



@GPTHealthChat

Why parents do not use digital health interventions for their child's mental health?

Daniel Peyton, Dr Greg Wadley, Dr Naomi Hackworth, Prof Harriet Hiscock

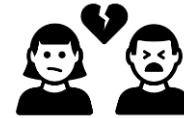
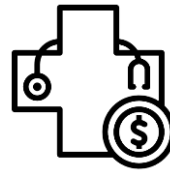
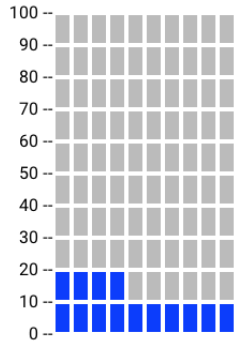
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Child mental health problems

- Mental health problems in children are common and have long term consequences



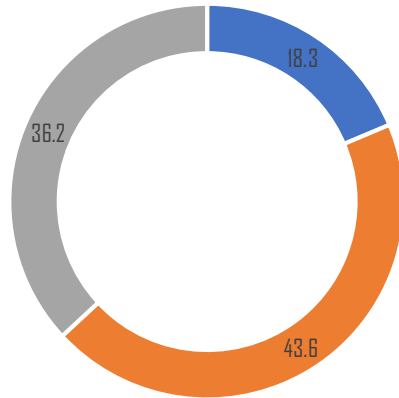


Half of all adult mental health disorders begin in childhood



Most children won't get professional help

Main barrier to seeking help



■ Self management / stigma ■ Mental health literacy ■ Accessibility



Digital health interventions (DHIs) can help

- Especially for anxiety and disruptive behaviour in children as young as 2 years old
- Well researched
- Seems to be as effective as face to face treatment for anxiety in teenagers.



JOURNAL OF CHILD AND ADOLESCENT PSYCHOPHARMACOLOGY
 Volume 26, Number 8, 2016
 © Mary Ann Liebert, Inc.
 Pp. 740–749
 DOI: 10.1089/cap.2016.0048

Review Article

Digital Parent Training for Children with Disruptive Behaviors:
 Systematic Review and Meta-Analysis

JOURNAL OF MEDICAL INTERNET RESEARCH

Christ et al

Review

Amit Baumel, PhD^{1,2} Aditya Pawar, MD^{1,2} John M. Kane, Internet and Computer-Based Cognitive Behavioral Therapy for Anxiety and Depression in Adolescents and Young Adults: A Systematic Review and Meta-Analysis

JOURNAL OF CHILD PSYCHOLOGY AND PSYCHIATRY

Journal of Child Psychology and Psychiatry 58:4 (2017), pp 474–503

ACAMH THE ASSOCIATION FOR CHILD AND ADOLESCENT MENTAL HEALTH

doi:10.1111/jcpp.12663

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Annual Research Review: Digital health interventions for children and young people with mental health problems – a systematic and meta-review

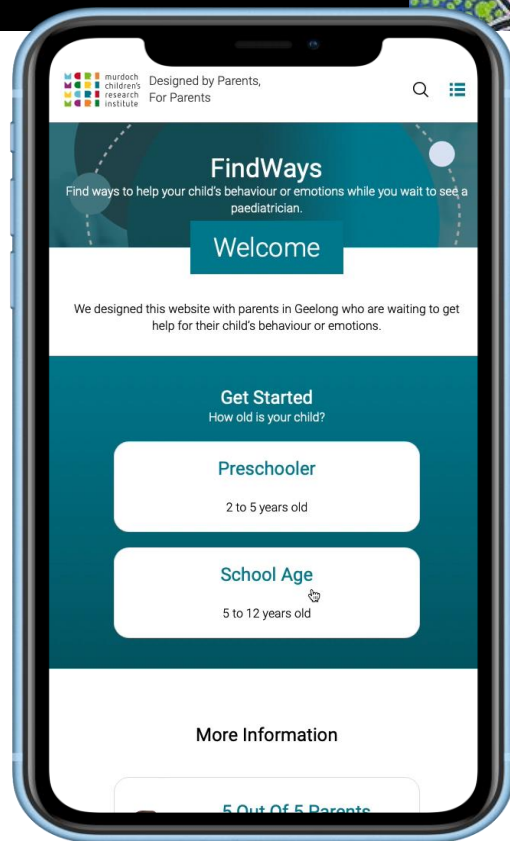
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**But most parents won't use a DHI to help their child –
why?**

My unique perspective

- The paediatrician diagnoses mental health disorders in children and I help families navigate the system.
- For my PhD I co-designed the FindWays website.





