



Technological and Digital Interventions for Mental Health and Wellbeing: Useful, Usable, and Safe?

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Message from the Guest Editor

Dear Colleagues,

New digital tools and technologies are being continuously developed and integrated into society and clinical care. The advantages of digital health interventions include their accessibility, scalability, cost-effectiveness, and high treatment fidelity. The use of digital technologies can serve multiple functions in DHIs, including the facilitation of health communication, psychoeducation, screening, diagnosis and digital phenotyping, symptom management, collection of digital patient-reported outcomes, behaviour change monitoring, self-help content delivery, therapeutic treatment, prevention relapse, and many others. Previous research has highlighted the importance of understanding individuals' motivations and approaches towards DHIs, as these can shape users' engagement with the intervention, as well as the importance of addressing the impact of social context on the acceptability of digital interventions.

We are especially interested in the ways in which social sciences approaches, knowledge, or methods can explore the advantages and disadvantages of technological and digital interventions for mental health and wellbeing.





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