

final ranking	Question ID	Workshop ID	Question
1	5.5.5	M	What are the benefits and risks of delivering mental health care through technology instead of face-to-face and what impact does the removal of face-to-face human interaction have?
2	6.1.6	H	How do certain mental health conditions (e.g. depression) affect how people engage with technology?
3	4.2.6	J	How can treatment outcomes be maximised by combining existing treatment options (medication, psychological therapies etc) with digital mental health interventions?
4	6.1.1	L	At what point in the care pathway (e.g. crisis intervention, prevention, engagement, treatment, maintenance, recovery) are digital interventions most safe and effective?
5	4.13.7	F	How should apps for mental health be evaluated and endorsed?
6	4.4.4	Z	What impacts will the adoption of digital technology in mental health services have on capacity, access to services, waiting times and preferred appointment times?
7	6.1.2	T	Are therapies (e.g. CBT) delivered via digital technology as effective as those delivered face-to-face?
8	4.1.7	W	Can the common elements of therapy (e.g. empathy, gestures, non-verbal cues) that come from person-to-person interactions be maintained with digital technology interventions?
9	1.3.6	O	Do digital health interventions increase reach and access to groups and people less well served by traditional mental health services (e.g. Black and ethnic minorities, men with depression, people in rural areas etc)?
10	5.5.1	X	How can social media be used more effectively to bring people with mental health problems together and help them connect e.g. in their communities, rather than isolating them in their homes?
11	2.11.3	K	In what ways can digital technologies effectively support or supplement the delivery of psychological therapies to prevent relapse in people with mental health conditions?
12	2.4.1	C	Are digital technologies (e.g. apps, telephone support, text messaging, online services) effective in preventing crises from getting worse for people with mental health problems?
13	5.5.2	R	Does digital technology help or hinder the goal of social inclusion, and in particular address social isolation / loneliness among people with mental health problems?
14	4.1.2	P	How do people with mental health problems experience digital online and mobile self-guided interventions, such as computerised CBT, where there is little or no contact with a trained therapist?
15	5.11.5	Y	How can duty of care be upheld when using digital technologies for mental health?

16	4.1.8	E	How well can digital technology (without human support) replace the human aspects of therapy e.g. the therapeutic relationship that develops between two people?
17	1.11.2	G	What is the evidence that digital interventions increase access to underserved populations and don't exclude groups with mental health problems on the basis of income level, age or confidence using digital technology?
18	2.6.1	N	What digital technologies are effective at preventing mental health crises (e.g. for with children and young people) through stepping-in early?
19	4.18.2	A	How effective are online forums (e.g. personal support groups) as compared to face-to-face delivered support for people with mental health conditions (e.g. those who self-harm, borderline personality disorder)?
20	4.13.9	S	What are the potentially harmful effects of apps designed for supporting mental health and how should these harms be routinely assessed?
21	5.1.16	V	Does using social media worsen mental health problems in children and young people?
22	6.1.3	Q	How effective, safe and reliable are mobile apps (offering, for example, mindfulness, CBT, mood-tracking and monitoring) for common mental health problems (e.g. suicide and self-harm, depression, anxiety)?
23	2.23.5	B	How can digital technology be integrated alongside standard care from health professionals to help improve outcomes for common mental health conditions such as depression?
24	4.28.10	U	Does the use of computerised therapies for mental health conditions increase feelings of isolation?
25	4.28.8	D	Are psychological therapies delivered using video conferencing (such as Skype on an iPad) as good as face-to-face therapy?
26	2.45.1	I	How can digital technologies be used to help connect older people with mental health conditions (e.g. anxiety, depression, cognitive impairment) who are in isolation or at risk of becoming isolated?

Question ID	Summarised/indicative question
1.11.1	How well do current digital mental health interventions meet the needs of people from different cultural backgrounds?
1.11.5	What are the barriers (e.g. physical and cognitive impairments) that may prevent older people using digital technologies for their mental health (as patients and as carers to younger people)?
1.11.6	What types of digital interventions are most helpful to carers of older people with mental health problems?
1.8.10	What are the skills/ expertise that professionals need to safely and effectively implement digital interventions (including videogames) in mental health care?
1.8.7	Does improved digital literacy in health and social care staff result in greater uptake of digital mental health interventions and improved outcomes in their client groups?
2.10.2	Can remote digital monitoring (e.g. apps, wearables) of mental and physical health help motivate service users and carers to work towards treatment or recovery goals?
2.11.1	How effective are digital technologies (e.g. apps and wearables) in predicting and preventing relapse in people with serious mental health conditions (e.g. schizophrenia, bipolar disorder)?
2.11.2	When people are acutely ill, how effective are digital monitoring apps in detecting deterioration at their mental health condition?
2.11.3	In what ways can digital technologies effectively support or supplement the delivery of psychological therapies to prevent relapse in people with mental health conditions?
2.12.1	What is the acceptability, effectiveness and safety of apps designed to help identify and support people at risk of suicide?
2.12.2	How effective are digital technologies (e.g. text message support or machine learning/artificial intelligence) in preventing suicide?
2.15.3	If digital interventions for mental health show that NHS costs can be reduced, will this increase access to non-digital services and decrease waiting times?
2.17.1	What digital technologies are effective at helping people with mental health conditions to identify and manage anger and aggression?
2.18.1	Are apps targeting anxiety and depression accessible, quick and effective at improving outcomes in people with mild symptoms or first episode of a mental health problem?
2.18.2	How effective is artificial intelligence (AI)/'chatbot' technology in providing support for people with anxiety and depression and in reducing symptoms?
2.18.3	How effective are digital media (e.g. music, images, white noise) in managing acute anxiety symptoms in adults and young people?
2.18.6	What are the negative effects of using digital technology (e.g. internet CBT, mobile apps, virtual reality) when used to treat common mental health conditions (e.g. anxiety and depression)?
2.19.1	Are computer-based and digital interventions for people with autistic spectrum disorder (ASD) effective at improving social skills and what are the risks?
2.2.3	For people at risk of mental health problems, how clinical- and cost-effective are online assessment/self-monitoring apps in encouraging people to seek help or support?
2.20.1	Would apps and monitored online forums for borderline personality disorder be more cost-effective and have greater user-acceptability than interventions delivered in person?
2.21.1	Is virtual reality (VR) acceptable and effective for treating people with common mental health conditions (e.g. anxiety, phobias, depression, obsessive-compulsive disorder, eating disorders or self-harm)?

2.23.4	Are digital technologies effective at screening, detecting and diagnosing depression in adults and children?
2.24.3	What are the risks and benefits of using social media-based interventions for people with eating disorders?
2.23.5	How can digital technology be integrated alongside standard care from health professionals to help improve outcomes for common mental health conditions such as depression?
2.23.6	What stops people from using self-monitoring apps and wearable technology designed to detect any changes in mood, symptoms or behaviour?
2.23.7	What is the evidence of effectiveness for online courses providing education on self-management for people with bipolar disorder?
2.23.8	What is the clinical and cost effectiveness of internet cognitive behavioural therapy (iCBT) compared to face-to-face CBT in the long-term management of people with bipolar disorder?
2.23.9	What is the effectiveness of digital therapies (e.g. computerised cognitive behavioural therapy) versus standard care for adults and young people with depression in primary care on social and family outcomes?
2.24.2	What is the clinical and cost effectiveness of online-delivered individual eating-disorder-focused cognitive behavioural therapy (CBT-ED) with guided self-help and group CBT-ED for adults and children with binge eating disorder?
2.25.1	How acceptable and effective are digital online self-assessments for women at risk of depression after pregnancy at identifying when support is needed?
2.25.2	How effective are digital technologies in promoting the engagement of fathers during and after pregnancy with the aim of improving the mental health of the whole family?
2.26.1	Which digital technologies are most effective for the treatment of Post-Traumatic Stress Disorder (PTSD)?
2.27.1	What are the risks and benefits of digital technology interventions (e.g. videogames, virtual reality and avatar therapy) for people experiencing hallucinations (e.g. auditory and visual) as a result of psychosis?
2.28.1	Does using technology (e.g. communication aids) to access mental health support for people with communication disabilities (including selective mutism) help to reduce the mental distress caused by being unable to communicate?
2.29.1	How effective are online support groups (including social media) compared with face-to-face support groups at improving outcomes for people who self-harm?
