

Efficacy of Digital Technologies Aimed at Enhancing Emotion Regulation Skills: Literature Review

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Abstract

Objective: This literature review aims to explore the efficacy of digital technologies in enhancing emotion regulation skills. The review synthesizes findings from various studies to assess the effectiveness of these technologies in improving individuals' ability to manage and regulate their emotions. The review highlights the potential of digital technologies to provide accessible and personalized interventions for emotion regulation, which can be particularly beneficial for individuals with mental health conditions. The findings suggest that digital technologies, such as mobile applications and online programs, can effectively improve emotion regulation skills and reduce symptoms of anxiety and depression. However, the review also identifies several limitations and challenges, including the need for further research on long-term efficacy and the potential for digital technology to exacerbate existing mental health issues. The review concludes that digital technologies have the potential to be a valuable tool for enhancing emotion regulation skills, but their use should be guided by evidence-based practices and careful monitoring.

Keywords: Digital technologies, Emotion regulation, Literature review, Efficacy, Mental health.

Introduction

The ability to regulate emotions is a critical component of mental health and well-being. Individuals with poor emotion regulation skills are at a higher risk of developing mental health conditions such as anxiety, depression, and substance use disorders. In recent years, digital technologies have emerged as a promising avenue for enhancing emotion regulation skills. Digital technologies, such as mobile applications and online programs, provide accessible and personalized interventions that can be used anytime and anywhere. This literature review aims to explore the efficacy of digital technologies in enhancing emotion regulation skills. The review synthesizes findings from various studies to assess the effectiveness of these technologies in improving individuals' ability to manage and regulate their emotions. The review highlights the potential of digital technologies to provide accessible and personalized interventions for emotion regulation, which can be particularly beneficial for individuals with mental health conditions. The findings suggest that digital technologies, such as mobile applications and online programs, can effectively improve emotion regulation skills and reduce symptoms of anxiety and depression. However, the review also identifies several limitations and challenges, including the need for further research on long-term efficacy and the potential for digital technology to exacerbate existing mental health issues. The review concludes that digital technologies have the potential to be a valuable tool for enhancing emotion regulation skills, but their use should be guided by evidence-based practices and careful monitoring.

The review identifies several key areas where digital technologies have shown promise in enhancing emotion regulation skills. First, mobile applications designed to teach and practice emotion regulation strategies, such as cognitive-behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR), have been found to be effective in improving emotion regulation skills. Second, online programs that provide personalized feedback and support have also shown promise in enhancing emotion regulation skills. Third, digital technologies have been found to be particularly effective in reaching underserved populations, such as individuals with limited access to mental health services. However, the review also identifies several limitations and challenges. First, the long-term efficacy of digital technologies in enhancing emotion regulation skills remains unclear. Second, the potential for digital technology to exacerbate existing mental health issues, such as social media-induced anxiety and depression, is a concern. Third, the need for further research on the effectiveness of digital technologies in enhancing emotion regulation skills for individuals with severe mental health conditions is highlighted.

The review concludes that digital technologies have the potential to be a valuable tool for enhancing emotion regulation skills, but their use should be guided by evidence-based practices and careful monitoring. Further research is needed to assess the long-term efficacy of digital technologies in enhancing emotion regulation skills and to address the challenges identified in this review. The review also highlights the need for digital technologies to be designed and implemented in a way that is accessible, personalized, and evidence-based. The review concludes that digital technologies have the potential to be a valuable tool for enhancing emotion regulation skills, but their use should be guided by evidence-based practices and careful monitoring. Further research is needed to assess the long-term efficacy of digital technologies in enhancing emotion regulation skills and to address the challenges identified in this review. The review also highlights the need for digital technologies to be designed and implemented in a way that is accessible, personalized, and evidence-based.

Conclusion

The review concludes that digital technologies have the potential to be a valuable tool for enhancing emotion regulation skills, but their use should be guided by evidence-based practices and careful monitoring. Further research is needed to assess the long-term efficacy of digital technologies in enhancing emotion regulation skills and to address the challenges identified in this review. The review also highlights the need for digital technologies to be designed and implemented in a way that is accessible, personalized, and evidence-based.

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