

# Applying technological advances in behavioral researches

Digital psychological interventions have the potential to scale up treatment delivery for populations suffering from mental health problems around the globe. However, there are also significant challenges associated with these innovations. For instance, how can we make digital interventions even more personally relevant for the individual? How can we combine psychological theory and technological innovations to intervene early and thus prevent subsequent psychopathology? These are some of the topics highlighted in this special issue of *mHealth* on the topic “Applying technological advances in behavioural researches”.

Torous *et al.* provides a selective review of digital tools for depressive symptoms and have incorporated an interesting discussion how we can use technology to help patients reach personally meaningful goals. Rikardsson *et al.* report data from a pilot feasibility study where the authors have collaboratively worked with pain patients to develop a novel streamlined online intervention [internet-based acceptance and commitment therapy (iACT)]. Results indicated high degree of treatment uptake and positive effects on life values. These two studies highlight the importance of further personalizing and refining digital interventions.

Digital psychological interventions have the potential to reach individuals at high risk of developing subsequent mental health problems. Rus-Calafel and Schneider makes an extensive literature review summarizing the supply and current evidence-base of digital interventions for individuals in the prodromal state period of psychosis. Wahlund *et al.* report data from a multiple baseline feasibility trial investigating an early-life intervention (teenagers) targeting excessive worry. Kessler *et al.* report user experience data from a novel app “Mobilum” aimed to assess and intervene on intrusive memories which could be used in the immediate aftermath of trauma.

There is still room for improvement of current digital interventions. The current issue highlights this ambition and paves the way for new innovative ideas.

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Erik Andersson

**Erik Andersson, PhD, clinical psychologist**

*Division of Psychology, Department of Clinical Neuroscience, Karolinska Institute, Stockholm, Sweden.*

*(Email: Erik.M.Andersson@ki.se)*

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