Abstract

As interest in digital technologies like smartphone and sensors for mental health continues to expand, it is important that consumers, clinicians, family members, designers, engineers, and policy makers remain educated and informed about the potential and pitfalls of these new technologies.

This talk will cover four core areas of direct interest to those involved with mental health services: safety and privacy, passive data sensing for relapse prediction, end user adherence and design considerations, and evaluating apps for use in clinical settings.

Examples will be derived from ongoing research at Harvard Medical School, experience working directly with those with serious mental illnesses, and recent updates from the American Psychiatric Association.

The talk will also feature a demonstration of app tools our group is currently using for survey assessment, passive data collection, and cognitive assessments in studies of depression and schizophrenia.

Through broadly exploring the evolving ecosystem of digital mental health and the needs of unique stakeholders, the overall goal of this talk is to identify important contributions and synergies necessary to realise the full potential of mobile mental health.

Event details

This event is co-hosted by the Black Dog Institute and UNSW Medicine Neuroscience, Mental Health and Addictions Theme.

Where: Black Dog Institute, Lecture Theatre
When: Monday 30th October, 11am – noon
RSVP: Kathy Woodcock
  k.woodcock@blackdog.org.au

Bio

Dr John Torous is leader in investigating the potential of mobile mental health technologies for psychiatry, developing smartphone tools for clinical research, leading clinical studies of smartphone apps for diverse mental illnesses, and publishing on the research, ethical, and patient perspectives of digital psychiatry. He has a background in electrical engineering and computer sciences, and completed his psychiatry residency at Harvard University.