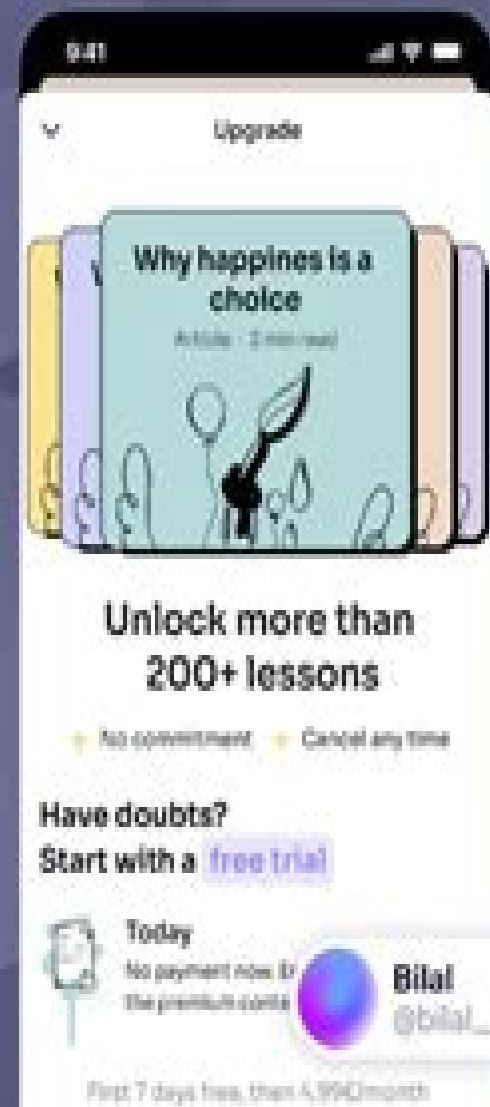
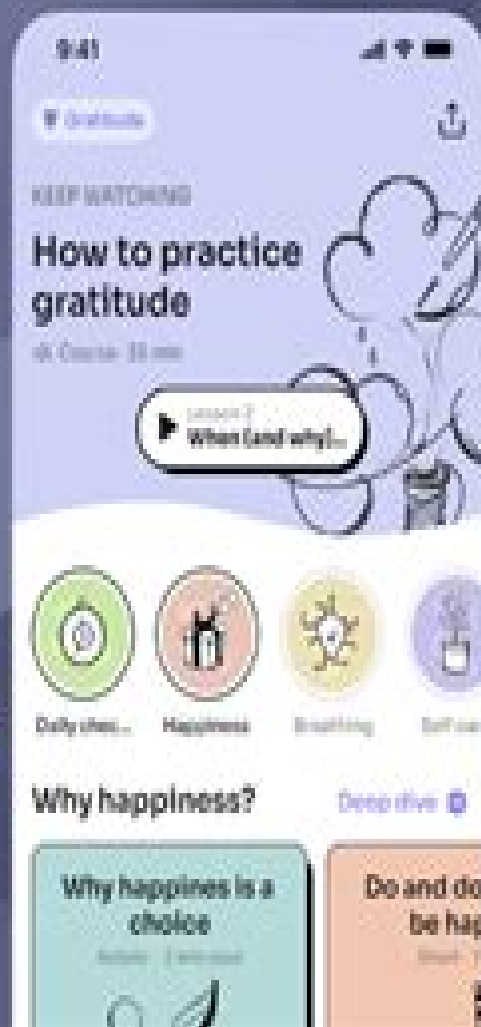
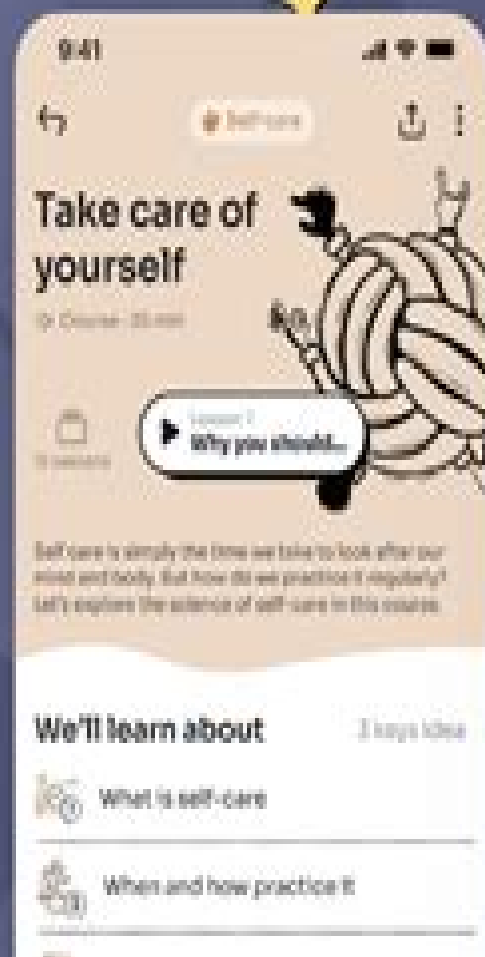


