Chapter 5

EHealth Interventions for People Suffering From Sleep Problems and Depressive Symptoms: Qualitative Findings and Future Research Directions

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ABSTRACT

This chapter highlights qualitative findings from two field studies that focused on supporting people with sleeplessness (Study I) and moderate depression (Study II). Both the studies were designed to examine the prospective impact of reminders and rehearsal on the effectiveness of web-based eHealth interventions. The interventions were incorporated with Acceptance and Commitment Therapy. In this chapter, qualitative findings are reported with an aim to highlight issues that are at times overlooked. Further, the findings are expected to help researchers better understand eHealth interventions for mental health care. Results from the two studies uncover interesting contrasts. While the participants of the Study I (Sleeplessness) generally did not find reminders to be helpful, on the contrary, the participants of study II...
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1. BACKGROUND

A relatively under-studied area in the field of Mental Health Care is identifying the factors that contribute to continuous use of eHealth interventions for mental health care. In order to design and implement effective interventions, it is important to gain a richer insights about users’ perspectives with a special focus on areas such as User-system feedback, Online support, Use of Reminders or prompts, Content of the interventions, Trust and Privacy. Despite bulk of published literature about Internet- and Mobile- based interventions for mental conditions, it appears that there is a lack of transparency as well as unified understanding on the part of system developers as well as researchers (Barak et al. 2009). In recent years, most of the studies in the area of mental health care have focused on areas such as adherence (Kelders et al. 2012), dropouts rates, perceived benefits (Drozd et al. 2012) and persuasiveness of eHealth interventions. Further, the overlap in terminologies as well as imprecise narratives (Langrial et al. 2012) have caused the field to become rather diffused and unnecessarily complex. Yet another issue in the area of mental health care is that there is more focus on technological aspects while designing the interventions and overlooking the significance of incorporating psychological content.

Technological advances have opened new opportunities to develop Internet- and Mobile- based Interventions that can support people suffering from mental conditions including but not limited to depressive symptoms, mild depression, acute depression, hypertension, stress, anxiety, trauma and sleeplessness. Both Internet- and Mobile- based interventions have shown promising results in supporting people with several mental conditions (Mohr et al. 2013). We propose that Internet- and Mobile- based eHealth interventions for psychological betterment is a step farther from more traditional behavior change interventions. Behavior change interventions have been studied and categorized differently; for example, Persuasive Technologies (PT), and Behavior Change Support Systems (BCSSs) (Langrial, 2012). However, we propose that designing an eHealth intervention is perhaps the easier part! The real challenge is to continuously monitor an intervention and make needed improvements by identifying the actual needs of users. In addition, involving users or in some cases
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