Mindful Continuing Education

Introducing Technology-Based Therapeutic Tools For Behavioral Health Services

1. The use of electronic media and information technologies in behavioral health treatment, recovery support, and prevention programs is rapidly gaining acceptance, and technology-based assessments and interventions are important therapeutic tools that clinicians can integrate into their work with clients.

A. True
B. False

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2. The rapid growth of technological resources in behavioral health requires a carefully planned response by treatment and prevention programs that includes relevant staff development and training, and that addresses the specific electronic resources applicable to each program, as well as each of the following EXCEPT:

A. The contexts in which the resources will be most useful and the benefits and risks of using them
B. The methods for preparing clients to accept and use these resources
C. Transparency about preferred therapeutic approaches, priorities, beliefs, and the vision for future use
D. An organizational commitment to evaluating the effectiveness and utility of specific technologies

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Principles for Using Technology-Based Therapeutic Tools

3. The use of a computer or mobile device in screening for and assessing individuals' behavioral health needs may allow for the efficient, standardized, and cost-effective collection of clinically relevant client information in diverse settings.

A. True
B. False

Exhibit 1.11: Principles To Guide TAC in the Behavioral Health Arena

4. The existence of a given technology, as well as current research, practice, and experiences must guide the application of said technology in clinical contexts.

A. True
B. False

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5. The main costs of technology-based therapeutic tools are associated with completing initial development, keeping up with the latest research, training new staff members, and:

A. Ongoing technical assistance and equipment maintenance and support
B. Reorganizing existing clinical tools and record keeping systems
C. Evaluating effectiveness
D. Reduced productive work time while staff is getting acclimated to the new system

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An Overview of Behavioral Health Technologies

6. Although it is unlikely that new technologies will have been around long enough to show evidence of empirical support, behavioral health technology-based approaches must be held to the same standards as traditional models of care when used in clinical settings.

A. True
B. False

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7. Which of the following are NOT necessarily included in the wide range of clients who are benefiting from video conferencing/telehealth approaches?

A. Individuals in remote locations and those who are hearing impaired
B. Incarcerated individuals and the elderly
C. Those with serious mental illness
D. Individuals with severe social-phobic disorders

Self-Directed, Web-Based, and Computer-Based Therapeutic Tools

8. Computerized treatments for mental disorders have been most widely developed and extensively used for anxiety, depressive disorders, and:

A. Traumatic stress
B. Crisis situations where personal access is not available

C. Poorly motivated and resistant clients
D. Clients with poor listening and communication skills

Web-Based Text Communication: Email, Chat, Forums, Electronic Mailing Lists, and Social Networks

9. Chat rooms that focus on behavioral health are generally moderated by a clinician who posts comments, guides discussions, and sometimes screens comments written by others before allowing them to post, and they usually allow individuals to come and go as they wish and communicate synchronously with any or all participants.

A. True
B. False

Applying These Technologies to Behavioral Health

10. While online social networks can be an excellent forums for conducting online surveys and assessments related to behavioral health, social networks can be problematic due to their general lack of HIPAA compliance and because of the tendency of clients to post private information in public forums.

A. True
B. False

Mobile or Handheld Technologies

11. Research has clearly shown that one-sided text messages from consumer to provider demonstrate considerable utility in promoting treatment compliance and self-monitoring of health behavior, such as healthy eating and exercise, as such behaviors improve when clients take responsibility for being accountable and communicative.

A. True
B. False

Emerging Technologies and Future Opportunities

12. Technologies that "weave themselves into the fabric of everyday life until they are indistinguishable from it," such as those that include sensors to assess physiological states, are known as ubiquitous or:

A. Universal computing
B. Pervasive computing
C. Omnipresent computing
D. Extensive computing

Integrating Technology Into Existing Services

13. Clinicians and behavioral health programs should review interventions to ascertain which have been shown to produce optimal outcomes in contexts similar to those in which they will be working, rather than simply use a technology-based intervention merely because the opportunity exists.

A. True
B. False

Legal and Ethical Issues To Consider

14. The U.S. Food and Drug Administration (FDA) has been issuing guidance as to which sorts of technologies are considered health or medical apps, and examples of technologies used in behavioral health that require FDA approval are those that engage in mind-challenging tests or those that target specific coping skills.

A. True
B. False

Essential Elements of Informed Consent to Participate in TAC

15. Emergency procedures that must be put in place when implementing technology-assisted interventions include contact information and procedures if immediate follow-up is needed, emergency/crisis services contact information, steps providers may take if concerned about safety of a client, and:

A. Legal exceptions for issues such as child abuse, elder abuse, medical emergencies, threats of violence, or danger to self, as dictated by state and federal laws
B. Ways to handle service disruptions and alternative ways to contact the provider
C. Strategies for addressing miscommunication or misunderstanding

D. Expectations for response to postings, emails, telephone calls, or text messages

The Digital Divide and Healthcare Disparities

16. Variables that influence access and engagement in technology-assisted services include:

A. Rural versus urban locations, socioeconomic status, and demographic characteristics such as age
B. Lack of ability to engage in TAC readily due to challenges with technological literacy, health literacy, or reading literacy
C. Technology-based tools and interventions may not be accessible to or perceived as useful by various groups if they don't address individuals' needs in a culturally responsive manner
D. All of the above

Electronic Health Records

17. Electronic health records (EHRs) are utilized as part of a larger effort to promote meaningful use of health information technology by improving recordkeeping, outcomes reporting, patient transitions across providers, and quality of patient care.

A. True
B. False

18. The FDA currently requires all technology-based self-help programs to be coordinated with healthcare professionals, although this requirement is being re-evaluated to see which tools may be helpful as stand-alone, wholly self-directed interventions.

A. True
B. False