

The latest developments in internet-based treatments of common mental disorders

Speakers: Per Carlbring¹, Gerhard Andersson^{5, 6}, Fjola Dogg Helgadóttir⁹, Pim Cuijpers⁷ & Nick Titov¹⁰

Co-authors:

Robert Johansson⁵, Anna Nyblom⁵, Pim Cuijpers⁷, Per Carlbring¹, Johanna Boettcher^{1, 2}, Linda Leek³, Lisa Matson³, Emily Holmes⁸, Michael Browning⁴, Gerhard Andersson^{5, 6}, Christopher Fairburn⁹, Lianne Warmerdam⁷, Gerhard Andersson^{5, 6}, Robert Johansson⁵, Kien Hoa Ly⁵, Heleen Riper⁷, Britt Klein¹¹, James Bennett-Levy¹⁰, Ron Rapee¹⁰, Clare Shann¹⁰, Blake Dear¹⁰, Colin MacLeod¹².

1. Department of Psychology, Stockholm University, Stockholm, Sweden, 2. Freie Universität, Berlin, Germany, 3. Umeå university, Umeå, Sweden, 4. University of Oxford, Oxford, United Kingdom, 5. Linköping University, Linköping, Sweden, 6. Karolinska Institutet, Stockholm, Sweden, 7. Vrije Universiteit, Amsterdam, Netherlands, 8. MRC Cognition and brain Sciences Unit, Cambridge, United Kingdom, 9. University of Oxford, Oxford, United Kingdom, 10. Macquarie University, Sydney, NSW, Australia, 11. Australian National University, Canberra, ACT, Australia, 12. University of Western Australia, Perth, WA, Australia.

The field of internet-based treatments is rapidly expanding and evolving. In this symposium, with speakers from Australia, The Netherlands, The United Kingdom and Sweden, the latest developments in the treatment of common mental disorders is presented and discussed. We will cover interventions for depression and social anxiety disorder as well as web-based training of therapists and trainee preferences. In addition, lessons from an Australian national treatment service delivering internet-based treatments for common mental disorders are discussed. Besides internet-delivered interventions a new study using CBT for depression through a mobile phone application will present its first results. Finally, a 14-day Internet-based cognitive bias modification program will present its results including six-month follow-up.