2.30.2	What is the clinical- and cost-effectiveness of digital interventions (delivered alone or in combination with standard care) compared with standard care alone for young people and adults with coexisting severe mental illness and substance misuse?
2.31.1	Do apps and mobile digital interventions for people with anxiety and depression improve or worsen sleep problems?
2.33.1	How effective are digital technologies for people with mental health conditions and other needs (e.g. substance use, homelessness, contact with the criminal justice system) in enabling them to receive personalised care, improve outcomes and reduce deaths?
2.35.1	Can online technology (e.g. online peer support groups) be used by child and adolescent mental health services (CAMHS) to help provide support to carers and young people (e.g. with anxiety, depression) in the community?
2.35.4	What is the effectiveness of digital technologies that provide mental health support to younger people in education during exams?
2.39.2	How can digital technologies (e.g. mobile apps) support forensic psychiatry service users in their treatment and recovery (e.g. in preparation for discharge to the community), to enhance social integration and increase employability skills?
2.4.1	Are digital technologies (e.g. apps, telephone support, text messaging, online services) effective in preventing crises from getting worse for people with mental health problems?

2.40.1	How accessible, acceptable and effective are digital technologies (e.g. wearables and mobile devices) in promoting self-care in mental health hospitals, for example, monitoring mental and physical health, learning about conditions and managing symptoms?
2.43.2	How can services use digital technology to promote support for carers and families of people with mental health problems?
2.43.4	What are the key issues around digital information sharing between a carer and the person they care for?
2.44.1	Does tailoring digital technology to different age groups of people who self-harm (e.g. young people, middle-aged people) provide more effective and user-friendly support?
2.45.1	How can digital technologies be used to help connect older people with mental health conditions (e.g. anxiety, depression, cognitive impairment) who are in isolation or at risk of becoming isolated?
2.46.1	What are the most effective online education and training resources for parents of children with attention deficit hyperactivity disorder (ADHD)?
2.46.2	Are digital technologies effective in monitoring parent interaction with their baby and gauging whether attachment is taking place?
2.47.4	How can digital technology (for example, computer games, apps) promote self-awareness, well-being and aid resilience for children and young people?
2.47.5	Does the use of digital communication methods (e.g. Skype, social media, text messaging) in mental healthcare improve access to mental health support for children and young people?
2.6.1	What digital technologies are effective at preventing mental health crises (e.g. for with children and young people) through stepping-in early?
2.7.2	What digital technologies are effective for clinicians to aid delivery of mental health education (e.g. relating to trauma) to service users?
2.8.1	Are mobile apps able to offer effective support to promote wellbeing for people with mental health conditions after discharge from hospital?
2.9.1	How effective are mobile and online applications at providing mental health guidance and support when self-managing medication?
2.9.3	Are physical and mental health-monitoring apps effective at helping people to develop organisational and day-to-day life skills managing their mental health condition (e.g. bipolar disorder or ADHD)?
2.47.7	For children and young people, is obtaining a psychiatric history through using a thorough, validated online instrument (e.g. the DAWBA) as good, better or worse than using a conventional initial clinical assessment?
3.11.1	In what ways can digital technology interventions help to reduce perceived levels of stigma in people with mental health conditions (e.g. borderline personality disorder)?
3.6.1	Do people consider virtual assistants and 'chatbots' which use artificial intelligence (AI) and machine learning technology trustworthy and reliable?
3.1.3	Does the provision of digital technologies for mental health services reduce access to traditional (e.g. face to face) forms of treatment?
3.5.4	What are the requirements of people who use digital technology for mental health in relation to safety, security, privacy and data sharing?
3.8.3	For people who distrust digital technology, would accessible and understandable privacy policies for digital interventions ease that distrust?
4.1.2	How do people with mental health problems experience digital online and mobile self-guided interventions, such as computerised CBT, where there is little or no contact with a trained therapist?
4.1.6	How reliable and safe are automated decisions by computers compared to human judgements in mental health care?
4.1.7	Can the common elements of therapy (e.g. empathy, gestures, non-verbal cues) that come from person-to-person interactions be maintained with digital technology interventions?

4.1.8	How well can digital technology (without human support) replace the human aspects of therapy e.g. the therapeutic relationship that develops between two people?
4.13.6	How effective are mindfulness apps for depression?
4.13.7	How should apps for mental health be evaluated and endorsed?
4.13.9	What are the potentially harmful effects of apps designed for supporting mental health and how should these harms be routinely assessed?
4.14.1	Are interventions delivered by artificial intelligence (AI) and robots as safe and effective as those delivered in person?
4.14.3	For which mental health conditions is artificial intelligence (AI) most effective in assessment, diagnosis and treatment?
4.15.1	What are the risks (e.g. addiction) and benefits (e.g. personal achievement, therapeutic) of using computer games to help with self-management and treatment (e.g. cognitive behavioural therapy) of mental health conditions?
4.15.2	How effective are computer games targeted for use by children and young people to help educate them about mental health conditions in general, and how to understand and maintain their own mental health?
4.16.1	Would promoting routine use of secure emails within mental health services (e.g. with Community Psychiatric Nurses, primary care/ GPs) to communicate with patients increase or reduce service demands and improve outcomes for mental health service users?
4.18.2	How effective are online forums (e.g. personal support groups) as compared to face-to-face delivered support for people with mental health conditions (e.g. those who self-harm, borderline personality disorder)?
4.20.1	How effective are sensors (e.g. Fitbits and wearable technology) in detecting early warning signs of mental health problems or deterioration and does this result in improved outcomes e.g. relapse prevention?
4.20.2	What is the acceptability to patients of using passive monitoring (e.g. mobile phones and wearables) to alert others to harmful or risky behaviour (e.g. suicidality)?
4.21.3	What are the risks and benefits of using social media to alleviate the symptoms of anxiety in adults and young people?
4.21.4	What is the evidence of benefit of social media (Facebook, Twitter, Instagram) for people with mental health problems?
4.23.3	How effective is text messaging in improving access to mental health crisis services and improving outcomes?
4.24.1	What is the acceptability, clinical- and cost-effectiveness of using videoconferencing (e.g. Skype, VSee, Apple FaceTime) for online therapy (e.g. psychological, counselling, physical and mental health monitoring) compared to face-to-face therapy?
4.24.2	What are the barriers to using videoconferencing software (e.g. Skype, VSee, Apple FaceTime) to deliver individual and group therapy and improve the reach of mental health services?
4.25.2	How acceptable and effective is virtual reality in the treatment of voice hearing and trauma?
4.25.3	Is virtual reality an effective medium for educating health professionals about the lived experiences of people with mental health problems?
4.26.1	What are the benefits and adverse effects of using wearable technologies (e.g. Fitbits) for people with mental health problems (e.g. eating disorders)?
4.26.3	Does monitoring physical health states (e.g. heart rate; sleep patterns) with wearables improve awareness of mental health state and outcomes?
4.27.1	What is the effectiveness of computerised behavioural activation or activity scheduling treatment (e.g. for depression, anxiety, other mental health conditions)?
4.28.10	Does the use of computerised therapies for mental health conditions increase feelings of isolation?
4.28.12	What evidence is there for virtual reality platforms to deliver therapies such as mindfulness and computerised cognitive behavioural therapy?

4.28.14	Is there a role for introducing game-like features in computerised cognitive behavioural therapy?
4.28.8	Are psychological therapies delivered using video conferencing (such as Skype on an iPad) as good as face to face therapy?
4.3.1	What are the healthcare benefits and barriers to the implementation of patient held electronic records?
4.3.2	How can patient held electronic records be used to actively (by inputting manually) and passively (by automatic detection and transfer) collect data from patients which can be shared with clinicians?
4.30.1	What is the evidence for interactive parenting programmes (e.g. online) for treatment or management of attention deficit hyperactivity disorder (ADHD) in children and adolescents?
4.34.1	How effective are therapeutic computer games in increasing resilience to stress in young people?
4.7.4	What are the potential benefits and harms of online peer support for people with mental health problems and how can harms be minimised?
4.7.5	How acceptable, effective and safe are 'virtual buddies' (developed through machine learning/chatbot technology) in providing peer support and mental health advice?
4.23.2	Would the use of text messaging by mental health services to communicate with patients improve access to services and outcomes for people with mental health conditions?
