

Markers of successful implementation of mental health apps for young people

Holly Bear

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holly.bear@psych.ox.ac.uk

 @DrHollyBear

Background

- Despite the potential of apps in improving outcomes, empirical research often fails to translate into meaningful and sustained implementation in ‘real-world’ settings.
- Implementation outcomes from intervention research are often not measured or reported.
- Assessing implementation outcomes using an integrated framework helps us to better understand why implementation succeeds or fails.

Key research questions

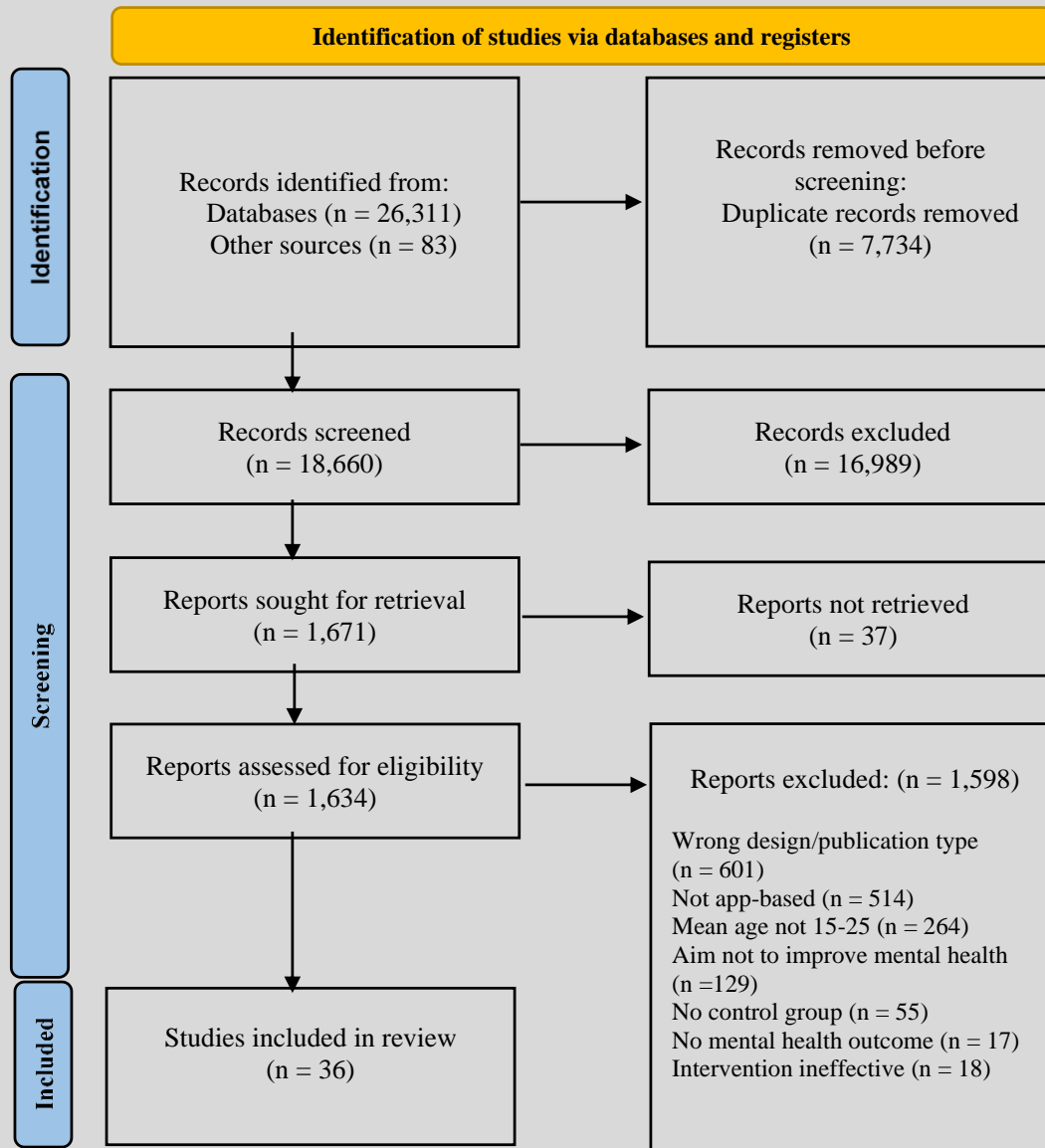
- What proportion of evidence-based apps are sustained and adopted post-development?
- What components are needed for successful implementation outcomes and what are common barriers?

