DIGITALISATION IN MENTAL HEALTH & CARE
- A World Perspective -

Bangkok, Thailand
3 August 2022

Course Directors:
Prof. Dr. Wolfgang Gaebel (Düsseldorf, Germany)
Prof. Dr. Peter Falkai (Munich, Germany)

Faculty:
Dr. Davor Mucic (Budapest, Hungary)
Dr. Dutsadee Juengsiragulwit (Bangkok, Thailand)
Prof. Dr. Norman Sartorius (Geneva, Switzerland)
Prof. Dr. Rajiv Tandon (Kalamazoo, MI, USA)

Course Description

This live course – organized by the WPA Action Plan Work Group on Digitalisation in Mental Health and Care -, will provide an overview of the key principles of digitalisation in mental health and care, covering the spectrum of digital (mental) health technologies (DMHT), programs and use cases. The course is highly relevant to learn how to extend through digital means the field of mental health to all those in need for improved availability, accessibility and equitability of evidence-based treatment and care.

Broadened implementation of digitalisation needs improved literacy - affording more awareness building for the public in general, patients in particular, but also education and training for professionals of the (mental) health workforce – to overcoming barriers and using facilitators. This includes digital adaptation to specific needs, such as mental health promotion, illness prevention, classification and diagnostic management of

mental disorders, treatment and care in different phases of illness manifestation over the lifetime. Not the least, research into the efficacy, cost-effectiveness and safety of D(M)HT including innovative research approaches and their results do play an important role for acceptance, regulation and implementation. Policies and regulations for e-Mental Health need policy guidance - together with the ambition of policymakers and stakeholders – to strategically plan and invest into the transformation of the mental health systems for better quality and human-rights based health service.

Specific questions and answers, arising from ethical and data security issues, the relationship of mental health issues with stigma and discrimination, and the distribution and health care integration of digitalisation across countries and different world regions will also be covered in this course, exemplified by the mental health system and its digitalisation in Thailand.

The course is open to fully qualified specialists in psychiatry, those in their early career, psychologists, as well as other qualified members of the mental health workforce.

The course faculty are renowned global experts in the field who will discuss in a final roundtable session the need and options for a worldwide digitally supported transformation of the mental health and care systems.

Course Session

Wednesday, 3 August 2022, 08:30am-12:30pm ICT (Thailand Time)

Course Programme

(20min presentation + 10 min Discussion)

08:30 - 09:00
Introduction
Wolfgang Gaebel, Germany

09:00 - 09:30
The spectrum of digital (mental) health technologies (DMHT), programs and use cases
Davor Mucic, Hungary/Denmark

09:30 - 10:00
Digitalisation and the stigma of mental health and care
Norman Sartorius, Switzerland

10:00 - 10:30 BREAK

10:30 - 11:00
Digitalisation and psychiatric classification
Rajiv Tandon, USA

11:00 - 11:30
A country example: Thailand
Dusadee Juengsiragulwit, Thailand

11:30 - 12:30
Roundtable Discussion:
The Worldwide Digital Transformation of Mental Health & Care
Moderator: Peter Falkai, Germany

Methods and materials
Presentations, PP slides, interactive discussions, roundtable discussion, recommended readings.

Educational intentions

After the course the participants will be able to …

… describe the major DHT and approaches for digitalization of mental health and care with their pros and cons;

… be prepared to recommend the right approach for the right use in their daily clinical practice;

… understand and support the implementation of ICD-11 among psychiatric services and by members of national psychiatric associations.

Prerequisite knowledge

Participants should be familiar with mental disorders and classification, preferentially ICD-10/11 or DSM-5, psychiatric and psychological treatment options and care, and should be interested in the integration of digital tools and programs. They should be either fully specialized or early career psychiatrists, clinical psychologists or psychological psychotherapists with professional experience in different mental healthcare settings.

List of recommended readings

Mucic , Hilty DM (eds) e-Mental Health. Springer, 2016 DOI 10.1007/978-3-319-20852-7

Yellowlees P, Shore JH (eds) Telepsychiatry and health Technologies. A Guide for Mental Health Professionals.
American Psychiatric Association Publishing, 2018. ISBN 9781615370856

Torous J, Bucci S, Bell IH, et al. The growing field of digital psychiatry: current evidence and the future of apps, social media, chatbots, and virtual reality. World Psychiatry 2021;20:318-335 DOI:10.1002/wps.20883

Bhugra D, Tasman A, Pathare S, et al. The WPA-Lancet Psychiatry Commission on the Future of Psychiatry. Lancet Psychiatry 2017;4:775-818

Gaebel W, Trost N, Diekmann S, et al. Transnational Policy for e-Mental Health: A guidance document for European policymakers and stakeholders.

Interreg North-West Europe, 2020.
https://www.nweurope.eu/projects/project-search/e-mental-health-innovation-and-transnational-implementation-platform-north-west-europe-emen/news-blogs/transnational-policy-for-e-mental-health-a-guidance-document-for-european-policymakers-and-stakeholders/

Stuart, H. and Sartorius, N. (2022) Paradigms lost, paradigms found
Oxford University Press, New York, London