

## Digital or Analog?

Attitudes and expectations  
towards (digital) mental health  
support in a general population



# Context



- Self-help was mostly supported by books, digital interventions are gradually taking over
- Increased implementation of blended therapy
- Evidence regarding digital mental health is promising (e.g. costs, effectiveness)
- **However, attitudes and expectations towards technology can facilitate or hinder the uptake**

# Methods

An update of the work of Musiat et al. (2014) on the expectations towards different mental health treatment options

1. Importance of 12 different evaluation dimensions when looking for help
  2. The extent to which the criteria are met by different treatment options
    - Self-help books
    - Face-to-face counselling
    - Blended counselling
    - Digital interventions
  3. Comparison of the likelihood of use between treatment options
- ✓ Demographic variables, current or previous mental health problems and experience with the treatment options

# Importance of dimensions

*232 participants (106 general & 126 student population)*

	<b>12 dimensions</b>	<b>Importance (M)</b>
<b>1</b>	Helps with the problem	6.43
<b>2</b>	Includes personal support	6.24
<b>3</b>	Motivates to get better	6.20
<b>4</b>	Is credible	6.12
<b>5</b>	Is accessible without waiting	5.87
<b>6</b>	Is accessible at an appropriate time	5.84
<b>7</b>	Provides feedback	5.61
<b>8</b>	Is accessible at a convenient location	5.53
<b>9</b>	Connects to my own learning	5.47
<b>10</b>	Can be consulted anonymously	5.15
<b>11</b>	Is attractive/appeals to me	5.11
<b>12</b>	Is free of charge	4.53

# Expectations for treatment options

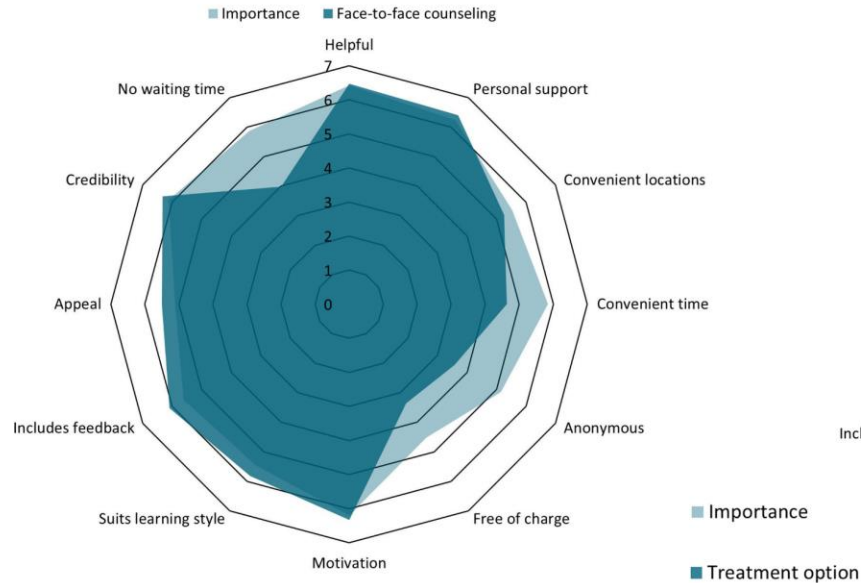
Attitudes across modalities:  
 $20.48 \leq \chi^2_{s(3)} \leq 456.27$   
 $p_s < .001$

- Face-to-face therapy & self-help books generally showed opposite patterns in terms of favorable dimensions
- Blended therapy took preference over digital interventions most of the time, except for convenient location and time, as well as associated costs.