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https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42021224365

Methods

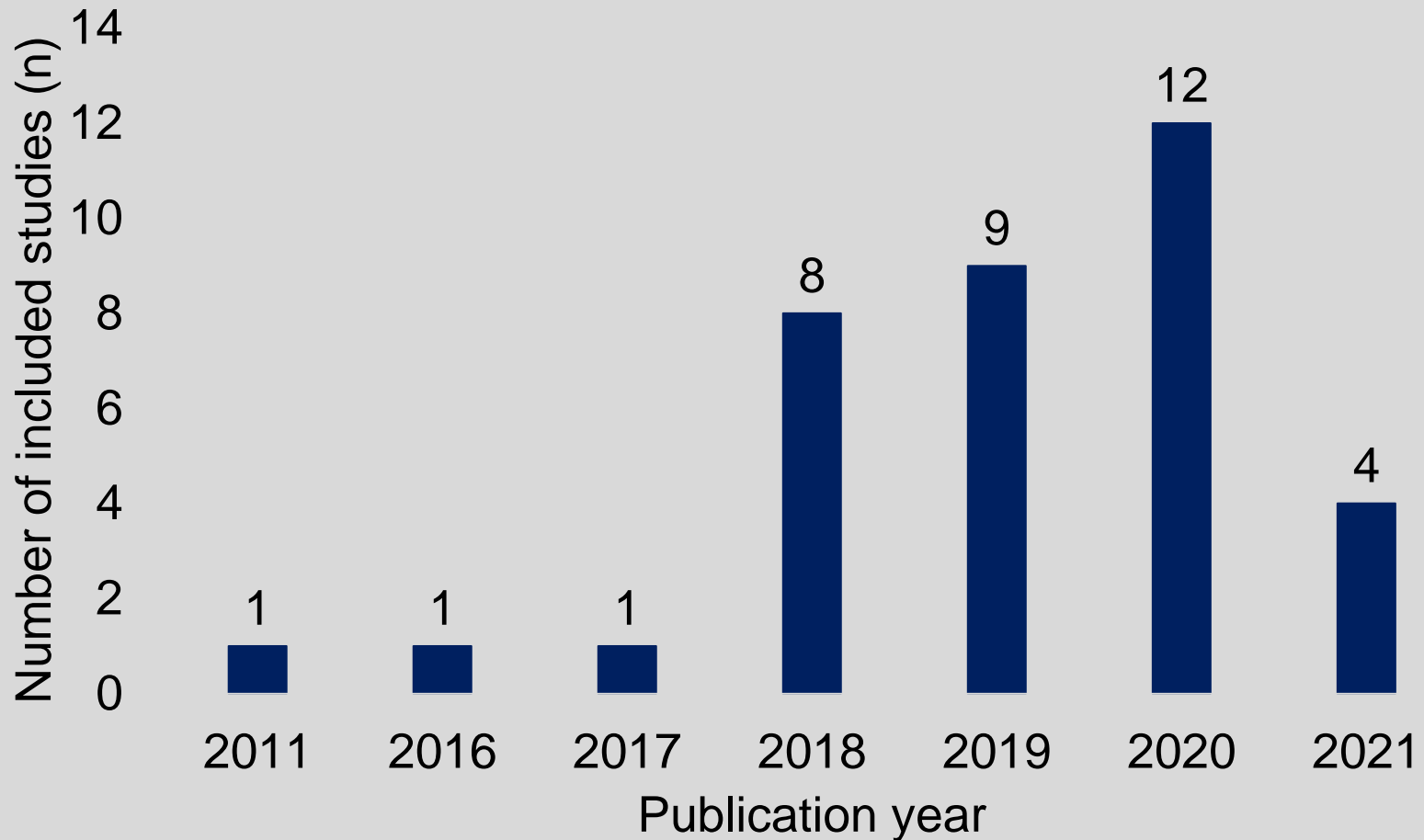
- Electronic search of databases from 01/01/2011 - 02/02/2021
- Included app-based interventions aiming to promote mental health and wellbeing, prevent mental health problems, or treat existing mental health problems in young people (15 – 24 years).
- App had to show beneficial outcomes when compared to a control group.