4.2.6	How can treatment outcomes be maximised by combining existing treatment options (medication, psychological therapies etc) with digital mental health interventions?
4.23.1	How effective is text messaging/instant messaging in providing individualised therapy for people with mental health conditions?
4.8.5	How effectively can digital technology help people self-manage their medication, for example, monitor effects, side effects, adjust the dose with the ability to monitor/record impact and access relevant information?
4.9.1	How effective are digital technologies in promoting social integration and reducing symptoms of anxiety and depression in older populations?
4.4.4	What impacts will the adoption of digital technology in mental health services have on capacity, access to services, waiting times and preferred appointment times?
5.1.1	Does using digital technologies for mental health increase anxiety or stress for older people?
5.1.14	How can social media be used in a way that addresses and alleviates anxiety in younger people and minimises the potential risks of online communities?
5.1.16	Does using social media worsen mental health problems in children and young people?
5.1.17	How effective are online interventions at reducing the risk of suicide?
5.1.18	When using online forums/social media for mental health support, what are the risks of people being triggered by other people's posts and how can the risks be minimised?
5.1.19	What are the effects of the violent imagery in computer games on people with post traumatic stress disorder?
5.1.2	Does use of apps/mobile technology worsen symptoms of anxiety, depression or insomnia?
5.1.20	Do wearables, such as Fitbit, increase anxiety and other symptoms for people with eating disorders?
5.1.4	What are the risks of online communities in increasing harmful behaviours associated with eating disorder and suicide and how effectively can these risks be managed/modified?
5.1.5	What are the effects of using computer games as a therapeutic intervention for people with delusions, voice hearing or other altered realities?
5.1.9	What are the benefits and risks of offering anonymity (e.g. not using your real name) when using remote digital communication methods and online peer support forums during mental health treatment?

5.11.6	What are the most effective safeguarding measures when using online peer support forums for mental health?
5.11.8	What are the risks (e.g. confidentiality, triggers to behaviour changes) and benefits of online forums (e.g. support groups) for adults and children with mental health conditions (e.g. eating disorders, self-harm and people at risk of suicide)?
5.4.2	How could digital technologies be used to help manage addiction and dependency?
5.5.1	How can social media be used more effectively to bring people with mental health problems together and help them connect e.g. in their communities, rather than isolating them in the homes?
5.5.2	Does digital technology help or hinder the goal of social inclusion and in particular addressing social isolation / loneliness among people with mental health problems?
5.7.3	Can using online services for Obsessive Compulsive Disorder do more harm than good?
5.4.1	Can using digital technologies for mental health increase the risks of potentially addictive behaviours in relation to the use of technology?
5.5.5	What are the benefits and risks of delivering mental health care through technology instead of face to face and what impact does the removal of face to face human interaction have?
5.7.2	Do health and social care staff need to be assessed as competent in the use of digital interventions for mental health and will this improve safety and outcomes?
5.11.7	What measures are put in place to monitor the safety of people using digital technologies for mental health?
5.11.5	How can duty of care be upheld when using digital technologies for mental health?
6.1.2	Are therapies (e.g. cognitive behavioural therapy) delivered via digital technology as effective as those delivered face-to-face?
6.1.3	How effective, safe and reliable are mobile apps (offering, for example, mindfulness, cognitive behavioural therapy (CBT), mood-tracking and monitoring) for common mental health problems (e.g. suicide and self-harm, depression, anxiety)?
6.1.6	How do certain mental health conditions (e.g. depression) affect how people engage with technology?
6.1.1	At what point in the care pathway (e.g. crisis intervention, prevention, engagement, treatment, maintenance, recovery) are digital interventions most safe and effective?
1.8.9	What types of support and training to older people need to use digital interventions for their mental health?
1.3.6	Do digital health interventions increase reach and access to groups and people less well served by traditional mental health services (e.g. Black and ethnic minorities, men with depression, people in rural areas etc)?
1.10.7	What are the training and digital literacy requirements for people and health and social care staff to engage successfully with digital mental health interventions?
1.11.2	What is the evidence that digital interventions increase access to underserved populations and don't exclude groups with mental health problems on the basis of income level, age or confidence using digital?
2.27.2	What is the clinical- and cost-effectiveness of computerised Cognitive Behavioural Therapy for people with psychosis with respect to reducing symptoms/impairment and preventing relapse?

Suggestion	Category	General issue	Specific issue (order sheet by this column)	MH Condition	Technology type	Treatment modality	Submitted by: Service User	Submitted by: Carer	Submitted by: Practitioner	Indicative question ID	Indicative question (merge cells)	Question Outcome
Are there contingency plans for people using digi tech for power outages and server down time?	Access	Connectivity issues	Signal unreliability						Practitioner		1.1.1	Policy and quality
Have bad signal which keeps coming and goes	Access	Connectivity issues	Signal unreliability					Carer				
How do you deal with slow broadband speeds especially with video eg skype	Access	Connectivity issues	Signal unreliability		Internet, Skype		Service User	Carer	Practitioner			
I welcome any improvement in the security and reliability of audio-visual connections such as Skype and FaceTime. Better broadband is priority and unreliability puts off those who are suffering and needing help	Access	Connectivity issues	Signal unreliability (security)		Internet, Skype		Service User	Carer	Practitioner			
How will be guaranteed safe and constant connections during a therapeutic session?	Access	Connectivity issues	Signal unreliability (security)			Therapy			Practitioner			
How will it reach those people who are not computer literate and have no access to the internet in their home eg older people	Access	Connectivity issues	Rurality/ remoteness		Internet				Practitioner		1.1.2	Information and access
How can digital technology contribute to the reduction of health inequalities in rural/fragile areas or areas of unreliable/unaffordable digital connectivity?	Access	Connectivity issues	Rurality/ remoteness				Service User	Carer				
Not expecting a full broadband system in my lifetime in the village where I reside.	Access	Connectivity issues	Rurality/ remoteness		Internet			Carer				
What about people with no access, or limited access to digital equipment? This can be both in cost and reliability of rural broadband/mobile signal.	Access	Connectivity issues	Rurality/ remoteness		Internet/mobile			Carer				
can this be used without wi fi as many service users in secure environments don't have access to internet.									Practitioner		1.1.3	Information and access
What happens if you do not have an internet connection?	Access	Connectivity issues	Data/ Wi-Fi		Internet		Service User				1.1.4	Information and access
What if someone can't access the internet?	Access	Connectivity issues	Data/ Wi-Fi		Internet			Carer	Practitioner			
Would there be an offline capability for those who cannot access the internet at all times?							Service User					
where do they go on?	Access	Connectivity issues	Data/ Wi-Fi					Carer	Practitioner			
When will we have access to wifi in the community	Access	Connectivity issues	Data/ Wi-Fi		Internet				Practitioner			
Will those without digital devices/ internet access or skills be disadvantaged?	Access	Connectivity issues	Data/ Wi-Fi		Internet			Carer	Practitioner			
I only have limited access to the internet as I can't afford to have broadband or data. I have to rely on wifi in public places.	Access	Connectivity issues	Data/ Wi-Fi		Internet		Service User	Carer				
Some phones don't have enough data	Access	Connectivity issues	Data/ Wi-Fi		Internet		Service User					
How can we make it affordable?	Access	costs	affordability				Service User	Carer	Practitioner			
How do you make it free/cheap to access?	Access	costs	affordability				Service User	Carer	Practitioner			
how will it be managed for the cost implications as apps can cost quite a lot? Some phones don't have enough data	Access	costs	costs as barrier to access				Service User					
If there is training will it be free, low cost or only available to middle/upper class income brackets	Access	costs	costs as barrier to access						Practitioner			
Or people who can't afford the latest tech, let alone learn how to use it?	Access	costs	costs as barrier to access				Service User	Carer				
What if people cannot afford tech equipment or struggle with it?	Access	costs	costs as barrier to access				Service User	Carer	Practitioner			
What if someone doesn't have the money to buy a smart phone / computer etc?	Access	costs	costs as barrier to access		Computer/ mobile		Service User		Practitioner			
Why isn't there enough affordable technology for people with mental health illnesses?	Access	costs	costs as barrier to access				Service User					
Will it ever be affordable to everyone	Access	costs	costs as barrier to access					Carer				
How do people manage the financial implications of owning and using technology? This is especially important for people with mental health problems who have minimal or no income, and for those (for example those with addiction issues) who may be tempted to trade their high specification devices for money	Access	costs	costs as barrier to access	Addiction			Service User	Carer	Practitioner		1.2.2	Information and access