Methods

- Purposive sample of 16 parents of children between 2-12 years old
- Waiting for specialist help from a paediatrician
- Semi-structured phone interviews
- Inductive content analysis



Personal capacity

- *“You can be sometimes too tired after work to deal with a lot of [these] issues.”*
[Participant #14]
- *“I’m dyslexic, so I have problems getting online.”* *[Participant #9]*
- *“We had no internet access at that time, so I could not do any of that online”*
[Participant #15]



Aware of a DHI and where to find it

- *“I’ve never thought there were any online services that could help” [Participant #10]*
- *“The last thing that I was looking for was help online. Because where do you start?” [Participant #3]*





Credibility

- *“People who are working in the industry, who are constantly in touch with these patients, you know who require help, will have a better idea of which resources are more suited, than Google search.” [Participant #5]*
- *“There's lots of different forums with other parents going through similar things and they have suggested things as well, so I found it good, helpful.” [Participant #16]*

Credibility is made up of



Adapted from Fogg (2003)



Suitability

- *“It’s just filtering through it is the main issue online. ... Just because something pops up doesn’t mean that it’s the right one for you.” [Participant #5]*
- *“I’m just looking for some specifics to deal with that specific behaviour.” [Participant #4]*
- *“It’s really general and I just thought it was better to get help from something that was a bit more specific.” [Participant #13]*



Discussion

Known findings

- Personal capacity
- Awareness
- Credibility

Novel findings

- Parent focused
- Suitability and specificity of advice
- Importance of lived experience

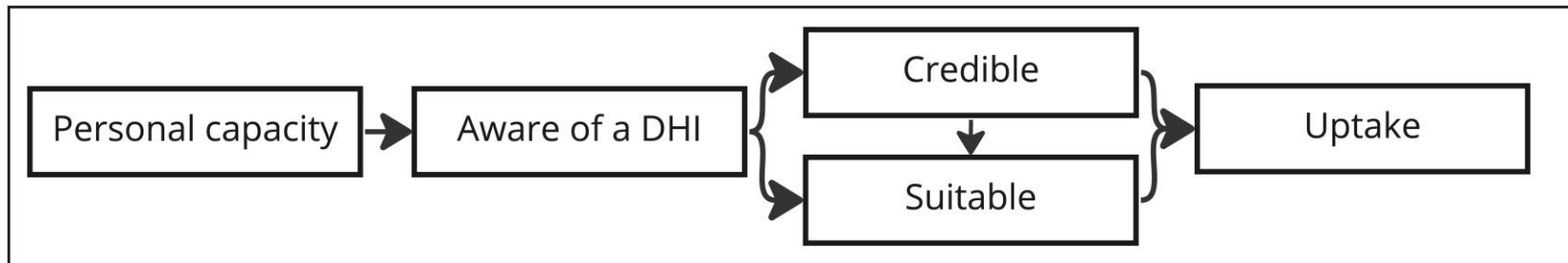


Discussion

- Information overload
- “Is it relevant and potentially useful?”



A proposed process model





Implications

Theme	Design consideration
Personal capacity	Self-directed online interventions are not for everyone
Aware of a DHI and where to find it	We need to rethink findability of the DHI
Credibility	Highlight the experience of other parents like them using it
Suitability	Tailor the DHI to the child's specific problem



An enhanced clinical endorsement

Available DHIs

1. Brave
2. Cool kids



The experience of other parents using these DHIs



Specific advice suited to specific problems





Thank you

Special thanks to the NHMRC, MCRI, Charity Drive Days and Barwon Foundation for their financial support.

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