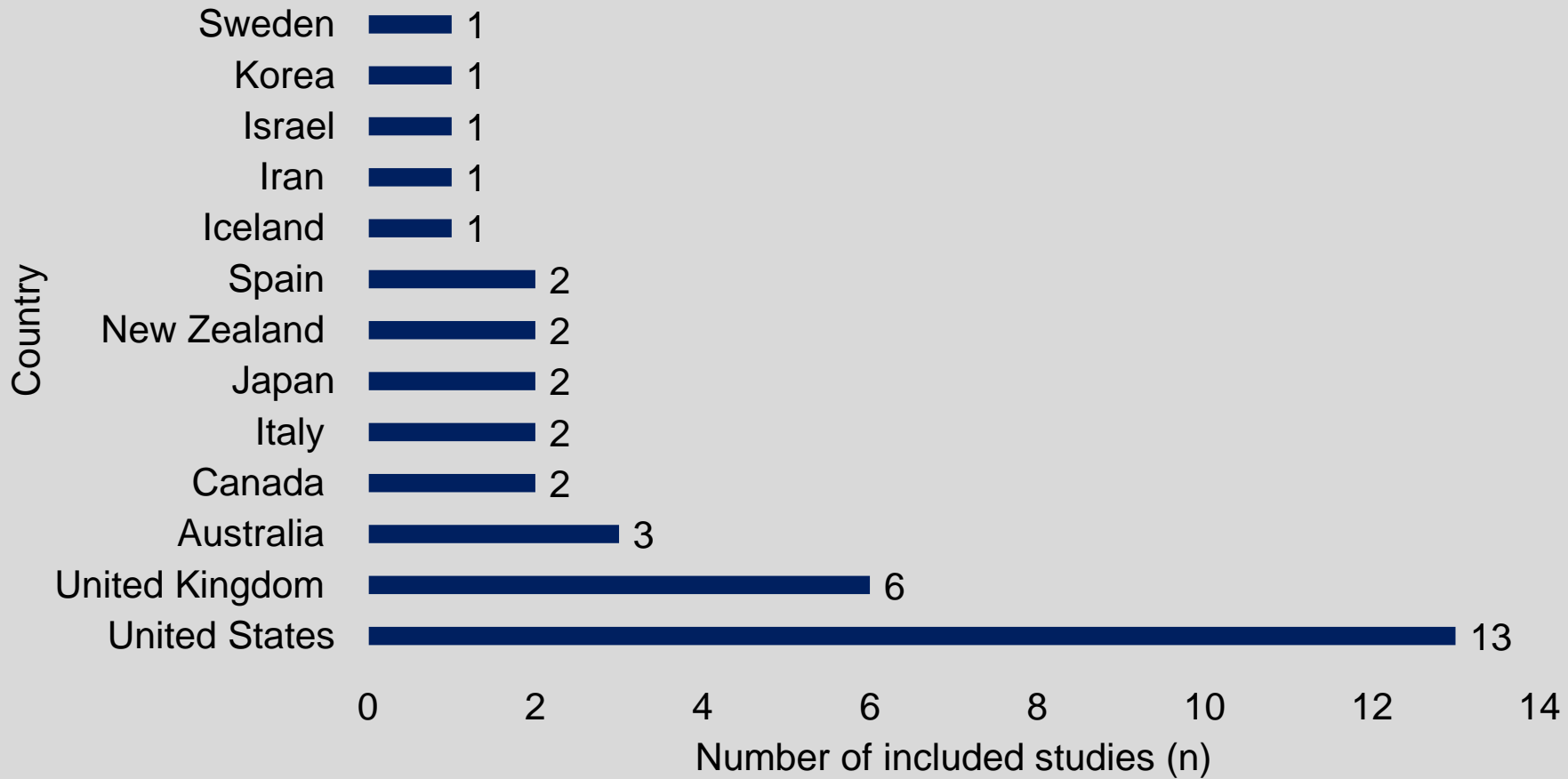
Emerging results

- 36 studies, corresponding to 31 unique app-based interventions, that reported beneficial intervention effect(s) when compared to a control group.
- 87 studies identified in which the intervention had not been compared to a control group or the intervention did not show beneficial effects when compared to control group.

