Center for HIV Identification, Prevention, and Treatment Services (CHIPTS) Methods Seminar

"Co-Designing Mental Health Smartphone Apps with People with Serious Mental Illness to Impact Population Health"

Karen L. Fortuna, PhD, MSW
Assistant Professor of Psychiatry
Geisel School of Medicine
Dartmouth College

Friday, October 25, 10:00am-11:00am

Center for Community Health, UCLA Wilshire Center
10920 Wilshire Blvd., Suite 350, Room 350-46 (Conference Room)

*** LIGHT REFRESHMENTS WILL BE SERVED ***
We will begin promptly at 10:00am

The proliferation of digital mental health has the potential to redesign clinical and research practices. Digital mental health will continue to grow rapidly and could have a large impact on population health. However, despite millions of dollars to develop digital mental health interventions and evidence for their efficacy and effectiveness, intervention uptake in real-world settings is limited. On average, it takes 17 years for research findings to be implemented into practice. Not surprisingly, estimates suggest that between 90-75% of all individuals are not receiving care supported by a scientific evidence base. The lack of uptake can be explained by the difficulties associated with translating research into practice in combination with the absence of consideration to scalability during early intervention research development phases. Traditionally, early intervention research development phases have remained separate from scalability considerations embedded within the implementation research phases, and even require different expertise; however, there is a burgeoning consensus that scalability consideration should be included during early research development phases. This presentation will discuss the advancing role of peer support specialists (i.e., people with a lived experience of a mental health condition) in co-designing in digital mental health interventions with a focus on implementation and potential mechanisms that act as barriers and facilitators to scaling up digital mental health intervention— including (1) ethical considerations in technology development and service users' acceptability of digital products and (2) the advancement of user-centered design to include community-engaged research with vulnerable populations.