



HABITS
 A Better Start National
 Science Challenge
E TIPU E REA

**Will AOD clinicians use online
 and app-based interventions
 when treating young people?**

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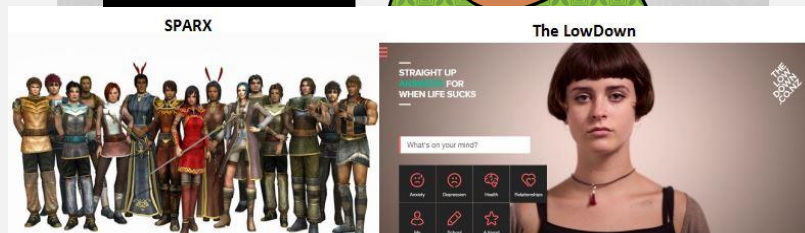
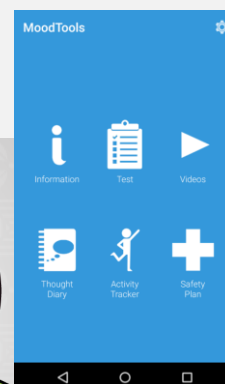
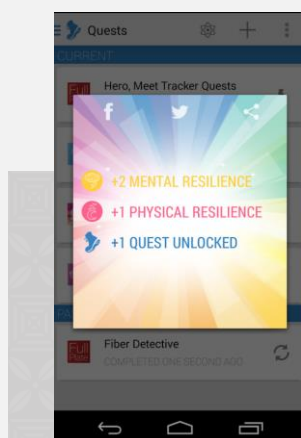


INTRODUCTION

MOBILE PHONE APPS AND COMPUTER BASED RESOURCES ARE THE 'IN' THING CURRENTLY

THERE'S A VARIETY OF DIFFERENT APPS, TOOLS AND GAMES OUT THERE TARGETTED AT MENTAL HEALTH AND ADDICTION SUPPORT /TREATMENT

ARE MENTAL HEALTH CLINICIANS AND HEALTH WORKERS USING THEM TO SUBSTITUTE OR COMPLEMENT ASPECTS OF TREATMENT?



AIMS

THERE IS A BIG FOCUS ON THEIR USE FOR THE TREATMENT OF DEPRESSION AND ANXIETY.

WHAT ABOUT ALCOHOL AND OTHER DRUG (AOD) APPS?

WHAT ARE THE OPINIONS OF CLINICIANS AND HEALTH WORKERS WORKING IN THE YOUTH AOD FIELD ABOUT THE USE OF ONLINE TOOLS FOR AOD TREATMENT?

METHODS



SurveyMonkey®

WE CONDUCTED AN ONLINE SURVEY.

WE DISTRIBUTED IT TO A YOUTH AOD CLINICIANS AND HEALTH WORKERS AROUND NEW ZEALAND.

WE ASKED:

IF THEY CURRENTLY USED ONLINE TOOLS OR MIGHT IN THE FUTURE

WHAT KIND OF TOOLS THEY WOULD LIKE TO SEE IN THE FUTURE.

METHODS



WE CONDUCTED FOLLOW UP PHONE INTERVIEWS WITH A SMALLER SAMPLE

SPECIFICALLY WE FOCUSED ON THE APPREHENSION OR KEENNESS FOR USING ONLINE TOOLS IN AOD AND PREVIOUS EXPERIENCES

QUANTITATIVE DATA WAS PRESENTED DESCRIPTIVELY USING THE IN BUILT ONLINE SURVEY TECHNOLOGY (SURVEY MONKEY).

RECORDED QUALITATIVE DATA WAS TRANSCRIBED AND PROCESSED VIA NVIVO AND ANALYSED USING THEMATIC ANALYSIS.

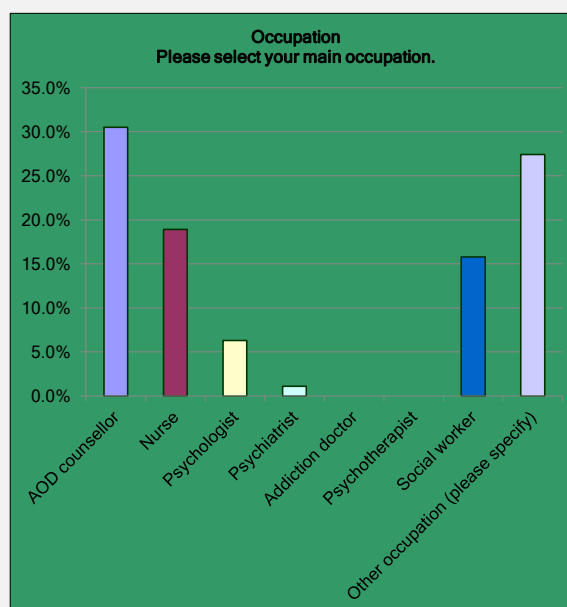
RESULTS

- 95 RESPONDENTS
- 76% FEMALE
- 80% 30-60 YRS
- 16.8% 21-30

Ethnicity

Which ethnic group(s) do you belong to?
(Tick as many answers as needed/applicable)