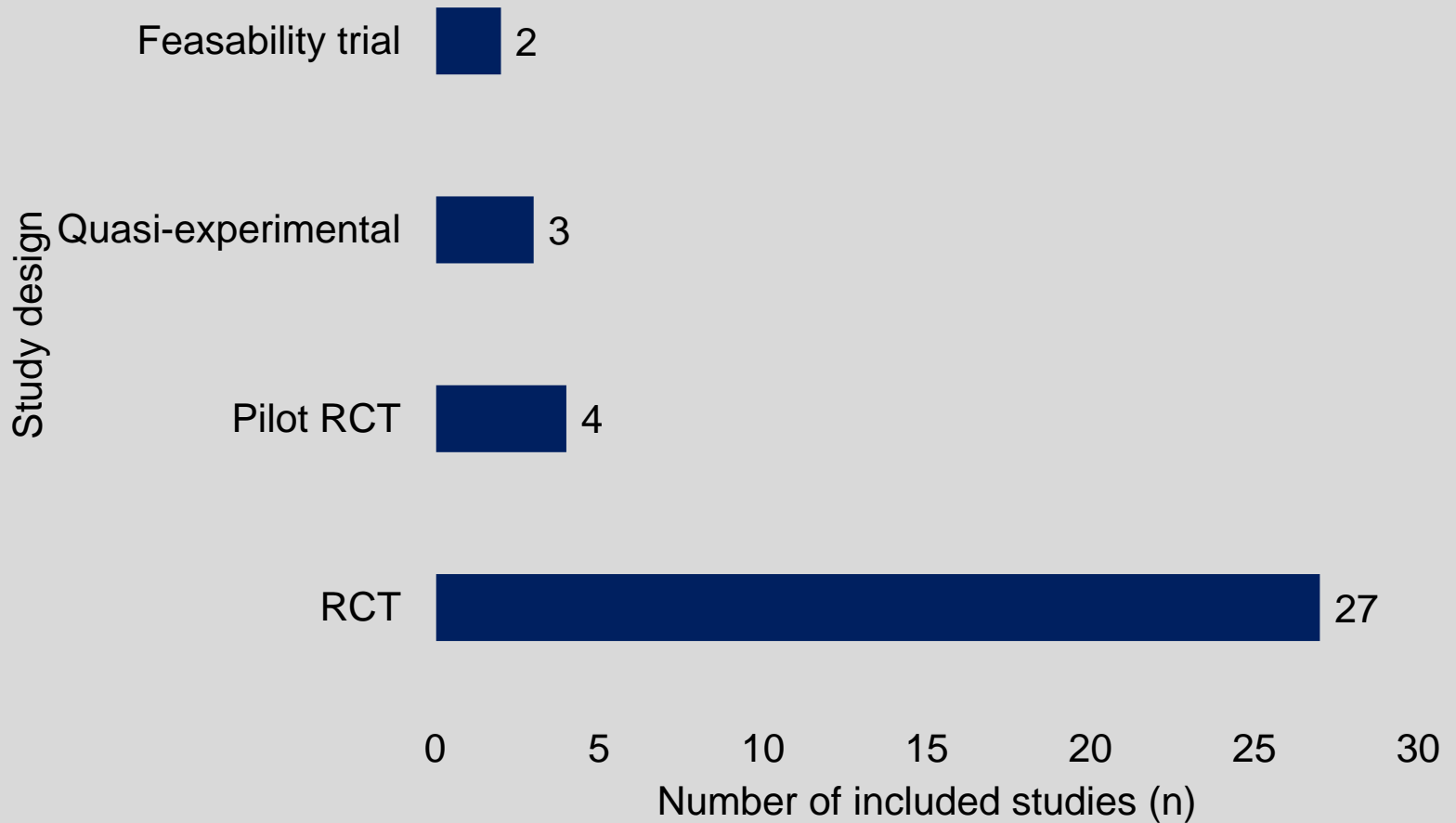
Publication year of included studies



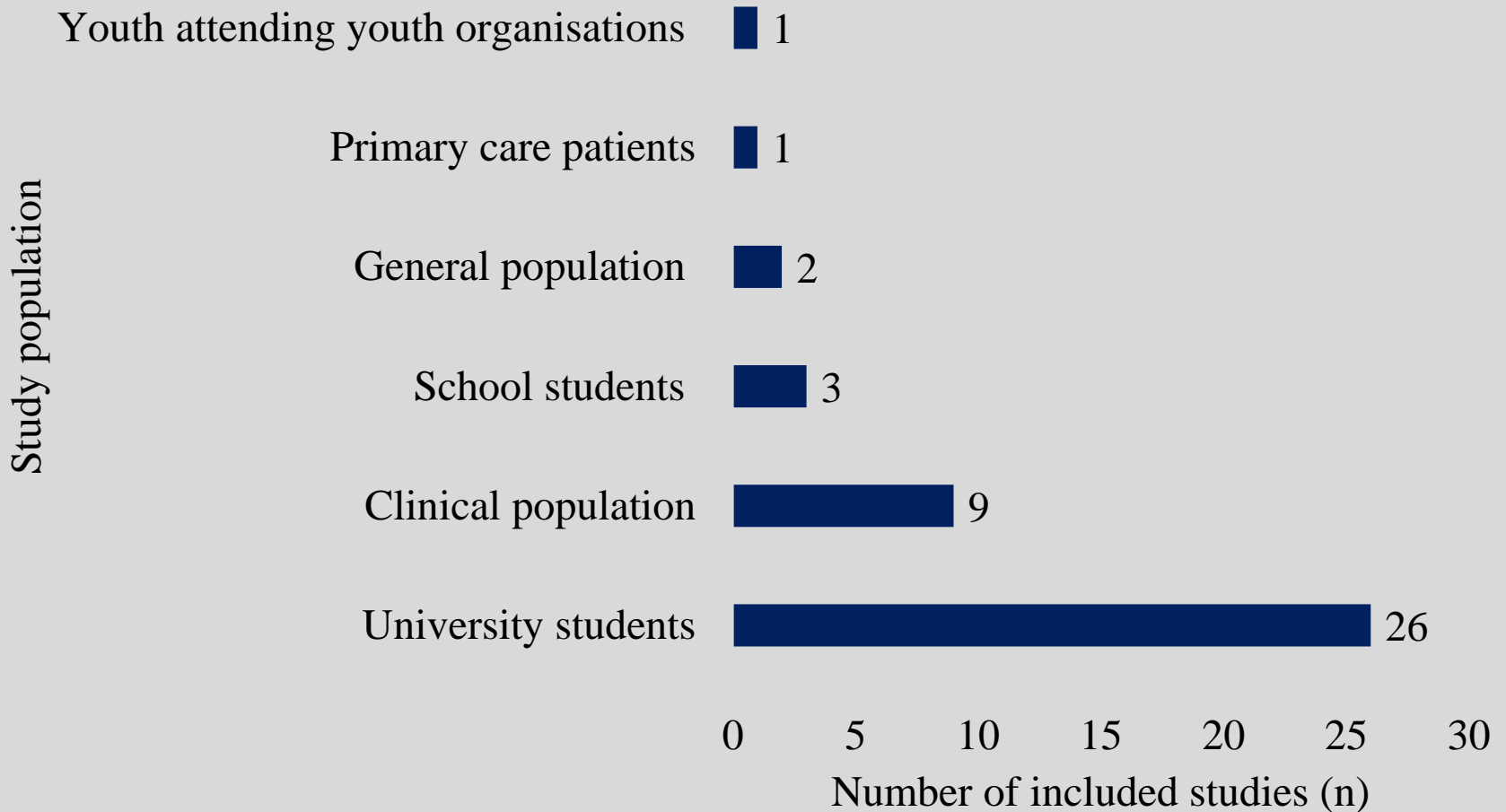
Countries of included studies



