



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



BRAIN HEALTH for all, for life.

COMPUTER-ASSISTED CBT (CCBT) UTILITY & INTEGRATION

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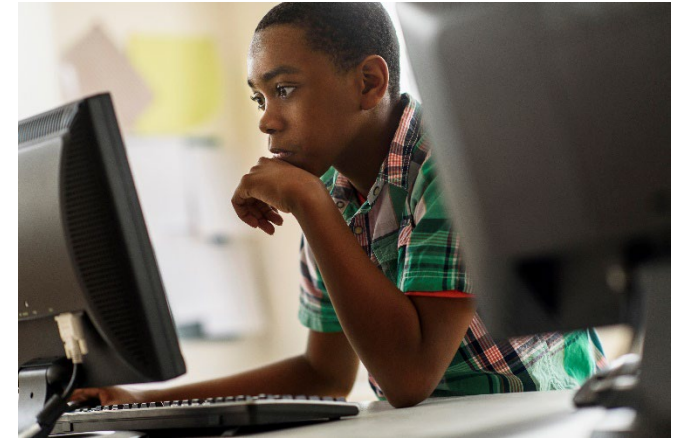
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What is Computer-Assisted CBT?

Usually Includes 2 Components

- Computer-based psychoeducational content (usually interactive); e.g., 9 modules
- Some type of live support
- May be synchronous (e.g. live meetings, phone or telehealth) or asynchronous (text message)
- Wide variation in format and focus of live support component





Evidence-Base

- With evidence for equal effectiveness to traditional CBT in treating anxiety and depression
- Self-paced is effective – Supportive is better

Meta-Analysis > J Med Internet Res. 2020 Aug 31;22(8):e18100. doi: 10.2196/18100.

Effects of Internet-Based Cognitive Behavioral Therapy in Routine Care for Adults in Treatment for Depression and Anxiety: Systematic Review and Meta-Analysis

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Abstract

Background: Although there is evidence for the efficacy of internet-based cognitive behavioral therapy (iCBT), the generalizability of results to routine care is limited.

Objective: This study systematically reviews effectiveness studies of guided iCBT interventions for the treatment of depression or anxiety.

Methods: The acceptability (uptake, participants' characteristics, adherence, and satisfaction), effectiveness, and negative effects (deterioration) of nonrandomized pre-post designs conducted under routine care conditions were synthesized using systematic review and meta-analytic approaches.

Results: A total of 19 studies including 30 groups were included in the analysis. Despite high heterogeneity, individual effect sizes of investigated studies indicate clinically relevant changes, with effect sizes ranging from Hedges' $g=0.42-1.88$, with a pooled effect of 1.78 for depression and 0.94 for anxiety studies. Uptake, participants' characteristics, adherence, and satisfaction indicate a moderate to high acceptability of the interventions. The average deterioration across studies was 2.9%.

Conclusions: This study provides evidence supporting the acceptability and effectiveness of guided iCBT for the treatment of depression and anxiety in routine care. Given the high heterogeneity between interventions and contexts, health care providers should select interventions that have been proven in randomized controlled clinical trials. The successful application of iCBT may be an effective way of increasing health care in multiple contexts.

Johnson Depression Center Pilot Program

- Access to online platform teaching CBT skills
- 30 min telehealth visits with clinician
- Application is promising for some patients
- JDC patients – expanding to different patient populations
- Moderate patient satisfaction



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Tips

- Planning process
 - Allow ample time for selecting vendors and negotiating agreements
- Vendor selection
 - Evidence base
 - IT support
 - Cost
 - Engagement of interface
 - Available as App and/or optimized for smartphones?
- Staff training:
 - Invest in staff training about how to explain the program to patients



Considerations for Integration

- Who provides support and how?
- Triage process to identify those most likely to engage and benefit
- Payment models for online component vs support component
- Accessibility – languages, device & internet access
- Patient expectations – specialty clinic vs. primary care vs. workplace

