

"From A to Z of Digital Consultation: How to Use Telepsychiatry, AI, and Other Digital Tools in Daily Practice "

Course Description

Organized by the WPA Digital Mental Health Section, this course offers a comprehensive, evidence-based overview of advancements in digital mental health (DMH), encompassing telepsychiatry, mobile health applications, and artificial intelligence (AI). Participants will gain insight into both the theoretical foundations and practical applications of remote mental health assessment and treatment across supervised, unsupervised, and hybrid care models.

A core component of this course is adherence to the EDIT principles, ensuring that digital mental health solutions are applied in a manner that is equitable, inclusive, and culturally responsive. By integrating telepsychiatry, AI, and other digital innovations, the course promotes:

- Equality, ensuring accessibility across genders, age groups, and ethnic backgrounds;
- Developmental considerations, tailoring digital interventions from childhood through adulthood and beyond;
- Inclusion, addressing the needs of underrepresented populations in mental health care;
- Transcultural awareness, fostering global perspectives and adapting digital tools to diverse socio-cultural contexts.

Ethical considerations, including privacy, confidentiality, and informed consent, will be critically examined throughout the course to align with best practices and regulatory frameworks.

As the adoption of digital mental health solutions expands, it is imperative that clinicians develop a robust understanding of both the opportunities and challenges associated with these technologies. This course will equip participants with theoretical knowledge and practical competencies necessary for delivering high-quality, accessible, and patient-centered mental health care. Additionally, the curriculum will explore the role of digital tools in prevention, early detection, intervention, and the destigmatization of mental health conditions, reinforcing their potential to enhance global mental health outcomes.

Educational intentions / Course outcomes:

After the course the participants will be able to:

- Combine in-person care with care provided using digital technologies
- Assess and deal with privacy and other regulatory challenges
- Access existing competency sets to acquire skills, knowledge and attitudes needed for a successful application of digital technologies into daily practice
- Apply digital technologies in general practice, and in inpatient and outpatient mental health services

Prerequisite knowledge required from participants to attend the course:

Some experience in videoconferencing. Reading the suggested articles.

Teaching methods are both regular and interactive:

1. Poll of needs of the audience.

2. Didactic lectures
3. Discussion of Case-based examples
4. Discussion
5. Questions and answers.

Introduction

- Overview of digital mental health
- Current trends and technologies

Telepsychiatry

Part 1. *Historical review of TP*

- Patients' and professionals' attitudes toward TP
- TP impact on therapeutic relationship
- TP evidence and practice

Part 2.

- **How to set up a standardized Telepsychiatry service** (*equipment, the room, development of a protocol, ethical considerations; specific populations and settings i.e. clinically supervised vs unsupervised settings; primary care settings; in- and outpatient facilities etc*).

- Advantages and disadvantages of home-based and institution-based TP

Part 3.

- **DO's and DONT's related to remote consultations:**
- Pre-session preparation and "framing"
- Legal and regulatory issues: informed consent, privacy, and confidentiality
- Getting started with patients: adjusting personal and professional styles
- During and after the TP session

Artificial Intelligence & Mobile Healthcare

Part 4.

AI based applications and approaches

- What does AI mean in psychiatric terms?
- How can AI be used?
- Stages of AI skills

Digital Interventions

- Intervention and Treatment
- AI-driven early detection
- Use of Wearables and Mobile Apps with or without AI for Monitoring and Long-Term Care

Personalized Treatment Plans

- AI supported CBT & VR therapy
- Effectiveness and outcomes

Part 5.

Ethical Considerations

- Concerns over safety and trustworthiness
- Data security and informed consent

Course director: Davor Mucic

Speakers: Davor Mucic, Donald M. Hilty, Nikos Gkouvas

Short about the speakers: Meet the Experts

A leading force in digital psychiatry, Prof. **Davor Mucic** is the current Chair of the WPA's Digital Mental Health Section and founder of the EPA's Telepsychiatry Section. With over 25 years of experience in the field, he is one of the most experienced and respected digital mental health experts worldwide. He pioneered the world's first international and cross-cultural telepsychiatry services in 2004, both still operational today.

"A highly influential author, he has published extensively on telepsychiatry. He co-edited "*e-Mental Health*" (Springer, 2016) and the latest edition, *Digital Mental Health: The Future is Now*" (Springer, 2025). He also led the WPA's Expert Group on e-Mental Health during the COVID-19 pandemic and is the main author of the WPA Telepsychiatry Global Guidelines. For his contributions, he received WPA Honorary Membership (2020) and defended the EU's and probably world's first doctoral dissertation on telepsychiatry (2022).

Prof. **Don Hilty**, a globally recognized expert in digital mental health, is a featured speaker at this course. He co-edited both editions of "e-Mental Health" and has made significant contributions to telepsychiatry, digital health policy, and education worldwide.

Joining them is **Nikos Gkouvas**, a leading force in the WPA Digital Mental Health Section's AI Interest Group and an expert with a decade of experience, particularly in telepsychiatry. He recently led a highly attended "AI in Mental Health" webinar with over 200 participants.