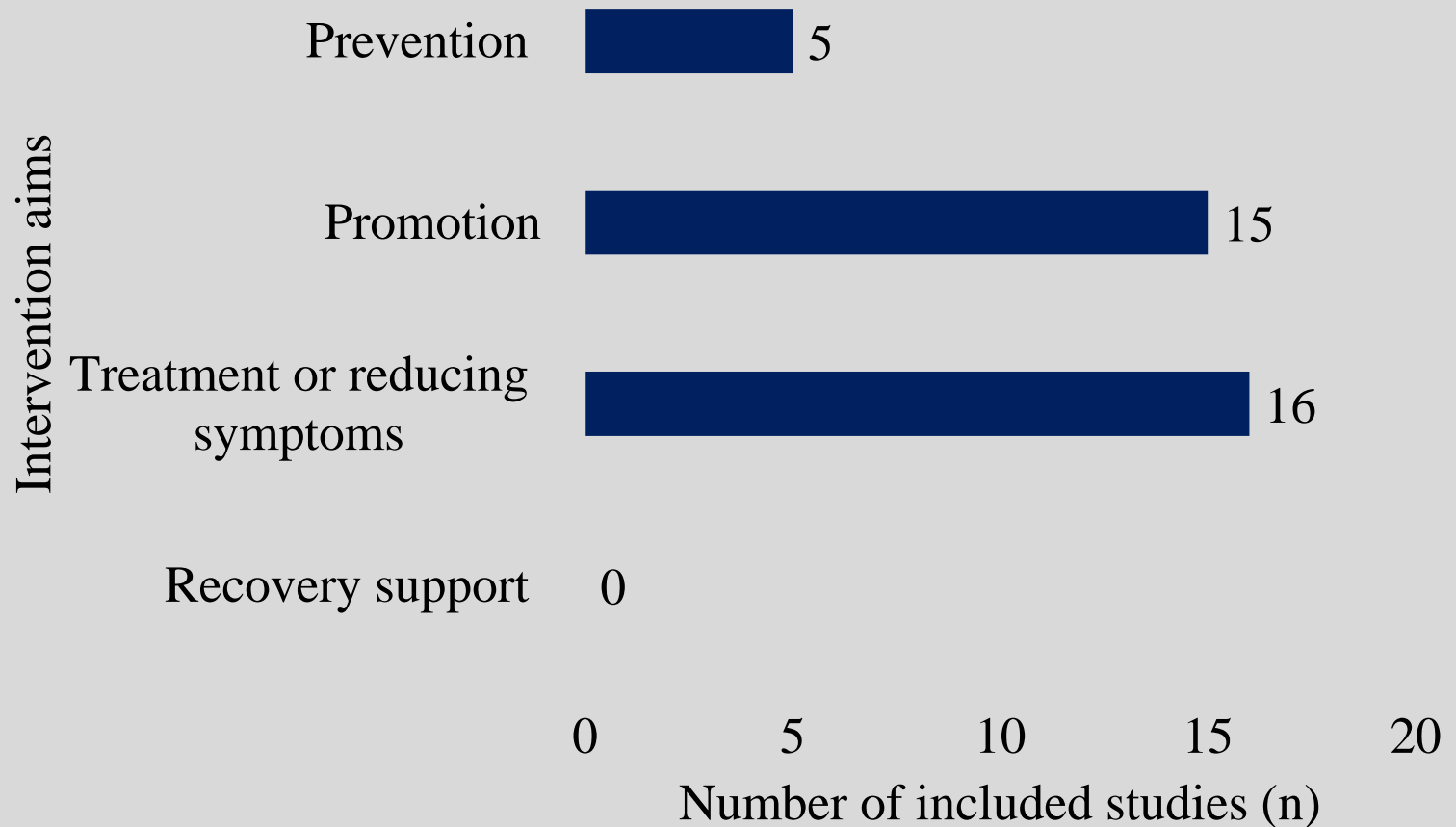
Study design of included studies



Population of included studies

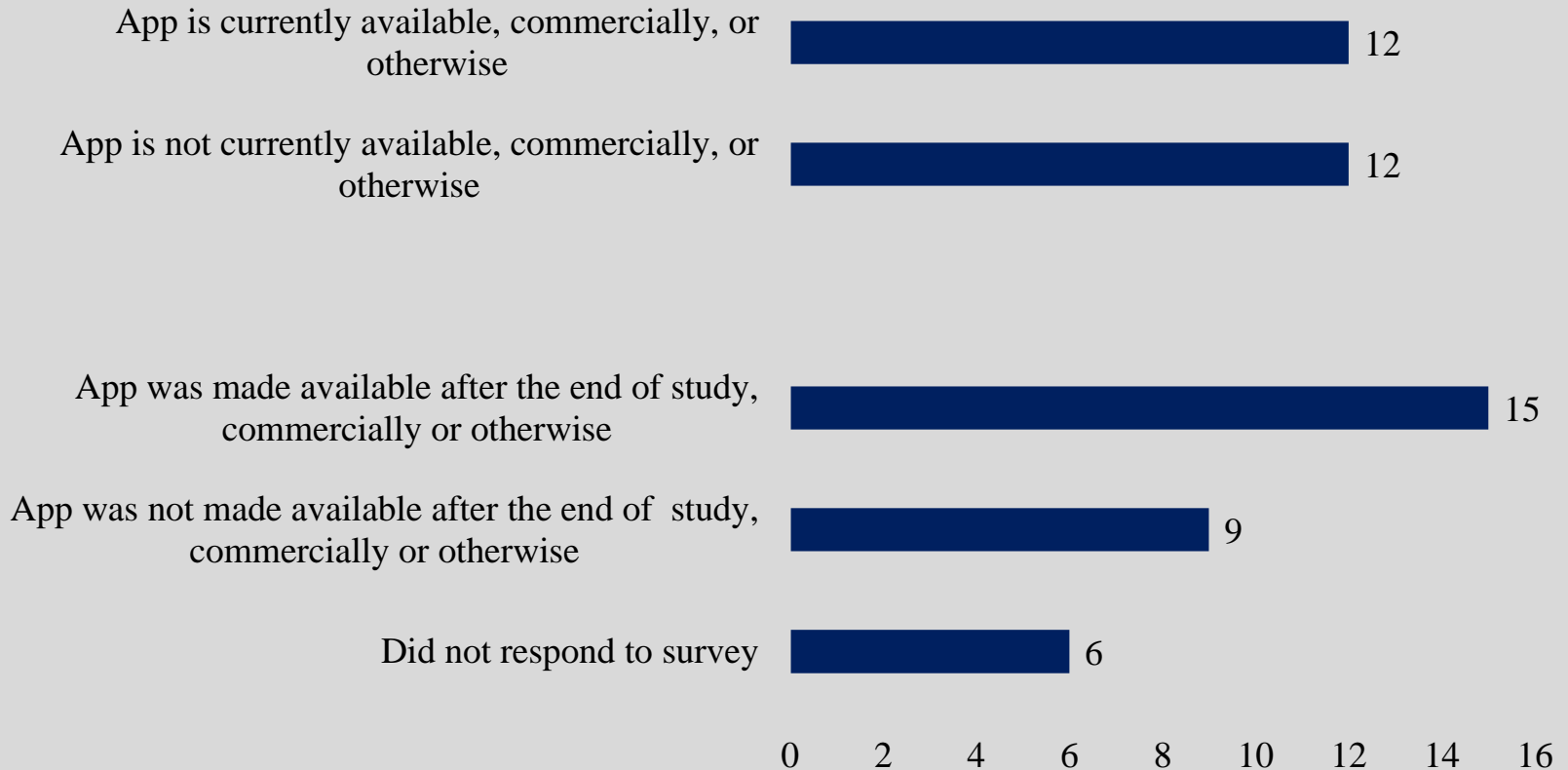