Answer Options	Response Percent	Response Count
New Zealand European	70.5%	67
Māori	16.8%	16
Samoan	2.1%	2
Cook Islands Maori	2.1%	2
Tongan	1.1%	1
Niuean	2.1%	2
Chinese	1.1%	1
Indian	0.0%	0
Other (please specify)	17.9%	17



RESULTS

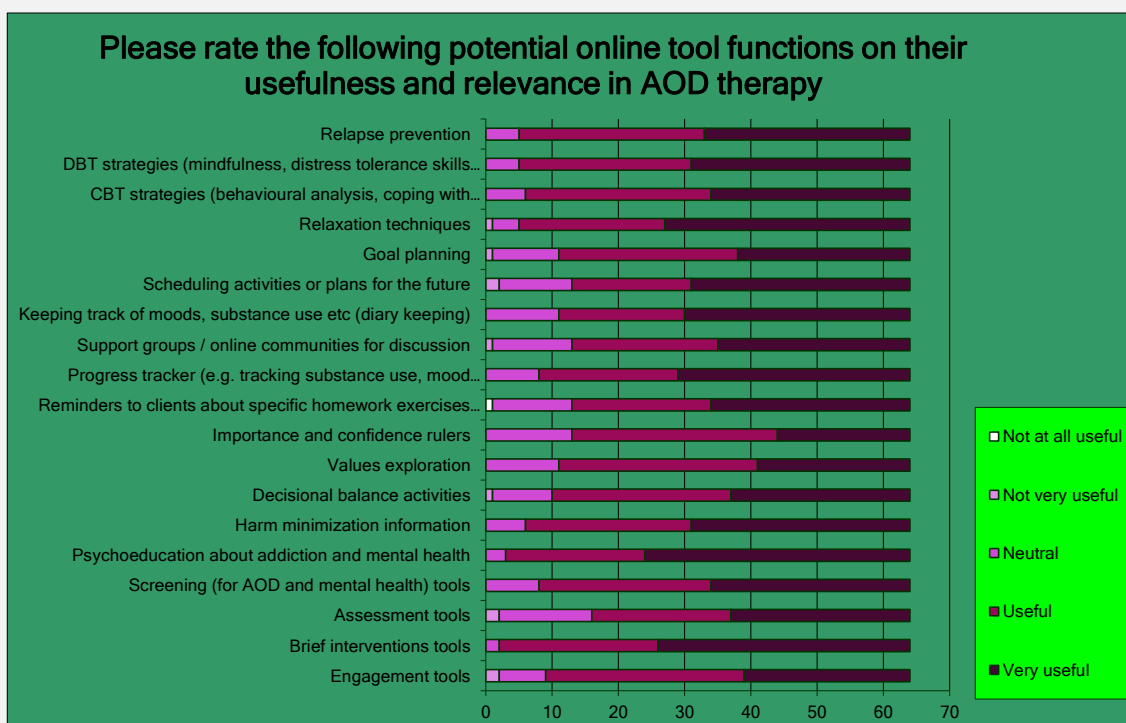
50% HAD USED AN ONLINE TOOL WITH CLIENTS IN THE PAST

OF THOSE WHO HAD NOT, OVER 90% SAID THEY WERE 'KEEN' TO USE ONE IN THE FUTURE

ONLY 10% DESCRIBED BEING 'HESITANT' TO USE APPS

WE ASKED RESPONDENTS TO RANK THE IMPORTANCE OF ONLINE TOOLS IN VARIOUS SITUATIONS.

OVERALL OPINION WAS POSITIVE (THE AVERAGE SCORE GREATER THAN 50 IN ALL GIVEN SCENARIOS)



RESULTS – suggested context of use

1. TO COMPLEMENT TALKING THERAPY
2. AS AN ALTERNATIVE APPROACH, IF REQUIRED
3. WITH PRE-CONTEMPLATIVE CLIENTS TO SUPPORT ENGAGEMENT
4. FOR THOSE UNCOMFORTABLE WITH THERAPY
5. FOR THOSE WITH CO-EXISTING DISORDER
6. AS SUPPLEMENTARY TOOLS FOR CLIENTS TO USE OUTSIDE THE SESSION
7. WITH MĀORI AND PASIFIKA YOUNG PEOPLE

RESULTS

WHAT FEATURES WOULD ONLINE TOOLS NEED TO HAVE TO BE USED BY YOUTH AOD CLINICIANS?

