

# Mobiele geestelijke gezondheid: tussen zelfhulp en gemeenschapsvorming

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Nederlands | English

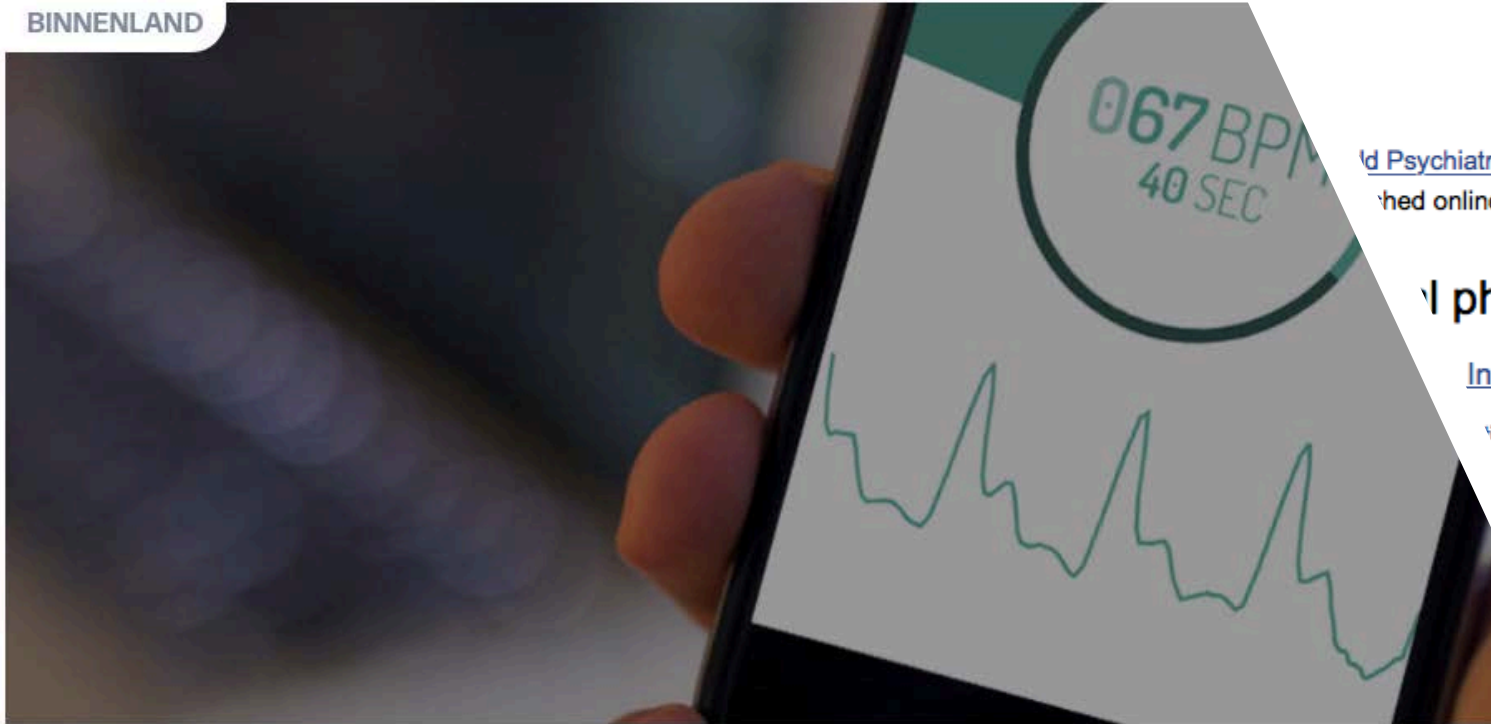




# Digital Biomarkers

- sensors: activity & geolocation
- voice & speech (sentiment & prosody)
- Human-computer interaction

BINNENLAND



## Aantal gezondheidsapps straks terugbetaald

Bart Rooms  
di 06 mrt 09:31

Een aantal gezondheidsapps kunnen vanaf volgend jaar worden terugbetaald door de ziekteverzekering. De voorbije zes maanden liep er een proefproject met 24 soortgelijke apps. De bedoeling was uit te testen wat de regelgeving voor alle mogelijke apps moet zijn. Apps die in aanmerking willen komen voor de terugbetaling, moeten de test met de 'evaluatiepiramide' doorstaan.



# World Psychiatry

OFFICIAL JOURNAL OF THE WORLD PSYCHIATRIC ASSOCIATION (WPA)

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## Global phenotyping: a global tool for psychiatry

Insel <sup>1</sup>

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MINDSTRONG HEALTH  
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Our mission is to provide smarter, preemptive brain healthcare that improves clinical outcomes and reduces hospital visits.

Mees

EXPERT

Wat is dat te groenen?

# A systematic review of the effectiveness of mobile apps for monitoring and management of mental health symptoms or disorders.

Wang K<sup>1</sup>, Varma DS<sup>1</sup>, Prospero M<sup>2</sup>.

## Author information

### Abstract

**BACKGROUND:** There are a growing number of mobile apps available for monitoring and management of mental health symptoms or disorders. However, clinically validated evidence for most of them is unclear; their benefits to patients on long term use are thus debatable.

**OBJECTIVE:** This updated review aimed to systematically appraise the available research evidence of the efficacy and acceptability of mobile apps for mental health in all ages.

**METHODS:** A comprehensive literature search (May 2013 to December 2017) in PubMed, Cochrane Library, EMBASE, Web of Science, and Google Scholar was conducted. Abstracts were included if they described mental health apps (targeting depression, anxiety, bipolar disorder, psychosis, post-traumatic stress disorders (PTSD), substance use disorders, sleep disorders, and suicidal behaviors) delivered on mobile devices for all ages.

**RESULTS:** In total, 1501 abstracts were identified. Of these, 17 publications describing 16 apps targeting anxiety/stress, alcohol disorder, sleep disorder, depression, suicidal behaviors, and PTSD met the inclusion criteria. Five studies randomized individuals to trial conditions, and 14 apps were proven to have clinically validated evidence in reducing mental health symptoms or disorder.

**CONCLUSIONS:** Mental health apps have potentials in improving the monitoring and management of mental health symptoms or disorders. However, majority of the apps that are currently available lack clinically validated evidence of their efficacy. Given the number and pace at which mobile Health (mHealth) apps are being released, further robust research is warranted to develop and test evidence-based programs.

# Pro's en Con's

- “snelle” productie (vergeleken met ontwikkelen van medicijnen)
- Relatief goedkoop en vlot implementeerbaar
- Personalisatie data
- Generen big data (EPDR..??)
- Massa verspreiding >> bereik
- Vroegdetectie...

- Geen uitgewerkt (juridisch) regulatie system
- Risico op wildgroei – kwaliteit – explosieve commercialisatie
- Creëren van diagnoses en aandoeningen...
- E-Community die erg gevoelig is aan manipulatie (echo kamer sociale media)