First of all the nature of the question is incorrect and should be related to solutions not problems. There is a profound issue here. It is easy to find problems to address but thinking about what our mental health would look like if it were better is both rare and more difficult. So, first question: if the country's mental health was better how would we know? what are the demographic measures that would tell us that interventions in related to mental health had made a difference and can we use digital technology effectively to measure these? Caveat: only relatively well off people have access to digital technology - how does digital tech access the poor and disadvantaged?	Access	costs	costs as barrier to access						Practitioner			
Free wifi would be a great help as it would make having access to information accessible to all and not just for the people who can afford it.	Access	costs	costs as barrier to access		Internet				Practitioner			
How can people access digital support if they can't afford the technology?	Access	costs	costs as barrier to access				Service User					
How can this be used remotely if people are unable to pay for contracts for internet connection for devices?	Access	costs	costs as barrier to access		Internet		Service User		Practitioner			
Are there considerations - such as rates of success for different illnesses, cost, or ease of access - that would need to be taken into account when recommending a particular treatment/intervention ahead of (or behind) a traditional treatment/intervention?	Access	costs	digital literacy				Service User				1.2.3	Policy and quality
I need technology but I do not understand it and need large format how do I acquire advice and cheap equipment with a low or free contract??	Access	costs	digital literacy				Service User				1.2.4	generic
Some people are on low income. Where is the best source of free digital technology?	Access	costs	digital literacy				Service User		Practitioner		1.2.5	Information and access
are resources accessible across multiple platforms without the need for expensive equipment?	Access	costs	digital literacy				Service User	Carer				
Funding - who will fund the new digital technology	Access	costs	fund the development					Carer	Practitioner			
Will local boroughs have an input or funding available to those who want to expand their work in this area?	Access	costs	funding development						Practitioner			
How realistic will this be? Given the finances in health services are so limited.	Access	costs	funding development/implementation						Practitioner		1.2.6	Information and access
I like Big White Wall as it has guided peer supporters who guarantee to be available 24/7 to respond to your emails but it is expensive how can a responsive service be NHS compliant ie free at the point of delivery??	Access	costs	funding development/implementation		Social media	Peer support	Service User					
What percentage of the mental health research budget will be used in the development of digital technology?	Access	costs	funding development/implementation				Service User					Policy and quality
How do we assess cost-effectiveness in the longer term? For example, if clients don't already own smartphones, is it cost-effective for health services to provide these in certain cases, because the health savings are worth it overall?	Access	costs	funding provision		Smartphone				Practitioner		1.2.7	generic
What about the cost of equipment for people who do not have smartphones, ipads etc / Who is going to pay for these	Access	costs	funding provision		Smartphone/ iPad		Service User	Carer				
Would there be funding to provide individuals with the technology to access these services?	Access	costs	funding provision				Service User	Carer	Practitioner			
Costs?	Access	costs	what are the costs		Internet		Service User				1.2.8	Policy and quality
How much will it cost? Will it be free to access online?	Access	costs	what are the costs		Internet		Service User					
If Apps are used, would there be a cost?	Access	costs	what are the costs		Apps				Practitioner			
If someone with mental health posts something online while they are in a relapse of their condition, can it be removed from the internet after this has been posted? does this incur a cost?	Access	costs	what are the costs		Internet		Service User	Carer	Practitioner			
Is the tech going to help rural people at low cost?	Access	costs	what are the costs				Service User		Practitioner			
What about costs?!!	Access	costs	what are the costs					Carer	Practitioner			
What is the cost?	Access	costs	what are the costs						Practitioner			
Will all these proposed 'techno-aids' be free & easy to access?	Access	costs	what are the costs				Service User					
Will it be free and easy to access?	Access	costs	what are the costs				Service User					
Will people have to pay a lot of money for them?	Access	costs	what are the costs				Service User					
Will people have to pay for this?	Access	costs	what are the costs				Service User		Practitioner			
Will there be fees for service-users?	Access	costs	what are the costs				Service User					
Will it be cheaper/free/less time consuming/more flexible than current mental health support?	Access	costs	what are the costs				Service User					
Will it cost me anything?	Access	costs	what are the costs				Service User					
what are the reasons they do not or can not access?	Access	in general	extent of exclusion				Service User	Carer				
Why is DT in MH not more readily accessible?	Access	in general	extent of exclusion				Service User		Practitioner			
From 2015 admittedly - around 6m British citizens -12% of the adult population - have never used the internet #wemhns											1.3.1	generic
http://www.wired.co.uk/article/lords-digital-skills-report ...	Access	in general	extent of exclusion		Internet		Service User		Practitioner			
Access to Digital technology - who will this be done, especially for individuals living in their own homes in the community	Access	in general	how to access					Carer	Practitioner		1.3.2	Information and access
Needs to be accessible, but not replace only enhance	Access	in general	how to access						Practitioner			
How can people access them?	Access	in general	how to access				Service User		Practitioner			
How do we ensure that mental health patients have access to digital technology	Access	in general	how to access						Practitioner			
How do you deal with people who haven't got access to online stuff?	Access	in general	how to access		Internet		Service User	Carer				
How easy are they to access?	Access	in general	how to access				Service User					
How to we physically enabled our patients to access advancing technology?	Access	in general	how to access						Practitioner			
How will it reach those people who are not computer literate and have no access to the internet in their home eg older people	Access	in general	how to access		Internet				Practitioner			
How will people access help if they don't have the technology? e.g. app is only available on iOS but they use Android	Access	in general	how to access		App/ smartphone		Service User	Carer				
How will people be able to access the information?	Access	in general	how to access					Carer				
What about people with no access, or limited access to digital equipment? This can be both in cost and reliability of rural broadband/mobile signal.	Access	in general	how to access		Internet/ mobile			Carer				

There is great potential for gaming interventions to be incorporated into mental health care. Much of the existing research evidence focuses on the negative impact that gaming has on mental health, or on gaming addictions. However there is research appearing on specific videogames intended for a therapeutic purpose with a variety of mental health conditions (including anxiety, depression, eating disorders, ASD, ADHD). To complete my masters I am currently carrying out a systematic literature review on the use of video gaming as a therapeutic intervention with children and young people experiencing mental health issues. Further questions I have in this area are: - What are the skills/ expertise that professionals need to safely and effectively implement videogames and other digital technologies in mental health care?	Access	Digital Literacy - clinicians	skills/ training games and video	Anxiety/ depression/ eating disorders/ ASD/ ADHD	Games	Therapy				1.8.10	What are the skills/ expertise that professionals need to safely and effectively implement digital interventions (including videogames) in mental health care?	interim prioritisation	
How can digital technology help people get more involved in their communities to support mental health	Access	Engagement	community							1.10.1	How can DTMH help people engage with MH communities?	Generic	
Why do services for mental health patients speak like children's educational TV broadcasters?	Access	Engagement	design appropriate to capabilities related to healthstate					Service User					
Being able to think and comprehend enough to use when unwell?	Access	Engagement	design appropriate to capabilities related to healthstate							1.10.2	How can we design digital technologies for mental health (DTMH) so that they are appropriate to the range of users and their evolving needs throughout different states of mental health?	generic	
How does mental health affect how we can use technology? I.e. low concentration and ability to process decisions affects some people with depression. My own experience and with for others (personally and professionally) is things can be MUCH too complex in a 'bad' patch (following company's on an app or reading a large paragraph) but not have enough info when less low (my therapist would give me really simple fact sheets, I'd ask for book recommendations or academic info but he insisted on only directing me to single page, very simple fact sheets or videos).	Access	Engagement	design appropriate to capabilities related to healthstate	Depression	Video	Therapy		Service User	Carer				
When either hallucinating and/or delusional and/or clinically depressed individuals may not log on to these programmes how will they be "re-engaged" and helped?	Access	Engagement	design appropriate to capabilities related to healthstate	psychosis; depression				Service User					
How do you make digital tech personal/engaging ?	Access	Engagement	design for pleasure					Service User					