- 95% - MUST BE FREE OF CHARGE
- 92% - EASY ACCESS AND DIRECT APPLICABILITY
- 77% - SHOULD HAVE EVIDENCE OF EFFICACY
- >50% - SHOULD BE ENDORSED BY CLINICAL ASSOCIATIONS
- 28% - SHOULD BE ENDORSED BY PATIENT ASSOCIATIONS

especially effective for “young people who do not like talking/writing. More visual learners”

RESULTS

‘ABSOLUTELY IMPORTANT TO ENSURE THEY ARE CULTURALLY RELEVANT’

40% : SIGNIFICANT BENEFIT IF APPS CREATED FROM A CULTURAL PERSPECTIVE

7% : FEARED THAT BECAUSE OF INCREASED BARRIERS OF ACCESS FOR MAORI AND PASIFIKA ---> DEVELOPMENT OF APPS COULD INCREASE HEALTH INEQUITIES

CONCLUSIONS

THERE IS A POSITIVITY AND EAGERNESS TO USE ONLINE TOOLS BY AOD CLINICIANS

MOST ALREADY USE THESE OR KEEN TO TRY ONE
ONLINE TOOLS SHOULD BE SUPPLEMENTARY TO
FACE-TO-FACE THERAPY NOT AS A REPLACEMENT

ACCESS TO DATA AND ONLINE DEVICES CAN BE
DIFFICULT FOR VULNERABLE POPULATIONS

SUPPORT SHOULD BE GIVEN BY PROVIDERS TO
HELP SUPPORT AOD CLINICIANS TO USE ONLINE
TOOLS

HABITS - Health Approaches through Behavioral Intervention Technology

AN ACCESSIBLE AND APPEALING DIGITAL PLATFORM TO
IMPROVE SHORT- AND LONG-TERM OUTCOMES IN
YOUNG PEOPLE AFFECTED BY AOD AND MENTAL HEALTH

IT WILL:

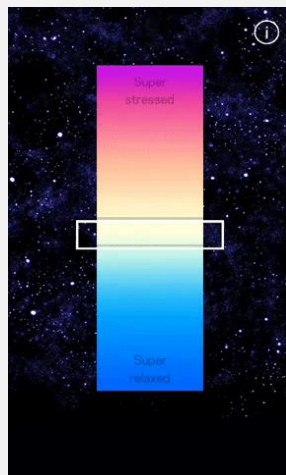
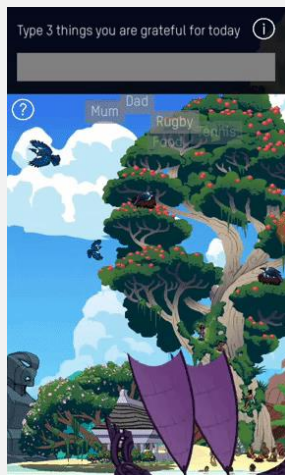
INCREASE DETECTION THROUGH SCREENING

PROVIDE EVIDENCE-BASED IT INTERVENTIONS

PROGRESS MONITORING AND FEEDBACK

PROVIDE INFO FOR ACCESSING EXTRA HELP IF NEEDED

LINK TO BIG DATA (THE IDI) TO MEASURE REAL WORLD
OUTCOMES IN THE LONGER TERM



HABITs app-spirations

MODULAR (USERS CAN CHOOSE/FOLLOW DIFFERENT PATHS)

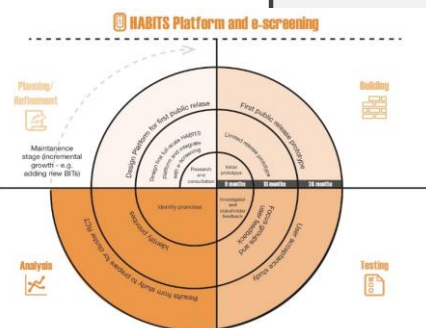
'SNACKTIVITY' (NOT TRADITIONAL LONG SESSIONS)

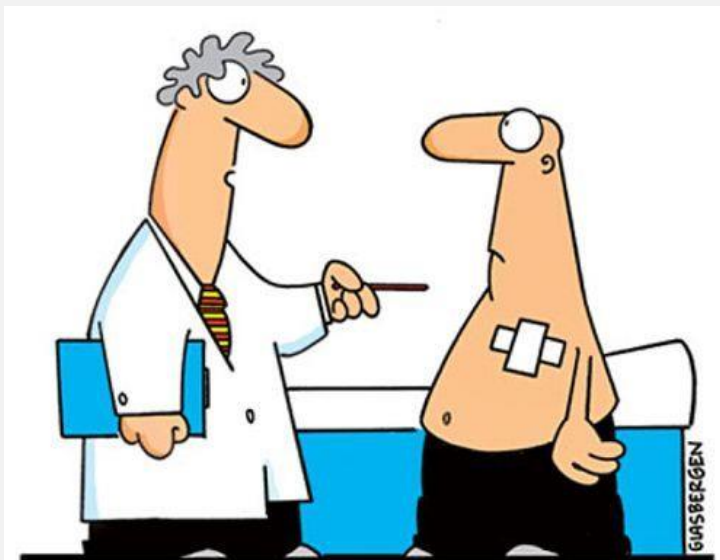
FUTURE PROOFED/'CURRENT'

AMENABLE TO UPDATES (RE-SKINNING, NEW CONTENT)

STRENGTHS- (NOT DEFICIT) BASED

GREAT UPTAKE AND COMPLETION





"It's a pacemaker for your heart. Plus, you can download apps for your liver, kidneys, lungs, and pancreas!"