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Review

Computer-based treatment for anxiety and depression: is it feasible? Is it effective?

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Abstract

The rise of consumerism, escalating levels of technological change and increasing demand for better dissemination of psychological treatments signal a transformation in the treatment of mental health problems. Soon health care consumers will have a choice as to whether they wish to consult a clinician in his/her rooms in order to receive a diagnosis, treatment and support, or instead to receive these services electronically, or a combination of both. Some of the online services currently available include structured therapy programs, psychological treatment by email, real-time online counselling, professionally assisted chat rooms, self-help groups, health information and educational modules. This paper reviews the use of computer programs in mental health care and, in particular, for the treatment of anxiety and depression. Issues of feasibility, ethics, and effectiveness are discussed and the future of computer-based treatment programs in

mental health is considered.



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Keywords

Anxiety; Depression; Therapy; Computer-aided; Internet; Self-help

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