MOBILE APP

MENTAL HEALTH



X App Mental Health Tips Review

**Abhishek Pratap, Patricia
A.Arean, Benjamin Nelson, Brenna
Renn, Abigail Ortiz**

X App Mental Health Tips Review:

Positive or Negative? The Effect of Emerging Technologies and Products on Mental Health Chao Guo, Stuart Gilmour, Peige Song, Aiping Fang, 2023-11-02 Emerging technologies and products such as digital health technology computing platforms wearable devices smartphone sensors and electronic gadgets have the potential to transform and empower society while simultaneously presenting unprecedented challenges in our life Some like electronic cigarettes e cigarettes are for entertainment some like online conference platforms are for convenience and some like social media have become a life necessity However there is an ongoing debate about whether the use of physical and virtual digital technology products can do harm to mental health Some evidence based research shows that frequent use of social media may cause depression and anxiety and derived behavioral phenomena like cyberbullying and game addiction which negatively affect people's lives Other scholars think digital technology products could provide insights into timely personalized engaging and accessible intervention promotion and improvement of mental health Given the ubiquity of digital devices and their complex and subtle associations with mental health more research is needed to bring benefits to both research and daily life practices

Digital Mental Health Research: Understanding Participant Engagement and Need for User-centered Assessment and Interventional Digital Tools Abhishek Pratap, Patricia A. Arean, Benjamin Nelson, Brenna Renn, Abigail Ortiz, 2023-08-15 Mental health researchers are increasingly looking towards digital health tools to gather day to day lived experiences of people living with mental health conditions by using apps and wearable devices complementing episodic clinical assessments One of the key goals of collecting longitudinal real world multimodal data RWD is to help build personalized computational models that may help explain the heterogeneity in clinical outcomes mechanisms of action and pathophysiology of mental health disorders across individuals

New Research in Obsessive-Compulsive Disorder and Major Depression Bruno Aouizerate, Emmanuel Haffen, 2019-06-24 Major depression and obsessive compulsive disorder OCD are now recognized among the most frequent psychiatric disorders affecting 16 17% and 2 3% of the general population respectively They are commonly characterized by i a high level of psychiatric and somatic comorbidities ii a recurrence or chronic profile and iii a negative impact on daily functions thereby leading to a profound impairment of quality of life Despite significant advances in pharmacological and psychological therapies over the last decades unsuccessful responses to standard treatment strategies are classically observed in approximately 20 30% of cases Therefore there is a significant need for improving the pathophysiological knowledge through a better identification of environmental clinical psychological genetic anatomical and biological determinants specifically implied in the development the phenotypic expression and the relapsing course and or contributing to the therapeutic failure in major depression and OCD We are convinced that this research approach is particularly relevant providing critical support for the promotion of innovative treatment alternatives potentially useful for the management of resistant forms of major depression and OCD

Digital Interventions in Mental

Health: Current Status and Future Directions Elias Aboujaoude, Lina Gega, Michelle Burke Parish, Donald M. Hilty, 2020-04-01

