

A Belgian platform for well-being and mental health apps:

Exploring end users' attitudes, interaction and perceived strengths and limits

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Introduction

- Digital applications as a solution for the demand-supply gap in mental health care.
- Countless options of apps in app stores.
- Difficult for psychologists and clients to keep up with this rapidly evolving field.
- Quality and safety of the apps are often unclear.

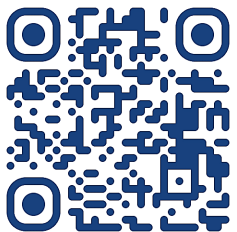
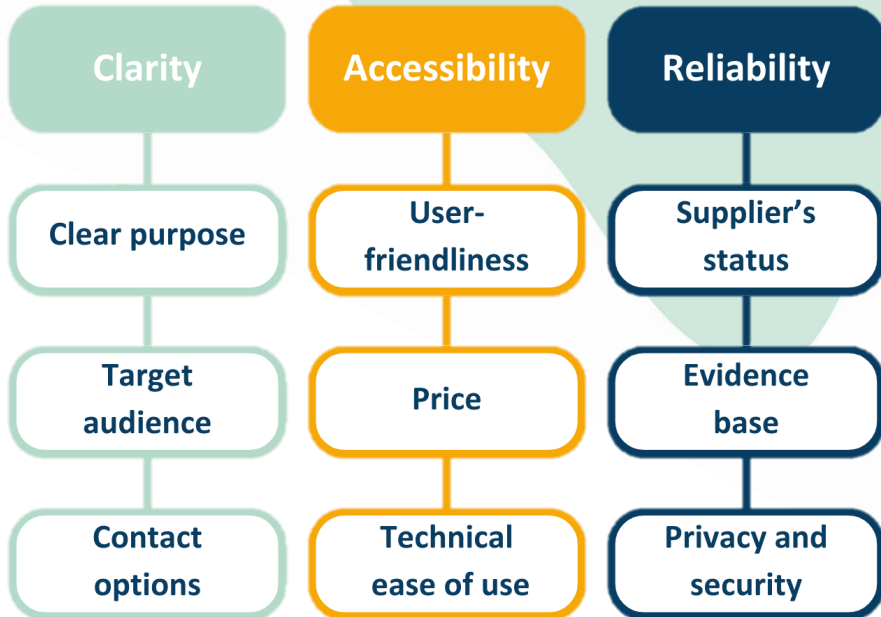