How to make technology interventions fun and accessible as well as effective	Access	Engagement	design for pleasure					Service User	Carer		1.10.3	How can DTMH be designed to provide a positive user experience?	Generic
Will it be fun	Access	Engagement	design for pleasure					Service User					
How could online therapeutic work be made more engaging and more effective?	Access	Engagement	efficacy		Internet						1.10.4	How can DTMH be designed to provide more effective online therapeutic support?	Generic
Why can't we simply switch digital media off- why are we so concerned about what is there about us?	Access	Engagement	overreliance						Carer		1.10.5	Is there a potential problem with overreliance on DTMH?	Generic
Do users keep at it?	Access	Engagement	sustained engagement										
How to make online interventions engaging and facilitate retention?	Access	Engagement	sustained engagement		Internet								
What can be done to encourage user access and continued use?	Access	Engagement	sustained engagement					Service User					
What incentives will participants/users receive for using/participating in an app or programme?	Access	Engagement	sustained engagement / motivation		App			Service User	Carer				
What will motivate me to use it?	Access	Engagement	sustained engagement / motivation					Service User					
How do you maintain motivation and interest in digital options where there is no individual therapist attuning to the needs of the individual?	Access	Engagement	sustained engagement / motivation								1.10.6		
How do you motivate people to use the digital programme when it involves more than one visit?	Access	Engagement	sustained engagement / motivation					Service User					
How will you motivate people to engage with digital technology, it is often such a dull interface.	Access	Engagement	sustained engagement / motivation						Carer				
My motivation is pretty low - it feels like too much of an effort to engage with e-health programs. How can I overcome this?	Access	Engagement	sustained engagement / motivation		e-health			Service User					
How can I keep motivated to use digital technology for mental health problems?	Access	Engagement	sustained engagement /motivation					Service User	Carer				
How can I obtain information and tuition about how to use computers etc. Being in the older age bracket all these terms are operation of OT goes way over my head. Also it would take longer for the information to sink in.	Access	Engagement	information and training needs		Computer			Service User					
Older people and/or those with a diagnosis of a mental health condition may find using technology challenging and/or not have access to it. It may cause additional stress if, and when, issues arise. How will this stress be managed and indeed identified?	Access	Engagement	information and training needs					Service User			1.10.7		
What are the best ways for people to learn more about digital technology should they not have any access to a computer etc	Access	Engagement	information and training needs		Computer			Service User					
Why can't websites give info about apps to help people start?	Access	Engagement	information and training needs		Internet/ apps			Service User					
What makes therapies using new technologies engaging for people with lived experience of MH problems	Access	Engagement	uptake by patients			Therapy					1.10.8	What is it about DTMH that make them appropriate for use by people with lived experience?	Policy and quality
How do you promote engagement with apps for mental health treatments/therapies?	Access	Engagement	uptake by patients		Apps	Therapy		Service User	Carer				
Will patients use it?	Access	Engagement	uptake by patients										
How do we get the services on board? e.g practitioners using apps with service users are often scared of technology themselves therefore how do we improve this.	Access	Engagement	uptake by services and professionals		Apps			Service User					
It's hard to get practitioners to embrace technology when they don't use it themselves and often see it as negative and time consuming AND how do we get them on board in a practical sense e.g how do NHS Trusts with no money buy into them, how do we convince information governance they are safe etc.	Access	Engagement	uptake by services and professionals					Service User			1.10.9		
and how do we encourage clinicians to use them	Access	Engagement	uptake by services and professionals										
Why can't GPs give information on how to access information on the internet and download apps	Access	Engagement	uptake by services and professionals		Apps/ internet			Service User					
What kinds of client might access digital tech for m/h diffs as opposed to face-to-face talking therapy?	Access	Engagement	user types			Therapy		Service User			1.10.10	How can we understand which type of patients might benefit most from use of DTMH?	Generic
(i.e. are resources suitable for BVI [BME??] individuals with mental health problems, is the language used appropriate to all?	Access	Equality of access	culturally appropriate					Service User	Carer		1.11.1	How well do current digital interventions developed in the UK meet the needs of people from different cultural backgrounds?	interim prioritisation
how can the potential for discrimination be avoided?	Access	Equality of access	discrimination					Service User					
Is it discriminatory to have groups for or excluding particular diagnosis?	Access	Equality of access	discrimination										
Will there be a middle class bias in which patients utilise and benefit from tech?	Access	Equality of access	discrimination										
How do we ensure equal access to technology, across age and social conditions?	Access	Equality of access	enabling inclusion					Service User					
How will these people be included	Access	Equality of access	enabling inclusion						Carer				
Would it be accessible to wider audiences?	Access	Equality of access	enabling inclusion					Service User					
Would it be available to everyone	Access	Equality of access	enabling inclusion						Carer				
Hard to reach groups - travellers, illiterate, foreign visitors, gay, transgender, high secure services	Access	Equality of access	enabling inclusion - hard to reach groups					Service User			1.11.2	What is the evidence that digital interventions increase access to underserved populations and don't exclude groups with mental health problems on the basis of income level, age or confidence using digital?	
How will you manage people who are disabled or live on their own? transient people, like students, homeless, gypsies etc.	Access	Equality of access	enabling inclusion - hard to reach groups					Service User					
what about access to digital media for people who have not got any such as people who are homeless	Access	Equality of access	enabling inclusion - homeless					Service User	Carer				
We are assuming that everyone can Read and Write. We need to find a way that make it easy to use digital technology for people who can't read or write with Mental Health Issues.	Access	Equality of access	enabling inclusion - Illiteracy										
How will you make technology accessible for those in low-income backgrounds?	Access	Equality of access	enabling inclusion - low income/disadvantaged					Service User					
How will you reach marginalized populations?	Access	Equality of access	enabling inclusion - marginalised groups					Service User				interim prioritisation	
How can areas with low or no connection (broadband or wifi) not be discriminated against?	Access	Equality of access	access		Internet			Service User	Carer		1.11.3	How can people in areas with slow broadband speeds (e.g. rural areas) access digital technologies for mental health?	Information and access
Not expecting a full broadband system in my lifetime in the village where I reside.	Access	Equality of access	access		Internet				Carer				
How accessible would the digital technology be to people in inpatient settings?	Access	Equality of access	inpatients					Service User			1.11.4	How accessible is digital technology to service users in inpatient and other residential services?	Information and access
how can we use technology to deliver care to patients within an NHS setting when we don't have access to technology (other than our personal devices)?	Access	Equality of access	NHS settings										
How can the elderly (60+ and a neglected population) be encouraged to use digital media to enhance their wellbeing and prevent social isolation?	Access	Equality of access	older people						Carer				
Are elderly people (patients & carers) able to use it easily?	Access	Equality of access	older people						Carer				
For example, will the elderly lose out and become even more ignored?	Access	Equality of access	older people					Service User			1.11.5	What are the barriers (e.g. physical and cognitive impairments) that may prevent older people using digital technologies for their	

How can good quality, evidence-based online tools be made widely available to people in the UK? Online resources, such as 'Big White Wall' (for example) are not available in all parts of the UK. Universal access is important.	Access	Equality of access	universal free access		Internet/ social media				Practitioner		What are the barriers to implementing digital technologies (e.g. in rural areas vs city)? How can engagement with digital technologies to help with mental health conditions be incentivised? What is the evidence that digital technologies work (e.g. app, online)	Information and access
Are services delivered on them reimbursable?	Access	mode of access	Cost					Service User	Practitioner			
Will it cost me anything?	Access	mode of access	Cost					Service User	Carer			
Will this only be available through health providers or private 'pay' sites?	Access	mode of access	Cost					Service User				
How will service providers be paid?	Access	mode of access	Cost					Service User				
Will there be fees for service-users?	Access	mode of access	Cost					Service User				
I like Big White Wall as it has guided peer supporters who guarantee to be available 24/7 to respond to your emails but it is expensive how can a responsive service be NHS compliant ie free at the point of delivery??	Access	mode of access	Cost		Social media/ email	Peer support		Service User			1.12.1	What are the individual (e.g. service user) and organisational (e.g. NHS) costs to implementing digital technologies (e.g. Big White Wall) for treatment and management of mental health conditions?