Mental Health, Social Media, and the Meta Dov Greenbaum, Nazanin Alavi, 2024-11-11 One of the most damaging externalities from the recent pandemic has been the rise in mental health issues. Many psychiatric disorders have strong genetic components and although the extent of the genetic influence for many conditions has been extensively tested by genome wide association studies (GWAS), there remains much to be understood regarding the genetics of these health issues. Twin studies for example have found a relatively high rate of inheritance for depression and anxiety disorders. To better appreciate the role that genetics plays in these disorders, it is useful to understand the extent to which other factors also contribute to the condition. Other major contributing factors to mental disorders are the environment and psychological factors. These environmental and psychological concerns have been further exacerbated by the growth of social media and the requirement especially for young adults and teenagers to always be on. It is likely that the metaverse in whatever form it ultimately takes will further exacerbate these conditions. On the other hand, social media and the metaverse can be tools to help those suffering from mental health conditions. Online therapists and bots can provide frontline care to those who can't or won't go to an in-person therapy session. AI can be employed to provide some forms of therapy in light of the growing demand for licensed therapists and the limited supply.

Smartphone Apps for Health and Wellness John Higgins, Mathew Morico, 2023-01-06 *Smartphone Apps for Health and Wellness* helps readers navigate the world of smartphone apps to direct them to those which have had the best medical evidence in obtaining the user's goal. The book covers the history of apps, how they work, and specific apps to improve health and wellness in order to improve patients' outcomes. It discusses several types of apps, including apps for medical care, sleeping, relaxation, nutrition, exercise, and weight loss. In addition, sections present the features of a good app to empower readers to make their own decision when evaluating which one to use. This is a valuable resource for clinicians, physicians, researchers, and members of the biomedical field who are interested in taking advantage of smartphone apps to improve overall health and wellness of patients. Summarizes smartphone apps with the best evidence to improve health and wellness. Discusses the most important features of an app to help readers evaluate which app is appropriate for their specific needs. Presents the typical results expected when regularly using an app in order to assist healthcare providers in predicting patient outcomes.

The Handbook of Mental Health Communication Marco C. Yzer, Jason T. Siegel, 2025-03-31 The first book of its kind to offer a transdisciplinary exploration of mass communication approaches to mental health. In *The Handbook of Mental Health Communication*, a panel of leading scholars from multiple disciplines presents a comprehensive overview of theory and research at the intersection of mass communication and mental health. With timely and authoritative coverage of the impact of message-based mental health promotion, this unique volume places mental health communication in the context of socio-cultural causes of mental illness, synthesizing public health, psychopathology, and mass communication scholarship into a single volume. Throughout the Handbook, nearly one hundred

contributing authors emphasize that understanding communication effects on mental health outcomes begins with recognizing how people across the spectrum of mental illness process relevant information about their own mental health. Fully integrated chapters collectively translate biased information, attention, interpretation, and memory in mental health illness to real world implications of mental illness symptomatology and across the spectrum of mental health issues and disorders. Providing a clear evidence based picture of what mental health promotion should look like. The Handbook of Mental Health Communication is an invaluable resource for advanced undergraduate and graduate students, scholars, researchers, lecturers, and all health communication practitioners.

Reviews in Psychiatry 2023: Personality Disorders

Massimiliano Beghi, Michele Sanza, 2025-03-10. Frontiers in Psychiatry is delighted to present the Reviews in series of article collections. Reviews in Personality Disorders will publish high quality scholarly review papers on key topics in Personality Disorders. It aims to highlight recent advances in the field whilst emphasizing important directions and new possibilities for future inquiries. We anticipate the research presented will promote discussion in the Personality Disorders community that will translate to best practice applications in clinical, public health, and policy settings. The Reviews in Personality Disorders collection welcomes full length, mini, or systematic review papers. New articles will be added to this collection as they are published.

World mental health report. World Health Organization, 2022-06-16. The World Mental Health Report: Transforming Mental Health for All by the World Health Organization (WHO) addresses the urgent need to improve mental health care globally. This comprehensive report aims to reshape attitudes and actions towards mental health, emphasizing the integration of mental health into primary health care systems to achieve universal coverage. It highlights the increased prevalence of mental health disorders due to the COVID-19 pandemic and identifies economic gaps and barriers in public mental health services. The report advocates for the promotion of human rights, social inclusion, and the empowerment of individuals with lived experiences. It outlines strategies for mental health promotion, prevention, and the restructuring of care services. Designed for policymakers, health professionals, and global leaders, the report calls for collaborative efforts to ensure mental health is valued, protected, and accessible to all, free from stigma.