Aim of app-based interventions

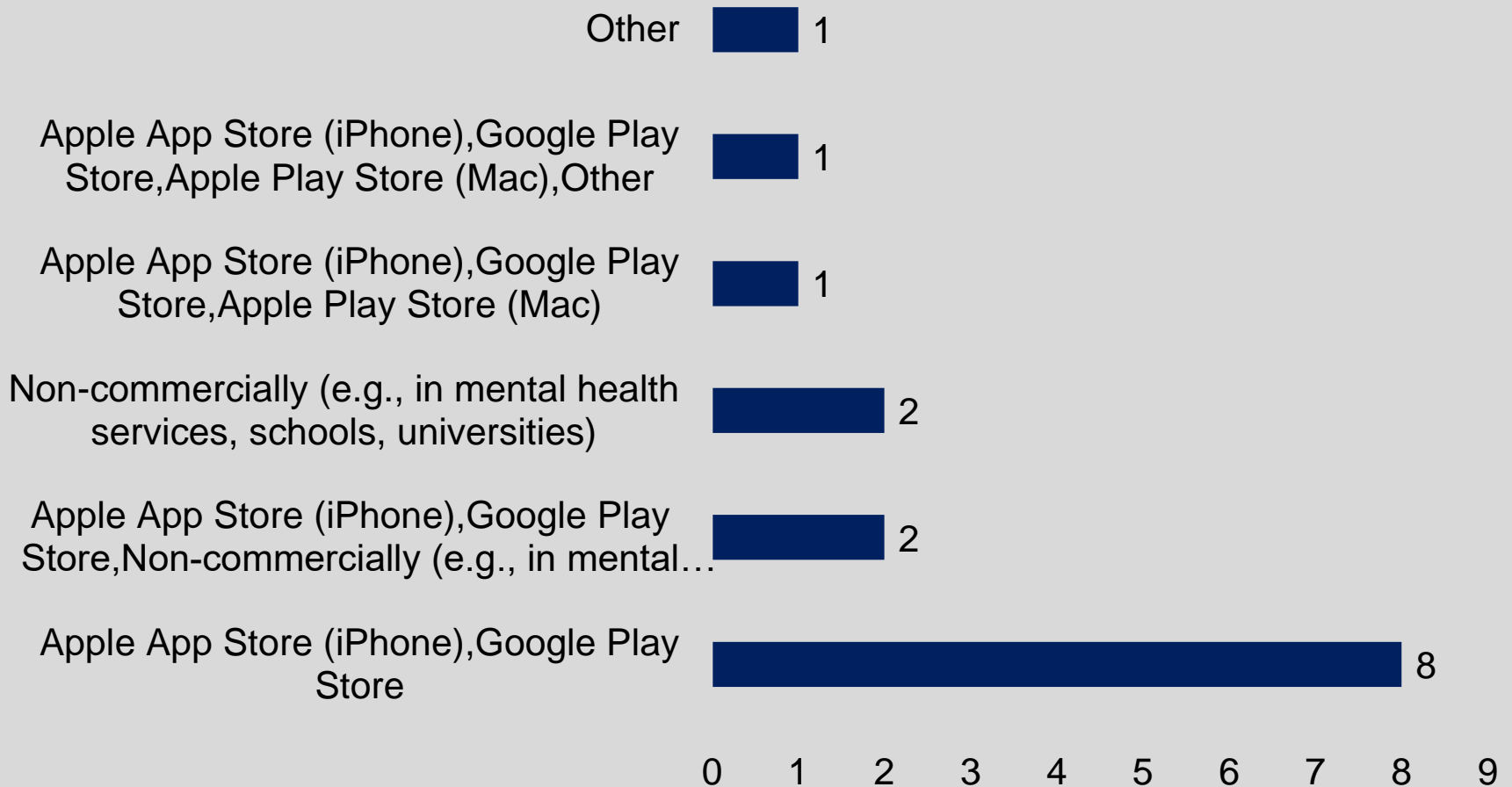


Successful implementation

Implementation of included apps



Where was the app made available?



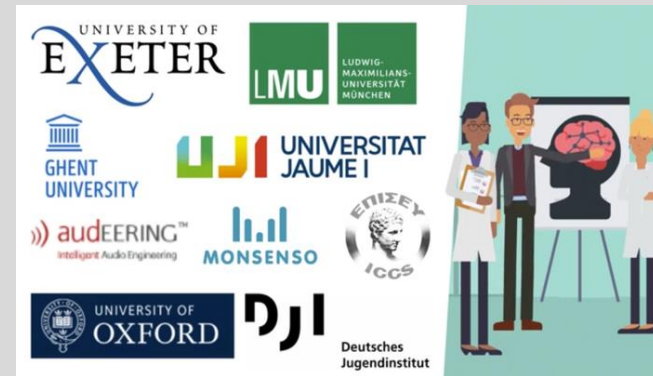
Are there markers of successful implementation?

- Coproduction/ codesign
- Adoption
- Usability
- Acceptability
- Feasibility
- Fidelity
- Appropriateness
- Engagement
- Usage

Acknowledgments

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