I'd like to know how much apps cost and if it's a one off cost or subscription based.	Access	mode of access	Cost					Service User				
How would it be paid for?	Access	mode of access	Cost					Service User				
How much will it cost? Will it be free to access online?	Access	mode of access	Cost					Service User				
How much will it cost?	Access	mode of access	Cost						Carer			
How is it funded?	Access	mode of access	Cost							Practitioner		
Is the tech available to NHS patients or / and private health care in Scotland	Access	mode of access	Cost					Service User	Carer			Policy and quality
How can we ensure that everyone has access to digital support (rather than limited to a particular local area)?	Access	mode of access	Engagement					Service User				
What incentives will participants/users receive for using/participating in an app or programme?	Access	mode of access	Engagement		Apps			Service User	Carer			
What evidence is there to support it and for which client group?	Access	mode of access	Engagement							Practitioner		
Is it available?	Access	mode of access	Engagement					Service User	Carer			
When do people use it? In crisis or in a more preventative maintenance way?	Access	mode of access	Engagement			Prevention/ maintenance		Service User		Practitioner		Information and access
Can it be 'user-led'?	Access	Usability and user engagement	Different Users							Practitioner		
can you do it so it appeals to different members of society, ie youth, older generation etc	Access	Usability and user engagement	Different Users					Service User		Practitioner		
How do patients and health professionals feel about using technology for mental health problems?	Access	Usability and user engagement	Different users					Service User		Practitioner		
How do we ensure that digital technology is user friendly for everyong?	Access	Usability and user engagement	Different users					Service User		Practitioner		
What kinds of client might access digital tech for m/h diffs as opposed to face-to-face talking therapy?	Access	Usability and user engagement	Different Users			Therapy		Service User		Practitioner		
Do you prefer face to face contact with a professional, rather than a digital option?	Access	Usability and user engagement	Different Users							Practitioner		
How can we optimise the human-computer interface for both service users and staff	Access	Usability and user engagement	Different Users							Practitioner	1.13.1	What are the different user requirements of Digital Technologies for Mental Health (DTMH) by patients, clinical staff and other users?
Are there considerations - such as rates of success for different illnesses, cost, or ease of access - that would need to be taken into account when recommending a particular treatment/intervention ahead of (or behind) a traditional treatment/intervention?	Access	Usability and user engagement	Implementation			Treatment		Service User			1.13.2	What are the factors to be considered when deciding to implement a DTMH or other therapy option?
How labour intensive is it - do I have to manually input data in order for it to deliver outcomes?	Access	Usability and user engagement	Level of Interaction							Practitioner		
Time... Spookily only the other day for a support group I attend I done a session on using your smart phone to improve mental health - having worked for a major phone retailer for many years. I know its all about what it does not what it is... So I have now a couple of screens full of wellbeing apps etc which generally I find are helping me... Time issues are - the actual amount of apps and similar features so time spent entering data for diet, exercise, mood, sleep, etc etc Also too much choice is issue wasting time going through all and poor decision making is a common mental health issue...	Access	Usability and user engagement	Level of Interaction			Smartphone/ Apps		Service User				
Will i find it easy to navigate/ I am fairly IT savvy but may find it burdensome	Access	Usability and user engagement	Level of Interaction			Computer		Service User	Carer			
How does mental health affect how we can use technology? I.e. low concentration and ability to process decisions affects some people with depression. My own experience and with for others (personally and professionally) is things can be MUCH too complex in a 'bad' patch (following company's on an app or reading a large paragraph) but not have enough info when less low (my therapist would give me really simple fact sheets, I'd ask for book recommendations or academic info but he insisted on only directing me to single page, very simple fact sheets or videos).	Access	Usability and user engagement	Level of Interaction	Depression	Video	Therapy		Service User	Carer			What are the optimal mechanisms and determinants of user interaction with DTMH? How can we ensure that levels of interaction are appropriate to individual and changing needs and that DTMH do not become a burden for users?
Will service users accept prompts/warnings from app etc?	Access	Usability and user engagement	Level of Interaction		Apps			Service User		Practitioner	1.13.3	Policy and quality
How could this be set up simply and safely for both parties?	Access	Usability and user engagement	Safety and Reliability					Service User	Carer	Practitioner		How can we build trust in the technical and data aspects of DTMH?
User-friendly - i don't want to bother with something that would freeze/crash all the time.	Access	Usability and user engagement	Safety and Reliability							Practitioner	1.13.4	Policy and quality
What are the most effective ways to support someone's progress in the weeks, months and years ahead of starting to use technology?	Access	Usability and user engagement	Sustained support			Support		Service User	Carer	Practitioner		How can sustained user support be build into the DTMH systems for use in the long term?
What can be done to encourage user access and continued use?	Access	Usability and user engagement	Sustained support					Service User			1.13.5	Policy and quality
How easy do you find it to access online resources? Are they helpful?	Access	Usability and user engagement	Training			Online				Practitioner		
Not everyone can operate a digital device, will there be training and simplified apps etc?	Access	Usability and user engagement	Training			Apps		Service User				
Should training in the use of digital technology with clients be a mandatory requirement for all therapists and mental health practitioners in 2017	Access	Usability and user engagement	Training			Therapy				Practitioner		What are the factors associated with learnability of DTMH and how can design of the system and training mitigate against issues associated with learnability?
Do therapists need specialist training to communicate with their clients using digital technology?	Access	Usability and user engagement	Training			Therapy				Practitioner	1.13.6	Policy and quality
How will you motivate people to engage with digital technology, it is often such a dull interface.	Access	Usability and user engagement	User experience (UX)						Carer	Practitioner		
Are the technologies focussed on the user experience using them rather than the engineers ease of making them?	Access	Usability and user engagement	User experience (UX)					Service User				
How clear and uncomplicated will it be	Access	Usability and user engagement	User experience (UX)					Service User	Carer	Practitioner		
How difficult will it be to use?	Access	Usability and user engagement	User experience (UX)							Practitioner		
What are the most important design elements to have in place to make technology simple to use?	Access	Usability and user engagement	User experience (UX)					Service User	Carer	Practitioner		
How could online therapeutic work be made more engaging and more effective?	Access	Usability and user engagement	User experience (UX)			Therapy				Practitioner		
why don't we have more user friendly tech portable, ergonomic,	Access	Usability and user engagement	User experience (UX)					Service User		Practitioner		
Will the tech be old fashioned and slow?	Access	Usability and user engagement	User experience (UX)					Service User				
Will the technology be easy to use?	Access	Usability and user engagement	User experience (UX)							Practitioner	1.13.7	Policy and quality
How can we be sure the correct person is actually completing something on a remote device?	Audience - clinical pathway	Adherence	Reliability/ scoping					Service User		Practitioner	2.1.1	How do apps that monitor adherence (e.g. to treatment) ensure that the person for whom it was intended completes set tasks?
Do repeated assessments use item banks and adaptive testing?	Audience - clinical pathway	Assessment	Tailoring							Practitioner		
Could digital technology help screen people with complex and multiple needs - mental ill-health, substance use dependence, homelessness, and frequent contact with the criminal justice system - so that they receive better and appropriate care?	Audience - clinical pathway	Assessment	Tailoring	Substance misuse						Practitioner	2.2.1	For people who are in frequent contact with mental health services (e.g. inpatients) with additional complex needs (e.g. homelessness, substance use, regular contact with criminal justice system), can assessments made using
How can digital technology help capture acuity and levels of observations on mental health wards at patient level?	Audience - clinical pathway	Assessment	Tailoring					Carer		Practitioner		
using it to capture patient reported outcome measurements (PROMs)	Audience - clinical pathway	Assessment	Tailoring							Practitioner		
Can technology be used to do MH assessments, which would enable people to then be admitted to hospital? This could really help people in rural areas	Audience - clinical pathway	Assessment	Reliability/ reach			Assessment/ diagnosis				Practitioner	2.2.2	In what ways can digital technology be used to make mental health assessments in rural areas? Would it be reliable?
