

Using Telehealth to Implement Cognitive-Behavioral Therapy

Psychiatric Services

Summary

AbleTo's quality-assured evidence-based virtual behavioral therapy programs are designed to overcome barriers to identification and enrollment into behavioral health care among adults with medical comorbidities or major life events. The AbleTo model identifies individuals at a time of increased risk for psychological comorbidity, and provides outreach to coordinate enrollment into remotely delivered standardized behavioral therapy programs tailored to meet individual's clinical needs. Evaluation of the program demonstrated high participant satisfaction, and significant reductions in depression, anxiety, and stress symptoms during the program period.

Demographics

- 1,482 adults
- Average age: 54 years
- 36% male/ 64% female

Key Outcomes

Clinically meaningful improvements in psychological symptoms over 8-weeks:

- 64% of patients experienced a $\geq 50\%$ reduction in depression symptoms score
- 45% of patients completed the program with $\geq 70\%$ depression symptom score reduction
- Similar improvements in anxiety and stress scores

High participant satisfaction scores

- 98% of participants rated their satisfaction as 6 or higher on a zero to eight point scale

“AbleTo provides targeted and proactive behavioral telehealth programs that demonstrate national reach, high patient satisfaction, and significant reductions in symptoms of depression, anxiety, and stress.”

Full Study

Dent L, Peters, A, Kerr PL, Mochari-Greenberger H, Pande RL. Using Telehealth to Implement Cognitive-Behavioral Therapy. *Psychiatric Services*. 2018. 69(4):370-373.

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