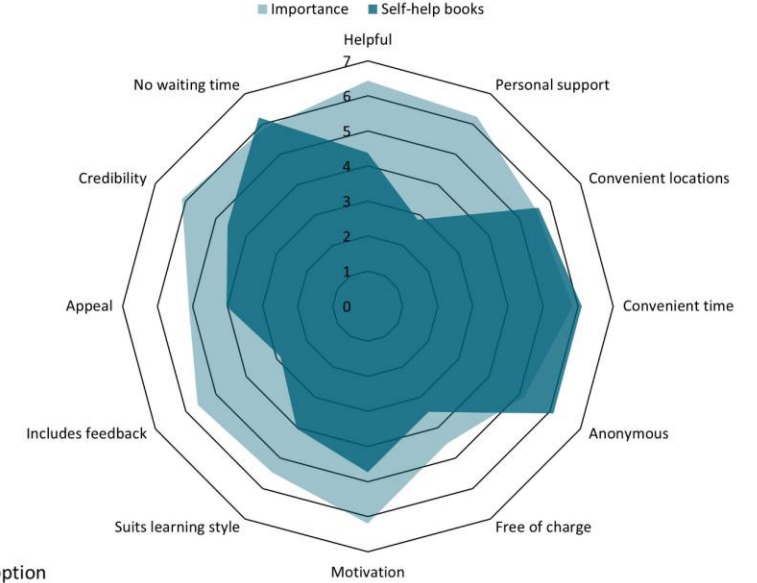
## DO TREATMENT MODALITIES MEET USER NEEDS?

Rating importance and expectations on 12 evaluation dimensions for mental health support

