

Components of digital mental health



1. Technology:

- Artificial intelligence (AI)
- Internet and the internet of things
- Mobile phones
- New technologies (e.g., extended reality)

2. Applications:

- Apps
- Biometrics, facial and gesture recognition
- Brain-monitoring headsets (EEG)
- Consumer wearables
- Digital phenotyping
- GPS trackers
- Intelligent agents
- Text, speech, image and video analytics

3. Big data

4. Use in mental healthcare:

- AI-assisted virtual counseling
- AI chat bots, robot therapists
- Diagnostic and predictive agents
- Online CBT and other therapies
- Online communities
- Online mood and symptom assessments
- Personal health trackers
- Self-care apps
- Virtual counseling
- Web-based training