

Supporting WA State Behavioral Health Providers to Optimize Telehealth in Response to COVID-19

**Q&A from BHI Telehealth Training Session #12**

**Date: June 12, 2020**

**Title: Prescribing mHealth Apps in Mental Health Treatment**

**Presenter: Kristen Perry PhD**

**Q: eMoods is a good one for bipolar mood tracking. Have you used this in the past? It will track hours of sleep, depression, elevated mood, irritability, anxiety, psychotic symptoms, and whether or not they have had tx today. Also tracks medication and sets reminders. and they can send their graphs.**

A: I have not used this app, and am always excited to learn about what others are using and finding helpful. Since the talk, I downloaded the app and have gone through the APA app evaluation model with it and tried out some of the features – from my assessment this is a “good” one!

**Q: Are you aware of any research being done to address how apps can shape behavior for better or worse. This concern plays into the privacy and security concerns.**

A: I am not. My research thus far has focused on how apps may be rated to determine whether they should be recommended or used in practice, and on review of the efficacy and utility of specific apps. I would certainly be curious to learn if research on apps ability to shape behavior is showing similar or different results when compared to video games.

**Q: Are you aware of any research being done to address how apps can shape behavior for better or worse. This concern plays into the privacy and security concerns.**

A: Please see above.

*For more information, please see:*

## Behavioral Health Training, Workforce and Policy Innovation Center

Behavioral Health Providers across Washington State are on the front lines providing critical mental health and substance use treatment during an unprecedented public health emergency. State and federal guidelines continue to evolve so that more providers may use telehealth during the COVID-19 pandemic. Organizations from across the state have responded in amazing fashion to assure that providers across the continuum and age spectrum have access to information and resources necessary to help you begin or expand your use of telehealth.

<https://bhi-telehealthresource.uwmedicine.org/Pages/About-Us.aspx>

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