Can it reliably indicate a problem?	Audience - clinical pathway	Assessment	Reliability/ reach					Service User				
I am aware that women with post natal depression can mask this as they are afraid their baby will be taken from them if anyone knew how they are really feeling. However if women in this situation could use technology to self assess, and then be offered non threatening solutions that might help.	Audience - clinical pathway	Assessment	Self-assess	Post-natal depression		Self-assessment		Service User	Carer	Practitioner		
Can technology be used to ascertain if someone has a mental health issue? Eg a set of filter questions that can pick up if someone needs help?	Audience - clinical pathway	Assessment	Self-assess			Diagnosis		Service User	Carer	Practitioner		

Which self-rating instruments for young people and parents are the least time consuming and are affordable for the NHS but sufficient to give valid information, without excess information and can be completed on our hand held mobiles or laptops by clients in sessions, can be automatically analysed and stored in our information systems?	Audience - clinical pathway	Assessment	Self-assess		Computer/ Mobile					2.2.3		Interim prioritisation
The use of self assessment by a patient before attending appointment would be very useful given the clinician an over view of presentation before the appointment starts. Would incorporating smart apps for mobile devices assist in gathering this information?	Audience - clinical pathway	Assessment	Self-assess		Apps/ Mobile	Self-assessment						For people at risk of mental health problems, how clinical- and cost-effective are online assessment/self-monitoring apps in encouraging people to seek help or support?
If you are suggesting to use an app to track some symptoms during school hours as part of a diagnostic assessment of a mental health problem in a teenager, how will you work around the 'no phone' policy in most schools?	Audience - clinical pathway	Assessment	Children		Apps/ Mobile	Diagnosis				2.2.4		How can assessments be made using digital technologies for children with possible mental health conditions (e.g. obsessive compulsive disorder, bipolar disorder, depression)? What are the barriers to making these assessments using digital technology (e.g. using smartphones whilst in school)?
An appropriately designed study should be conducted to compare validated screening instruments for the detection of depression in children and young people. An emphasis should be placed on examining those that use computer technology and more child-friendly methods of assessing current mood and feelings, and take into account cultural and ethnic variations in communication, family values and the place of the child or young person within the family.	Audience - clinical pathway	Assessment	Children	Depression	Computer	Diagnosis						Generic
Appropriately designed studies should be conducted to compare validated screening instruments for the detection of OCD and BDD in children, young people and adults. An emphasis should be placed on examining those that use computer technology and more age-appropriate methods of assessing both symptoms and functioning, taking into account cultural and ethnic variations in communication, and family values	Audience - clinical pathway	Assessment	Children	Anxiety		Diagnosis						
Is there any mileage in an online crisis management service - check in with warning signs identified when well and plans/suggestions for coping strategies.	Audience - clinical pathway	Crisis intervention	Reliability		Online	Crisis management	Service User	Carer	Practitioner			
How will it help in a crisis	Audience - clinical pathway	Crisis intervention	Reliability			Crisis management	Service User		Practitioner			
Why can't I text the crisis team I can't always communicate verbally	Audience - clinical pathway	Crisis intervention	Reliability			Crisis management	Service User					
Reliability in crisis	Audience - clinical pathway	Crisis intervention	Reliability			Crisis management	Service User					
When do people use it? In crisis or in a more preventative maintenance way?	Audience - clinical pathway	Crisis intervention	Immediate			Prevention/ Maintenance	Service User		Practitioner			
Are there any apps that can calm you down when upset or anxious, or having a meltdown?	Audience - clinical pathway	Crisis intervention	Immediate	Anxious	Apps		Service User	Carer				
What about something that allows us to talk to a counsellor or psychologist immediately in an emergency?	Audience - clinical pathway	Crisis intervention	Immediate			Counselling/ Crisis management/ Therapy	Service User					
How will digital support help me when I'm having a crisis and struggling to cope?	Audience - clinical pathway	Crisis intervention	Immediate			Crisis management	Service User					
How useful will it be when someone is in crisis?	Audience - clinical pathway	Crisis intervention	Immediate			Crisis management			Practitioner	2.4.1		Are digital technologies (e.g. apps, telephone support, text messaging, online services) effective in preventing crises from getting worse for people with mental health problems?
How can technology be used to provide rapid access to support for people in crisis?	Audience - clinical pathway	Crisis intervention	Immediate			Crisis management		Carer	Practitioner			
How can technology be supportive to people in a crisis or emergency mental situation	Audience - clinical pathway	Crisis intervention	Immediate			Crisis management	Service User					
How can people be supported if e.g. in crisis? What systems would be in place	Audience - clinical pathway	Crisis intervention	Immediate			Crisis management		Carer	Practitioner			
How are you going to get round it when someone clearly needs serious help? How are they going to get that? How could their be an intervention?	Audience - clinical pathway	Crisis intervention	Immediate			Crisis management	Service User	Carer				
Can you add safeguarding into technology to alert when someone is in acute distress and needs immediate professional help	Audience - clinical pathway	Crisis intervention	Immediate			Crisis management			Practitioner			
Can I use texting with a crisis telephone helpline?	Audience - clinical pathway	Crisis intervention	Immediate			Crisis management/ Peer support	Service User					
Can I contact help quickly either from a peer or professional when I am in crisis?	Audience - clinical pathway	Crisis intervention	Immediate			Peer support/ Crisis management	Service User					
Which apps are best for helping us with long term building of community and support networks and which for crisis and immediate response?	Audience - clinical pathway	Crisis intervention	Immediate		Apps	Support/ Crisis management	Service User	Carer				
Can digital technology be developed for use of clinicians to support patients, rather than for patients to support themselves - the YPMHAG group sees a lot of self-help/support apps directly for patients to use rather than helping clinicians with diagnoses etc	Audience - clinical pathway	Diagnosis	Clinician-support		Apps	Diagnosis/ Support/ Self-help	Service User	Carer				
Can digital tools help with a specific issue or diagnosis (eg depression)	Audience - clinical pathway	Diagnosis	Clinician-support	Depression		Diagnosis			Practitioner	2.5.1		What digital technologies are effective in supporting clinicians to make diagnoses of depression?
Can technology be used as a diagnosis or preventative tool?	Audience - clinical pathway	Diagnosis	Diagnosis tools			Diagnosis/ Prevention	Service User					
How can digital technology be used to diagnose depression or other mental illness?	Audience - clinical pathway	Diagnosis	Diagnosis tools	Depression		Diagnosis	Service User					
Is this used as a diagnostic tool or is it to treat already diagnosed mental health conditions?	Audience - clinical pathway	Diagnosis	Diagnosis tools			Diagnosis	Service User					
How can digital technology help prevent mental illness?	Audience - clinical pathway	Early intervention	Methods			Prevention		Carer				
How can we nip MH problems in the bud? Is it possible to divert children/teenagers/young people from a MH crisis, through early intervention?	Audience - clinical pathway	Early intervention	Methods			Early intervention		Carer	Practitioner	2.6.1		What digital technologies are effective at preventing mental health crises (e.g. for with children and young people) through stepping-
Can materials accessible via digital technologies improve people's knowledge/ understanding of mental health probes and their treatment and care	Audience - clinical pathway	Education and Psychoeducation	Personal understanding			Psychoeducation			Practitioner			
Will the digital service interpret answers as indications of relative un-wellness/distress & provide feedback to encourage the user to understand their processes better	Audience - clinical pathway	Education and Psychoeducation	Personal understanding			Psychoeducation	Service User	Carer		2.7.1		What digital technologies accessible online are effective at aiding service user's understanding of their mental health condition (e.g. anger) and their treatment and care?
Can technology help those with with mental illness to understand about their anger?	Audience - clinical pathway	Education and Psychoeducation	Personal understanding	Anger		Psychoeducation		Carer				
Can technology help those with with mental illness to understand their condition?	Audience - clinical pathway	Education and Psychoeducation	Personal understanding			Psychoeducation		Carer				
How can technology help clinicians with educating patients about mental health problems?	Audience - clinical pathway	Education and Psychoeducation	Psychoeducation			Psychoeducation			Practitioner	2.7.2		What digital technologies are effective for clinicians to aid delivery of mental health education (e.g. relating to trauma) to service users?
How can we use technology around psychoeducation of trauma and adversity that underpins a majority of mental ill health	Audience - clinical pathway	Education and Psychoeducation	Psychoeducation	Trauma		Psychoeducation			Practitioner			
Could apps be used to maintain well being after being discharged from services?										2.8.1		Are mobile apps able to offer effective support to promote wellbeing for people with mental health conditions after discharge from hospital?
	Audience - clinical pathway	Maintenance	Post-discharge		Apps		Service User	Carer				
When do people use it? In crisis or in a more preventative maintenance way?	Audience - clinical pathway	Maintenance	Usage			Crisis management/ Prevention	Service User		Practitioner	2.8.2		When are service users most likely to use and engage with digital technologies to promote maintenance?