Platform

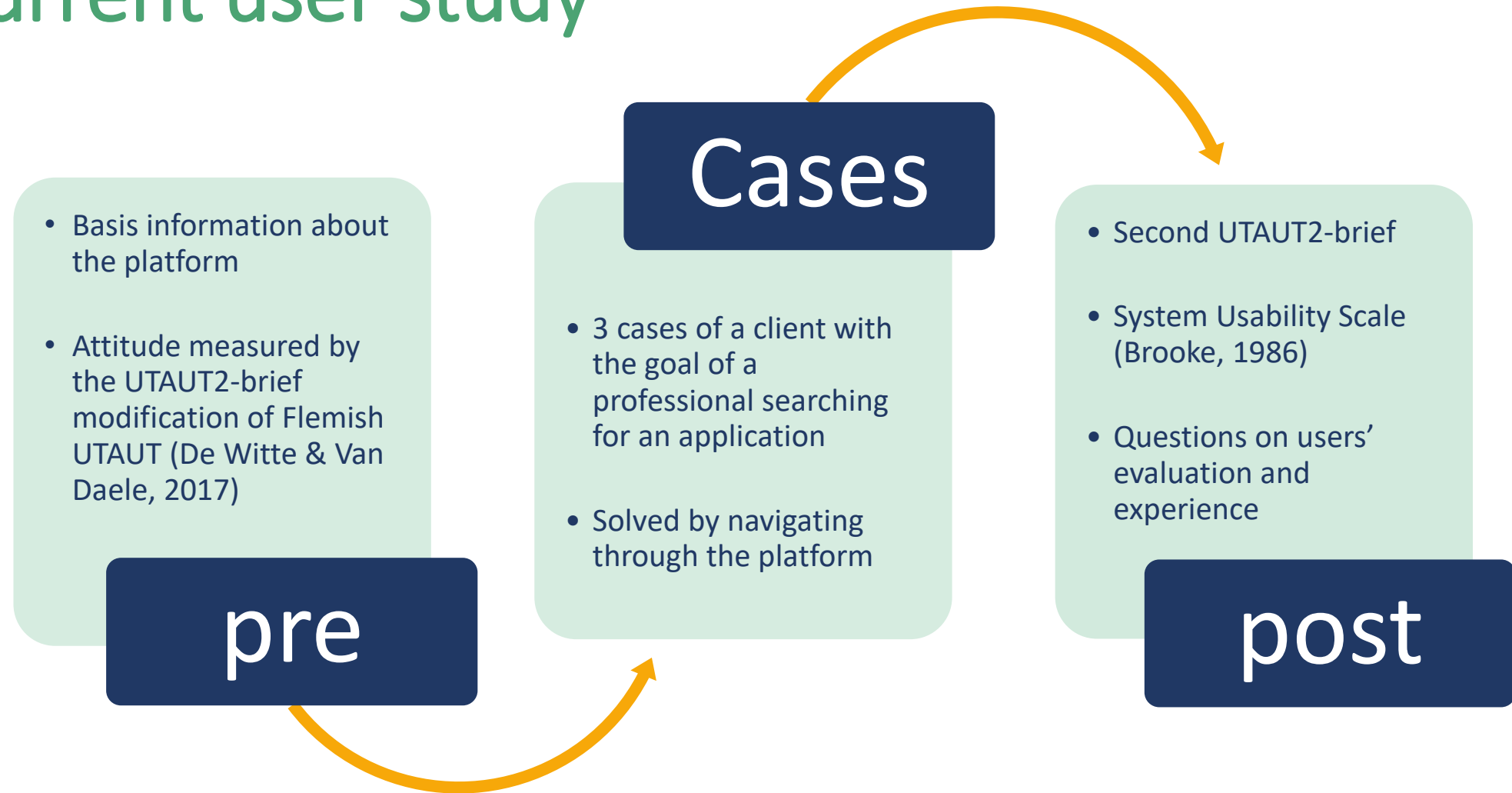
Since January 2021 visited by 80 500 unique visitors

Overview of 168 relevant, screened high-quality apps in Flanders

Apps are screened on 9 criteria

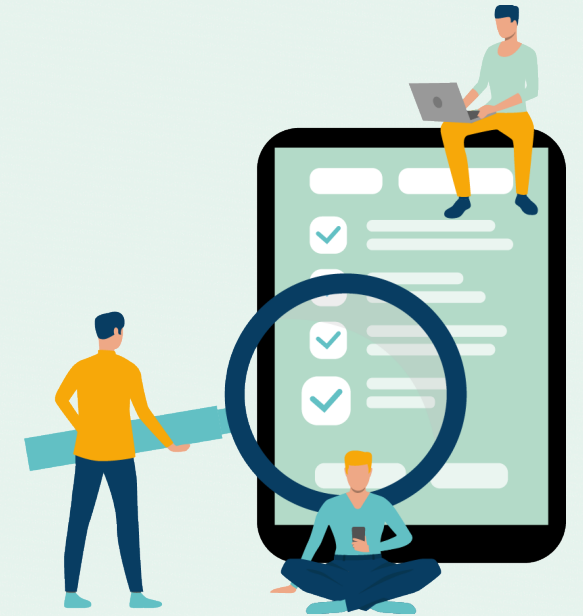


Current user study



Results

- 55 bachelor students applied psychology
- UTAUT2-Brief:
 - Attitude improved from 22.76/30 ($SD= 2.50$) to 26.07/30 ($SD= 1.99$)
 - $t(54) = 9.21, p < .001$
- SUS
 - Excellent mean usability score of 83.64 ($SD= 8.83$)
- User Experience
 - Overall user-friendly
 - *“Yes, it was quickly clear how to use this site. You can easily filter by e.g. target audience or theme and there was also a search bar at the top that you could use to look for more specific things”*
 - Ten participants made suggestions for additional themes: bullying & sexual violence
 - 96,4% of participants found the apps to solve the cases



Summary

- Participants had a positive attitude towards the platform and this improved further after usage.
- The platform scored excellent on usability
- It is helpful to find appropriate applications
- Suggestions for improvement is related to adding extra themes

Most of the students express intentions to use the platform in the future





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Questions?

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