



Australian
National
University

Learning Activity - Webinar Recording

eMHPrac Webinar 7: Using e-mental health in your work: Mobile Apps

Originally broadcast: 27 October 2016, 6:30pm AEDT

Available for viewing at: <https://vimeo.com/190496425>

Duration: 75 minutes approx.

Learning Outcomes:

This webinar provided the following information:

1. How to evaluate the quality and effectiveness of MH apps.
2. Opportunities to use MH apps within existing clinical practice.
3. Practical ways to support clients' use of apps.

eMHPrac
E-MENTAL HEALTH IN PRACTICE

Presenter Profiles:

Mr Stoyan Stoyanov (Project Manager, QUT)

Stoyan Stoyanov has a background of research in Psychology. Since 2012 he has worked with leading experts in e-mental health for young people and helped to develop the Mobile App Rating Scale to provide a heuristic for the quality evaluation of health apps. Mr Stoyanov is currently involved in a project aiming to improve and optimise user engagement and promote user autonomy for young people using the Yourtown/Kids Helpline website.

Dr Elizabeth Mason (Clinical Psychologist)

Dr Elizabeth Mason is a clinical and research psychologist at the Clinical Research Unit for Anxiety and Depression at St Vincent's Hospital, and a conjoint lecturer at the University of New South Wales. Dr Mason also has considerable experience in the development and delivery of internet-based treatments for anxiety and depression, and created an online course for stress management.

Assoc. Prof Tricia Nagel (Psychiatrist & Educator)

Associate Professor Nagel has thirty years of experience working in NT rural and remote mental health and substance use settings as psychiatrist and educator. Since 2003 she has led a research program based at Menzies School of Health Research in Darwin which has explored Aboriginal and Torres Strait Islander perspectives of mental health and emphasised Indigenous capacity building. Leading the Australian Integrated Mental health initiative she has conducted mixed methods and qualitative studies in service and community settings.

Dr Michael Carr-Gregg (Child & Adolescent Psychologist)

Dr Michael Carr-Gregg works in private practice as a child and adolescent psychologist. In 2015, Michael developed the Certificate of Young People's Mental Health and Wellbeing with a team of experts, which focuses on how technology can be harnessed to provide best practice mental health and wellbeing care in the youth sector. Dr Carr-Gregg is a columnist for a number of publications, an author of a number of books and appears regularly on Channel 7's Sunrise and on Fairfax Radio 3AW.

Reflections on Learning Activity:

What information/ skills have you learned by participating in this learning activity?

How does this learning activity relate to your learning plan?

What action have you taken in relation to this learning activity?

Additional reading:
