

Health professionals' views on barriers and facilitators to uptake of online psychological therapy

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BACKGROUND: Internationally there is a trend toward development of an increasing range of online therapy programs.^{1,2} However, there is little research on effective processes for implementation in routine clinical care, with most research focussed on the use of online clinics.^{3,2} If online programs are to improve equity of access to treatment of anxiety and depression in cancer, we need to understand how to best structure, promote and disseminate them into health systems. This includes understanding the perceptions of the health professionals (HPs) who act as gatekeepers to online programs.

METHOD: MEDLINE, EMBASE, PsycINFO, CINAHL, and The Cochrane Library were searched. Studies were included if they reported HP views of any online psychological treatment program designed to change psychological symptoms or behaviours associated with a diagnosable mental health condition. Published in English January 1986 – July 2018. (PROSPERO 2018 CRD42018100869)

RESULTS:

Figure 2. Themes emerging from the data

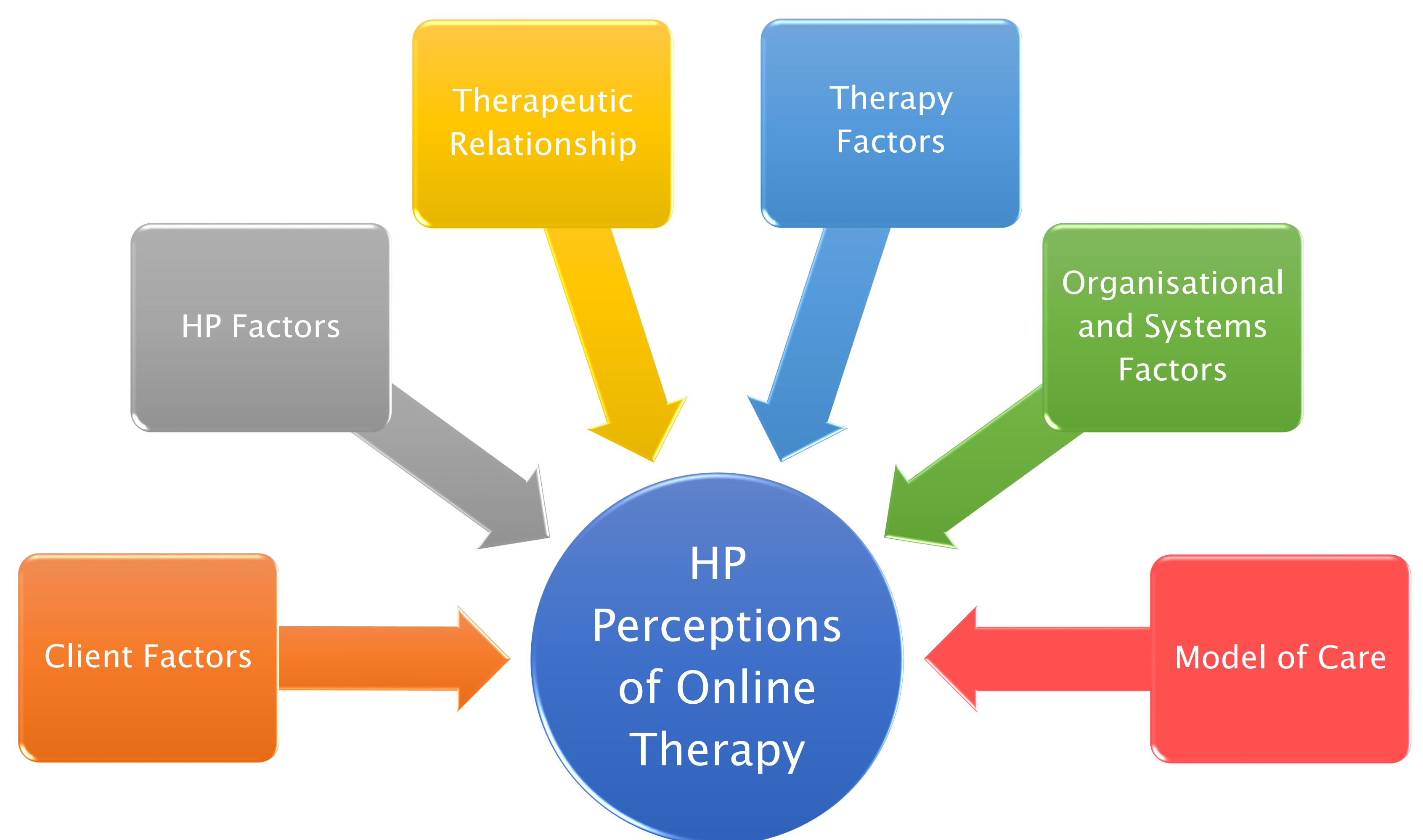
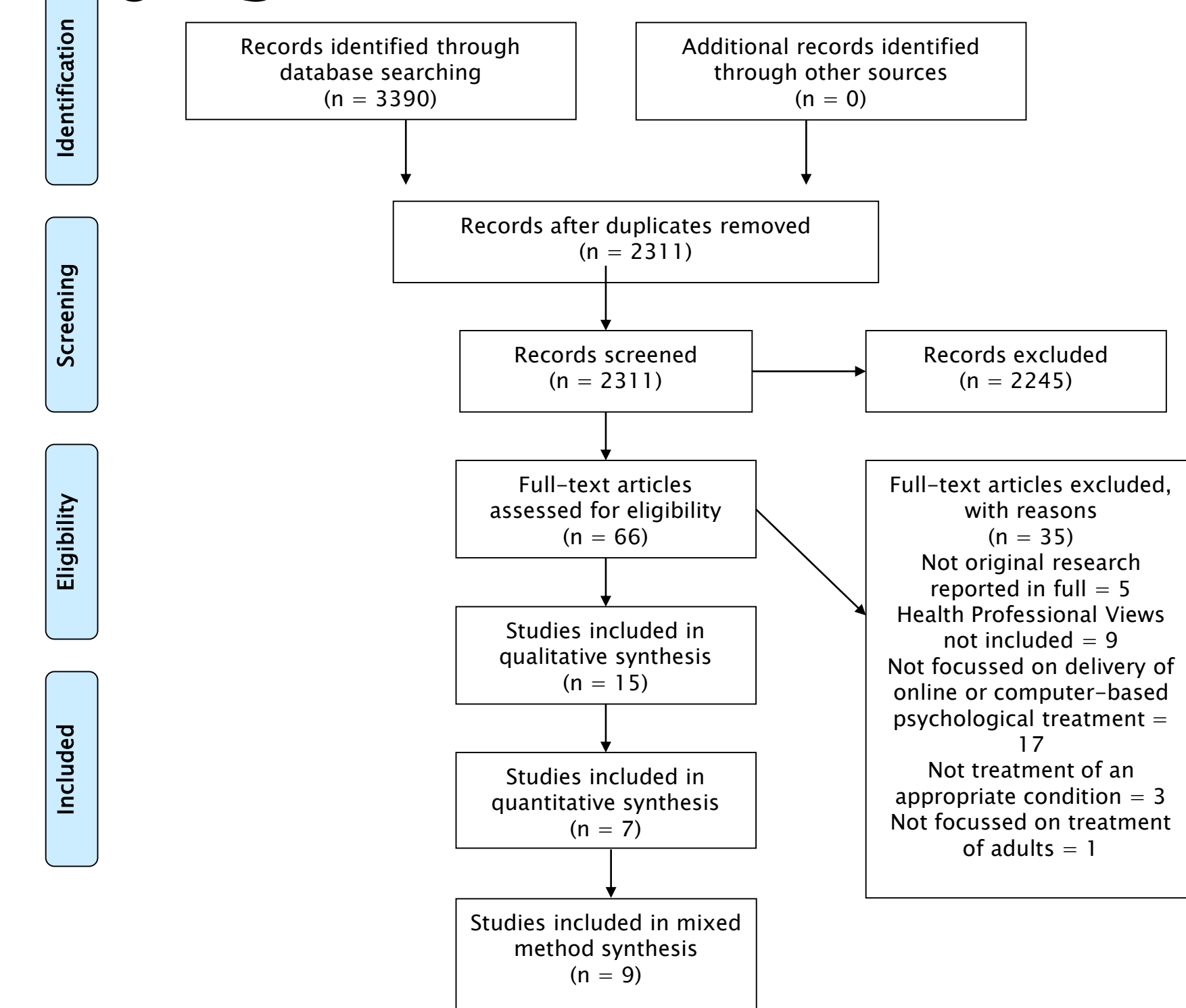
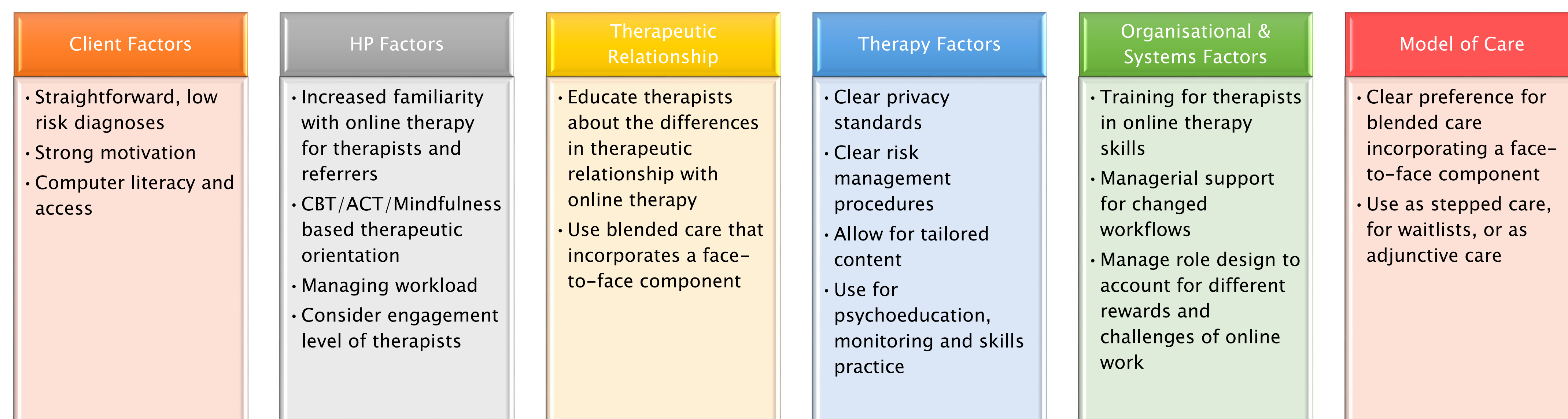


Figure 1. PRISMA Flow Diagram as at August 2019



DISCUSSION:

Figure 3. Facilitating the use of online therapies in cancer care



REFERENCES:

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CONCLUSIONS: HP support is essential for successful implementation of online therapy into routine care. Addressing HP concerns related to effective integration of online therapy into existing clinical practice and addressing training needs of HPs is essential for wider dissemination of this model of care.