Don't miss this chance to gain insights from top global experts shaping the future of digital mental health!

Suggested readings:

TELEPSYCHIATRY:

1. WPA Telepsychiatry Global Guidelines, 2021. Available at: https://3ba346de-fde6-473f-b1da-536498661f9c.filesusr.com/ugd/e172f3_19ce700c2a1f484b98efdcaf02c3c6ff.pdf
2. Hilty DM, Chan S, Torous J, et al. A framework for competencies for the use of mobile technologies in psychiatry and medicine. *JMIR Uhealth Mob Health* 2020; 8(2). Available at: <http://mhealth.jmir.org/2020/2/e12229/>.
3. Shore J.H. , Yellowlees P, Caudill, R. et al. Best Practices in Videoconferencing-Based Telemental Health April 2018 . *Telemedicine and e-Health* , Vol. 24, No. 11., 2018. Available at: <https://www.liebertpub.com/doi/full/10.1089/tmj.2018.0237>
4. Mucic D. Transcultural telepsychiatry and its impact on patient satisfaction". *Journal of Telemedicine and Telecare* 2010; 16: 237–242. Available at: <https://davormucic.com/academic-papers/>
5. Mucic D. International Telepsychiatry, patient acceptability study". *Journal of Telemedicine and Telecare*. 14:241-243, 2008. Available at: <https://davormucic.com/academic-papers/>
6. Mucic D. Training in Telepsychiatry. In: Edmond H. Pi, Tan Chay Hoon and Marc H.M. Hermans (Eds). *Mental Health and Illness Worldwide. Education about Mental Health and Illness* , Springer publisher, 2018. Available at:
7. D. Mucic, J. H. Shore, D. M. Hilty, K. Krysta, M. Krzystanek. Lessons Learned or Forgotten? Impacts of COVID-19 on the Future Direction of Global (e-)Mental Health Care. *Current Psychiatry Reports* (2021) 23: 86. Available at:

AI :

1. Lee EE, Torous J, De Choudhury M, Depp CA, Graham SA, Kim HC, Paulus MP, Krystal JH, Jeste DV. Artificial Intelligence for Mental Health Care: Clinical Applications, Barriers, Facilitators, and Artificial Wisdom. *Biol Psychiatry Cogn Neurosci Neuroimaging*. 2021 Sep;6(9):856-864. doi: 10.1016/j.bpsc.2021.02.001. Epub 2021 Feb 8. PMID: 33571718; PMCID: PMC8349367.
2. Harvey PD, Depp CA, Rizzo AA, Strauss GP, Spelber D, Carpenter LL, Kalin NH, Krystal JH, McDonald WM, Nemeroff CB, Rodriguez CI, Widge AS, Torous J. Technology and Mental Health: State of the Art for Assessment and Treatment. *Am J Psychiatry*. 2022 Dec 1;179(12):897-914. doi: 10.1176/appi.ajp.21121254. Epub 2022 Oct 6. PMID: 36200275.
3. Breitinger S, Gardea-Resendez M, Langholm C, Xiong A, Laivell J, Stoppel C, Harper L, Volety R, Walker A, D'Mello R, Byun AJS, Zandi P, Goes FS, Frye M, Torous J. Digital Phenotyping for Mood Disorders: Methodology-Oriented Pilot Feasibility Study. *J Med Internet Res*. 2023 Dec 29;25:e47006. doi: 10.2196/47006. PMID: 38157233; PMCID: PMC10787337.
4. Romanowicz M, Croarkin KS, Elmaghraby R, Skime M, Croarkin PE, Vande Voort JL, Shekunov J, Athreya AP. Machine Learning Identifies Smartwatch-Based Physiological Biomarker for Predicting Disruptive Behavior in Children: A Feasibility Study. *J Child Adolesc Psychopharmacol*. 2023 Nov;33(9):387-392. doi: 10.1089/cap.2023.0038. PMID: 37966360; PMCID: PMC10698791.

5. Dellazizzo L, Potvin S, Luigi M, Dumais A. Evidence on Virtual Reality-Based Therapies for Psychiatric Disorders: Meta-Review of Meta-Analyses. *J Med Internet Res*. 2020 Aug 19;22(8):e20889. doi: 10.2196/20889. PMID: 32812889; PMCID: PMC7468638.
6. Schueller SM, Wasil AR, Bunyi J, DeRubeis RJ, Weisz JR. Mental Health Apps for Children and Adolescents: A Clinician-Friendly Review. *J Am Acad Child Adolesc Psychiatry*. 2023 Dec 18:S0890-8567(23)02251-7. doi: 10.1016/j.jaac.2023.07.1004. Epub ahead of print. PMID: 38123125.
7. Meyer A, Wisniewski H, Torous J. Coaching to Support Mental Health Apps: Exploratory Narrative Review. *JMIR Hum Factors*. 2022 Mar 8;9(1):e28301. doi: 10.2196/28301. PMID: 35258468; PMCID: PMC8941429.