Design, User Experience, and Usability. Case Studies in Public and Personal Interactive Systems. Aaron Marcus, Elizabeth Rosenzweig, 2020-07-10. This book

constitutes the refereed proceedings of the 9th International Conference on Design, User Experience, and Usability (DUXU 2020) held as part of the 22nd International Conference on Human-Computer Interaction (HCI 2020) in Copenhagen, Denmark, in July 2020. The conference was held virtually due to the COVID-19 pandemic. From a total of 6326 submissions, a total of 1439 papers and 238 posters have been accepted for publication in the HCI 2020 proceedings. The 51 papers included in this volume were organized in topical sections on interactions in public, urban, and rural contexts; UX design for health and well-being; DUXU for creativity, learning, and collaboration; DUXU for culture and tourism.

Mental Health in a Digital World. Dan J. Stein, Naomi A. Fineberg, Samuel R. Chamberlain, 2021-11-13. Mental Health in a Digital World addresses mental health

assessments and interventions using digital technology including mobile phones wearable devices and related technologies Sections discuss mental health data collection and analysis for purposes of assessment and treatment including the use of electronic medical records and information technologies to improve services and research the use of digital technologies to enhance communication psychoeducation screening for mental disorders the problematic use of the internet including internet gambling and gaming cybersex and cyberchondria and internet interventions ranging from online psychotherapy to mobile phone apps and virtual reality adjuncts to psychotherapy Reviews research and applications of digital technology to mental health Includes digital technologies for assessment intervention communication and education Addresses data collection and analysis service delivery and the therapeutic relationship Discusses the E related disorders that complicate digital intervention

Digital Health Applications: Acceptance, Benefit Assessment, and Costs from the Perspective of Patients and Medical Professionals Tonio Schoenfelder ,Tom Schaal,Anja Mocek,2024-11-12 Digital health applications DHAs are increasingly being used in patient care in various healthcare systems around the world In some countries such as Belgium and Germany legal frameworks already allow for DHA integration into standard care and their prescription and uniform reimbursement via the patient s health insurance In many other European countries and the USA such a process is still in development DHAs are primarily used by patients themselves but also in consultation with physicians therapists or other healthcare providers They offer the potential for improved health outcomes and increased access to health services especially in rural areas and may lead to an overall improvement in the quality of care The validity of studies on the effects of DHAs on patients and health care systems in general is currently limited since study methods applied do often not allow for drawing causal relationships and most studies focus only on patient outcomes but do not assess how traditional care processes need to be adapted so that DHAs can be effective Therefore unambiguous evidence on which patient relevant outcomes can be improved specifically as a result of integrating DHA into the process of care is currently lacking

Well-Being and Education: Current Indications and Emerging Perspectives Eirini Karakasidou,George Tsitsas ,Michael Galanakis,2024-10-16 School apart from being a place of education and transmission of new knowledge should also be a place of personal development and enhancement of students well being and mental resilience while protecting mental health and preventing teacher burnout The current covid 19 pandemic has made the need for psychological support for students and teachers more urgent than ever The science of positive psychology has offered many tools and methods that are particularly effective in the school environment and in educational contexts in general New tools methods and practices are needed to enhance the well being and psychological resilience of students teachers and parents in a time of challenges such as the current pandemic and inflation that cause stress uncertainty and an increase in psychopathology

System level Interventions, Prevention Strategies, Mitigation Policies and Social Responses During COVID-19 That Improve Mental Health Outcomes: Evidence From Lower- and Middle-Income Countries (LMICs) Manasi Kumar,Chiara Servili,Keng-Yen

