Lessons learned from early stages of automated research evaluating mobile application/s for suicide prevention

Dr Bridget Bassilios

12:30-1:30pm  
Thursday 29 October 2015  
Rm 410 Level 4, 207 Bouverie Street, Carlton

Suicide is a major global public health problem. Smartphones and mobile applications are being used increasingly to deliver mental health interventions in general, and more recently, to prevent suicide specifically. However, evidence regarding the efficacy of this novel intervention mode is scarce. This presentation will describe some of the challenges encountered during the preliminary phase of a pilot study investigating the appropriateness and effectiveness of suicide prevention mobile applications (developed by PsychApps International Pty Ltd [http://www.psychappsint.com/] and the feasibility of automated research methods.

Dr Bridget Bassilios is a Research Fellow at the Centre for Mental Health and an independently practising clinical and health psychologist.

Over the past eight years Bridget has worked on a number of evaluations of large-scale mental health programs.

Current projects include: the ongoing evaluation of the Access to Allied Psychological Services component of the Better Outcomes in Mental Health Care program; developing a service model for people who frequently contact Lifeline; a literature review to inform the development of a new suicide prevention plan for Tasmania; and a small pilot study evaluating a suite of three suicide prevention mobile applications.