

Exploring the effectiveness of digital mental health interventions: A comprehensive review

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ABSTRACT:

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KEYWORDS: Digital mental health, Online therapy, Mobile applications, Mental health technology

DIGITAL MENTAL HEALTH INTERVENTIONS:

Digital Mental Health Interventions (DMHIs) represent an innovative approach to addressing the rising global mental health burden. These interventions leverage technology to deliver mental health care through mobile apps, online platforms, and digital tools, providing individuals with greater access to resources for managing their mental health. As the use of smartphones and internet connectivity continues to grow worldwide, DMHIs offer flexibility, anonymity, and convenience, potentially increasing engagement among individuals who might otherwise avoid seeking traditional care (Barak A, 2011). Research on the effectiveness of DMHIs has shown positive outcomes for various mental health conditions. Mobile apps such as those designed for mindfulness, Cognitive Behavioral Therapy (CBT), and mood tracking have been found to reduce symptoms of anxiety, depression, and stress. Furthermore, online (ML) are further enhancing the personalization of care by tailoring recommendations and adjusting treatment approaches according to individual needs. However, challenges remain in integrating these technologies into mainstream mental health care. Issues such as patient adherence, digital literacy, and concerns regarding data

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dependent on the user's engagement and the quality of the intervention. One challenge in this field is ensuring that users continue to use these tools long enough to achieve meaningful results. Studies have shown that retention rates for many mental health apps can be low, especially when the content or interface is not user-friendly or engaging (Schleider JL,2020). This has led developers to explore ways to make these interventions more attractive to users, such as integrating gamification, rewards, and user-friendly s

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