Huang, Joanna Lai, Stefan Swartling Peterson, 2022-05-27

Lifestyle Medicine, Fourth Edition James M. Rippe, 2024-09-20

The fourth edition of Dr James Rippe's classic *Lifestyle Medicine* textbook continues to lead and inform the rapidly growing field of lifestyle medicine. This is the discipline that focuses on the impact of daily habits and actions on both short and long term health and quality of life. The first edition of this comprehensive work named the field of lifestyle medicine in the academic medical literature. The fourth edition continues to span and expand the field and offers extensive evidence based literature in virtually every aspect of lifestyle medicine. This Textbook edited by cardiologist Dr James Rippe who is a leading lifestyle medicine researcher represents the combined wisdom and recommendations of over 325 experts in virtually every aspect of lifestyle medicine. Chapter authors have been chosen because of their background as leaders in various aspects of lifestyle medicine. *Lifestyle Medicine Fourth Edition* contains extensive sections on the treatment and prevention of coronary heart disease, stroke, cancer, diabetes, obesity, substance abuse, dementia, and many other clinical conditions. Key lifestyle modalities such as physical activity, nutrition, weight management, sleep, stress reduction, and positive connections with other humans are supported by detailed discussion and state of the art evidence. The expanded section on behavioral medicine provides an important framework for these discussions. Every chapter has been completely revised and many new topics added such as lifestyle medicine for nursing, psychiatry, and preventive neurology. The fourth edition of this classic text continues to serve as the leading comprehensive textbook in lifestyle medicine. The original has been called the indispensable bible of lifestyle medicine and the fourth edition of this work continues to justify this designation. There is no longer any serious doubt that daily habits and actions have a significant impact on multiple aspects of health. The fourth edition of *Lifestyle Medicine* provides the scientific evidence to support this assertion and will serve as an invaluable reference and guide not only to lifestyle medicine practitioners but to all primary care physicians, subspecialty physicians, nurses, and other healthcare practitioners.

Men, mental health, and suicide Anne Cleary, Derek M. Griffith, John Lindsay Oliffe, Simon

Rice, 2023-02-17

Mental Health Challenges in Elite Sport: Balancing Risk with Reward Tadhg Eoghan

MacIntyre, Judy Van Raalte, Britton W. Brewer, Marc Jones, Deirdre O'Shea, Paul Joseph McCarthy, 2018-01-29

Elite sport typically provides obvious rewards in terms of recognition, finance, and acclaim for athletic performance. Increasingly, we are becoming aware of the risks that elite athletes, their entourage, including families, sport science support team, and coaches are exposed to. Twelve original articles, seven commentaries, and a corrigendum are structured in a five chapter format. Chapter 1, comprising the Editorial, is titled 'An Overview of Mental Health in Elite Sport: Changing the Play Book' to reflect the advocacy role of this article. Chapter 2, 'Finding the Sweet Spot', amplifies the voice of key stakeholders across three qualitative studies with three additional commentaries. Quantitative evidence is presented in Chapter 3, which has the subtitle 'the State of Play'. Chapter 4, entitled 'the Field of Play', includes three original publications which present contrasting conceptual approaches to guide researchers in hypothesis generation, formulation, and implementation science. Finally, in Chapter 5, 'Seeing the Ball',

Early prospective perspectives are provided in three publications reinforced by two commentaries The future thinking ideas includes the use of virtual reality training a broadening of the concept of mental health literacy tackling stigma and focusing on the potential positive effect of the natural environment on well being and recovery To date the research topic has generated widespread in the field For example several articles have generated an Altmetric score above 40 with one publication meriting an Altmetric score of 102 We envisage that the impact of this e book will not simply be measured in citations views downloads nor social media impact but in the discourse that emerges from this collection of contributions from a combined total of 53 authors from across three continents It is our hope that this e book providing a snapshot of global challenges for elite athletes mental health and well being becomes a touchstone for researchers and practitioners in the field

Digital Transformation and Artificial Intelligence for Operational Excellence in Healthcare Anand Jaiswal,Vinaytosh Mishra,Nripendra Singh,2025-11-17 Explores the transformative synergy between digital transformation and AI innovation in the healthcare sector with a focus on optimizing operational processes and delivering superior patient care and enhancing healthcare business practices

Problem Gambling: Summarizing Research Findings and Defining New Horizons Tobias Hayer,Caterina Primi,Neven Ricijas,Daniel T. Olason,Jeffrey Derevensky,2018-11-08 **The Oxford Handbook of Eating Disorders** W. Stewart Agras,Athena Robinson,2018 Fully revised to reflect the DSM 5 the second edition of The Oxford Handbook of Eating Disorders features the latest research findings applications and approaches to understanding eating disorders Including foundational topics alongside practical specifics like literature reviews and clinical applications this handbook is essential for scientists clinicians and students alike

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