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

Speakers: Per Carlbring, Gerhard Andersson, Fjola Dogg Helgadottir, Pim Cuijpers & Nick Titov

Co-authors: Robert Johansson, Anna Nyblom, Pim Cuijpers, Per Carlbring, Johanna Boettcher, Linda Leek, Lisa Matson, Emily Holmess, Michael Browning, Gerhard Andersson, Christopher Fairburn, Lisanne Warmerdam, Gerhard Andersson, Robert Johansson, Kien Hoa Ly, Heleen Riper, Britt Klein, James Bennett-Levy, Ron Rapee, Clare Shann, Blake Dear, Colin MacLeod.


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.