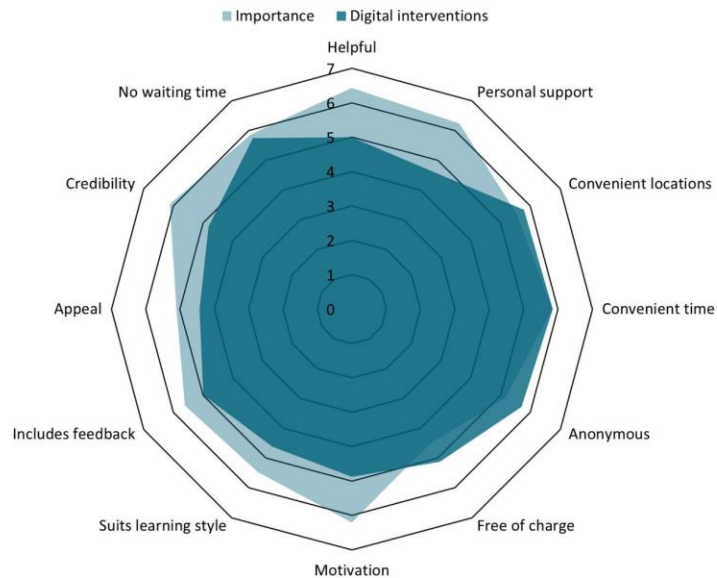
### FACE-TO-FACE COUNSELING



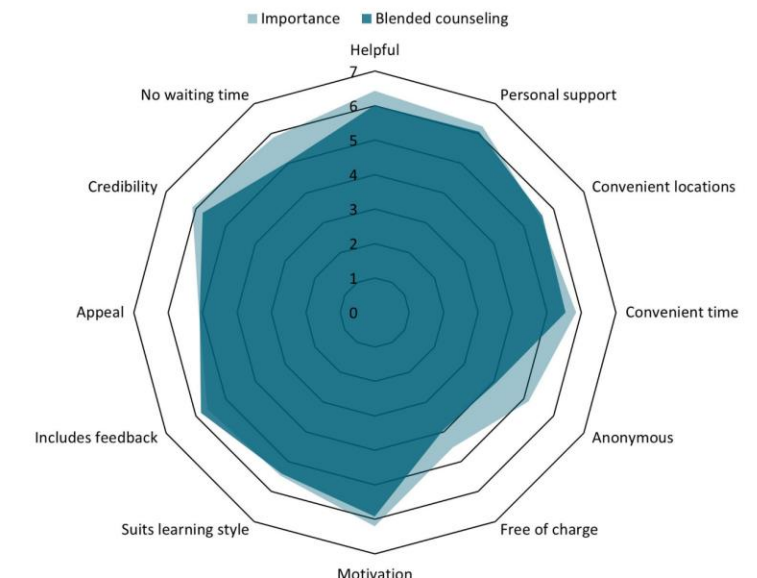
### SELF-HELP BOOKS



### DIGITAL INTERVENTIONS



### BLENDED COUNSELING

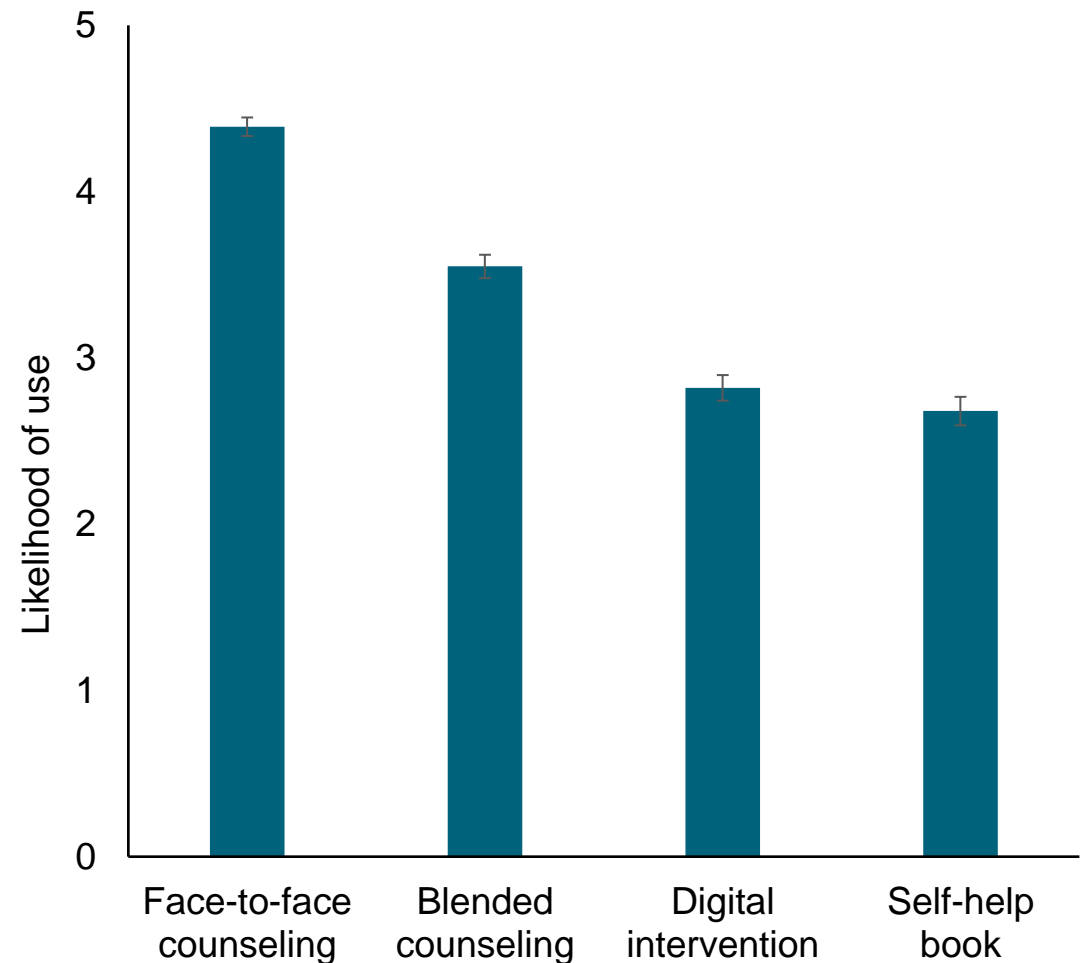


# Likelihood of use

- Significant difference between treatment options

$$\chi^2(3) < 239.55, p < .001$$

1. Face-to-face counselling
2. Blended counseling
3. Digital intervention  
Self-help book



# Conclusion

- Participants show positive attitudes towards the digital mental health treatments, even more than in the 2014 study
- Although, they still prefer face-to-face counseling
- Important for implementation:  
*Be mindful of patient acceptance*
- Questions?



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Presentations of our research group on ISRII 24

