

psy

by Psy Psy

Submission date: 31-Oct-2020 06:31AM (UTC+0300)

Submission ID: 1431914165

File name: Psychopathology_Paper.docx (19.97K)

Word count: 959

Character count: 5477

Article Review

Name

Institution of Affiliation

Professor

Date

Article Review

Summary of the Article

The title of the article is “¹Counseling With Guided Use of a Mobile Well-Being App for Students Experiencing Anxiety or Depression: Clinical Outcomes of a Feasibility Trial Embedded in a Student Counseling Service.”

The article discusses how depression and anxiety are a big problem among the student population. Depression and anxiety give students immense experiences as they approach counselling services at various universities. Departments that offer these services struggle with myriads of challenges as they struggle to provide the services to growing university populations at affordable costs. However, the availability of mobile phones apps provide an efficient and convenient platform to provide innovative solutions to therapeutic problems and an increase in the reach of traditional counselling and services.

The authors of this article intended ¹to establish the how feasible a trial which involves the use of a guided mobile phone app for counselling can be used at a students’ counselling department as an alternative for face-to-face counselling.

The methods employed by the researchers involved the use of a two-arm yet nonrandomized and parallel design to compare counselling services offering treatment as usual and those counselling services coupled with a supplementary guided mobile phone well-being app. The study involved thirty-eight university students with moderate levels of anxiety and depression (Broglia et al., 2019). The students in both the anxiety and depression categories took part in six sessions of face-to-face counselling in three months period.

Other students, who went to the student counselling department reporting anxiety and depression, were also integrated into the trials. The treatment preference of the students, the

recruitment duration, the intervention fidelity and the randomization accessibility were among the feasibility factors evaluated in the trial. Routine clinical outcome evaluator measures were used to assess clinical outcomes and any clinical changes. These evaluator procedures were carried out during every session of counselling and later in two follow up phases at three and six months, respectively.

The findings of the study were that both groups showed reduced levels of severity of depression and anxiety at the end of counselling therapy. For depression, hostility and social anxiety significantly reduced. The clients in this category by the end of the counselling service moved from high clinical depression status to low clinical depression status. Other moved ¹ from low clinical depression status to nonclinical depression status by the end of the counselling intervention. After the six months follow-up period, the eighteen students receiving treatment, as usual, showed some increased levels of anxiety (Broglia et al., 2019). On the contrary, twenty students under the guided mobile app counselling interventions showed low levels of stress and their levels continued to decrease throughout the counselling period.

My Reflection on the Article

In my view integrating technology into counselling makes it more fun and contributes to the healing of the affected people. University students often use their mobile phones, and the phones are the closest companions to these students. The mobile guided counselling services are therefore well suited for students with depression and anxiety because they act as walking counsellors to the students. However, it would have been essential for the authors of this article to have tested the impacts of not completing the scheduled counselling period. The researchers would then have compared the outcomes of failing to complete the counselling therapy for the

students in the usual counselling treatment cohort and those in the mobile app well-being intervention cohort.

Such interventions should, into the future, seek to offer counselling without some guidance. The apps should be suited to depression and anxiety detectors to detect which students have anxiety and depression and immediately begin offering them the desired treatment. This would greatly help treat the students who do not know they are experiencing anxiety and depression, and those who are not comfortable reporting to the students counselling department that they are anxious or depressed.

The authors should also have interrogated how the mobile well-being app works differently from the standard treatment in relieving anxiety. This understanding is essential in informing future technological interventions in the future. The authors should also have documented the impact of the mobile-phone app at one month and three months period into the intervention.

The researchers, in many occasions, sought feedback from the target clients on the use of the well-being app, and this contributed to improvements in the intervention (Broglia et al., 2019). This is key in every feasibility study as it helps the developers customize the client needs into the intervention strategies. The app therapists also walked with the clients in determining the activities that would be beneficial for the clients. This aspect contributed to recovery as the clients also owned the treatment process.

Critical aspects of the app like the monitoring of the student's daily behaviour including alcohol consumption, exercise, mood, sleep, time spent outside and medication use were also important as they influence the healing process. Further, the app therapists included reflective thinking activities, mindfulness programs some lively visuals to the app. The peer-led support

activities offered by online communities and the tracking of short and long term effects of the treatment on the clients are also significant aspects of the app as they ensure comprehensive and wholesome recovery of the clients. As much as the app developers would give the students' time between counselling sessions to respond to their daily prompts on behaviour and mood, the app therapists did not provide accurate measures of determining whether the client's responses were genuine enough.

References

- ² Broglia, E., Millings, A., & Barkham, M. (2019). Counselling with guided use of a mobile well-being app for students experiencing anxiety or depression: clinical outcomes of a feasibility trial embedded in a student counselling service. *JMIR mHealth and uHealth*, 7(8), e14318.

ORIGINALITY REPORT

10%	9%	0%	7%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

PRIMARY SOURCES

1	preprints.jmir.org Internet Source	5%
2	Submitted to University of Hertfordshire Student Paper	4%

Exclude quotes	Off	Exclude matches	Off
Exclude bibliography	Off		