/ Digitalisierung

Components, mediators, and change mechanisms of Internet- and mobile-based interventions for PTSD: A systematic review and meta-analysis

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While Internet- and mobile-based interventions (IMIs) might possess the potential to increase access to evidence-based therapies for post-traumatic stress disorder (PTSD), comprehensive knowledge on active components and change mechanisms underlying their efficacy is largely pending so far. This knowledge is particularly valuable to improve the understanding of the psychotherapeutic process and enhance future interventions. Thus, we conducted a systematic literature search in five databases revealing 5920 records. We included 24 efficacy studies comparing IMIs with active controls, four additive/dismantling studies to assess components, and three mediation studies to assess mediators,