How could technology help people self-manage medication? Altering the dosage of drugs seem to happen eventually or on a regular basis with most patients, however they usually do so in a very uninformed way, and are mostly afraid of judgement if they tell all the details on how they self-manage prescribed medication on their daily routine. A mobile or web application that could provide both information and a history of medication usage could help a lot. Even if the logs aren't available to medical staff (it could make the patients feel less judged), they could have automated responses offering guidance after non planned drug usage, which would be more easily available than the next appointment with staff.	Audience - clinical pathway	Management	Guidance and support		Mobile/ Online/ Apps	Self-management			Practitioner	2.9.1		How effective are mobile and online applications at providing mental health guidance and support when self-managing medication?
However there would be great potential to use technology to improve this communication for a variety of reasons, e.g. appointment reminders, medication prompts, checking on patient welfare, online chats etc.	Audience - clinical pathway	Management	Guidance and support		Apps/ Forums/ Online				Practitioner	2.9.2		Can mobile and online applications to promote self-management be tailored to the individual and their specific needs (e.g. prescribed medication, history of usage, and appointment reminders)?
I would love to use tech to better manage my condition. physical and mental health monitoring apps would be so helpful, as would FaceTime therapy sessions.	Audience - clinical pathway	Management	Apps to help management - physical and mental		Apps/ FaceTime	Therapy	Service User			2.9.3		Are physical and mental health-monitoring apps effective at helping people to develop organisational and day-to-day life skills managing their mental health condition (e.g. bipolar disorder or ADHD)?
Is there a section where you can write down a treatment plan or short and long term goals that can help us better manage our day? A good routine is fundamental in having good mental health, particularly for some disorders; ADHD, bipolar, etc. It can distract us from the noise in our head which we focus on when we're bored. Also, it enables us to set side a time for exercise and other hobbies.	Audience - clinical pathway	Management	Apps to help management - physical and mental	Bipolar/ ADHD			Service User					
Can digital technology be used to monitor drug use and efficacy?	Audience - clinical pathway	Monitoring	Medication use			Monitoring	Service User			2.10.1		How effectively can digital technology help people self-manage medication - for example, monitor effects, side effects, adjust the dose
How can digital technology be used to monitor the effects of prescribed medication for mental health issues; in terms of any side-effects as well as the user's dependency on medication.	Audience - clinical pathway	Monitoring	Medication use			Monitoring			Practitioner			Duplicate of 4.8.5 DO NOT USE
It can take a long time to over-come MH problems-small gains can seem of little consequence on their own at any one time (and often two steps forward and one step back). How can technology be used to assist motivation to keep working towards goal (for both SU and carers)?	Audience - clinical pathway	Monitoring	Motivational					Carer	Practitioner	2.10.2		Can remote digital monitoring (e.g. apps, wearables) of mental and physical health help motivate service users and carers to work towards treatment or recovery goals?
I would love to use tech to better manage my condition. physical and mental health monitoring apps would be so helpful.	Audience - clinical pathway	Monitoring	General		Apps	Monitoring	Service User			2.10.3		What is the effectiveness of monitoring apps (mobile or online) for people in mental health hospitals?
What support and monitoring is available for MH patients.	Audience - clinical pathway	Monitoring	General			Monitoring			Practitioner			Generic
Will the NHS (or someone) be creating an app to monitor my mood/mental health?	Audience - clinical pathway	Monitoring	General - development		Apps		Service User					
Can technology improve early symptom recognition and so prevent relapse?	Audience - clinical pathway	Relapse prevention	General			Prevention	Service User		Practitioner			
Can we predict relapse in serious mental health issues?	Audience - clinical pathway	Relapse prevention	General	Serious mental health		Prevention	Service User	Carer	Practitioner	2.11.1		How effective are digital technologies (e.g. apps and wearables) in predicting and preventing relapse in people with serious mental health conditions (e.g. schizophrenia, bipolar disorder)?
How can people with mental health who are discharged into the community be supported through digital technology to prevent readmission or deterioration in their mental health?	Audience - clinical pathway	Relapse prevention	General			Prevention		Carer	Practitioner			

If digital kit / apps available for more acutely ill people, will there be any back up for people whose health deteriorates? (that said there isn't much anyway, without the tech)	Audience - clinical pathway	Relapse prevention	Acute		Apps		Service User	Carer	Practitioner	2.11.2	When people are acutely ill, how effective are digital monitoring apps in detecting deterioration at their mental health condition?	Interim prioritisation
How digital technology can help supplement psychological therapies in order to increase their effectiveness and help people maintain improvements and prevent relapse after the end of treatment.	Audience - clinical pathway	Relapse prevention	Supplement			Prevention/ Therapy			Practitioner	2.11.3	In what ways can digital technologies effectively support or supplement the delivery of psychological therapies to prevent relapse in people with mental health conditions?	Interim prioritisation
Can any online interventions help with the problem of suicide? I am aware of the Samaritans Radar app which was withdrawn due to adverse reaction from the public.	Audience - clinical pathway	Suicide prevention	Safety – apps	Suicide	Apps/ Online				Practitioner	2.12.1	What is the acceptability, effectiveness and safety of apps designed to help identify and support people at risk of suicide?	Interim prioritisation
How do you get clinical sign off/ evidence of an app's impact if mental health problems and more specifically rates of suicide can not be quantified in the same way as other fields can - for several ethical reasons and as it's a matter of life and death? It is difficult to measure how many lives have been directly saved from app usage. There can't be 'placebo' experimental testing with apps for mental health as you can't run the risk of someone's condition deteriorating in any way. We have undertaken research into app usage, but haven't been able to get this piece of work published in a reputable journal for the above reasons - no clinical evidence of the app directly reducing rates of suicide. However we do have lots of qualitative feedback showing the app is having a positive impact and keeping people alive.	Audience - clinical pathway	Suicide prevention	Safety - apps	Suicide	Apps	Prevention	Service User	Carer	Practitioner			
How safe is it, for example an app that supports people with suicide?	Audience - clinical pathway	Suicide prevention	Safety - apps	Suicide	Apps				Practitioner	2.12.2	How effective are digital technologies (e.g. text message support or machine learning/artificial intelligence) in preventing suicide?	Interim prioritisation
Is it possible for a widely-accepted suicide prevention service (such as The Samaritans) to set up an instant messenger text-based equivalent to their telephone counselling? This would be really helpful for people who have suicidal ideation but difficulty communicating by phone.	Audience - clinical pathway	Suicide prevention	Detection	Suicide	SMS		Service User	Carer	Practitioner			
Nevertheless, suicide remains a big issue and any AI/machine learning approaches to helping identify when people are at risk would be very valuable	Audience - clinical pathway	Suicide prevention	Detection	Suicide	AI				Practitioner			
What do people think about suicide prevention technology?	Audience - clinical pathway	Suicide prevention	Detection - user thoughts	Suicide		Prevention			Practitioner			
Can we develop digital technologies to support sophisticated clinical decision making and risk management.	Audience - clinical pathway	Treatment	Decision making			Management		Carer	Practitioner	2.13.1	Can digital technologies be used to support clinical decision-making and risk management?	Information and access
Can we predict treatment response	Audience - clinical pathway	Treatment	Response			Treatment	Service User	Carer	Practitioner	2.13.2	Are there any existing digital technologies that help users to predict treatment response?	Information and access
how do we develop programmes for children and adolescent with ADHD as interactive family programmes	Audience - Mental health condition	ADHD	Parent/family/Development	ADHD		Family therapy	Service User		Practitioner	2.16.1	When developing digital interventions targeted for families (e.g. online family therapies) of children and adolescents with ADHD, what factors are most important in the design and implementation of interactive programmes to promote engagement and effectiveness?	Policy and quality
Can technology help those with mental illness to understand about their anger?	Audience - Mental health condition	Anger	Understanding	Anger		Psychoeducation		Carer		2.17.1	What digital technologies are effective at helping people with mental health conditions to identify and manage anger and aggression?	Interim prioritisation
Are there apps which could help me identify and deal with my anxiety?	Audience - Mental health condition	Anxiety	Apps/ support	Anxiety	Apps			Carer		2.18.1	Are apps targeting anxiety and depression accessible, quick and effective at improving outcomes in people with mild symptoms or first episode of a mental health problem?	Interim prioritisation
e.g could people with mild first episode depression/anxiety use an app rather than paying for costly services and get access to treatment quicker therefore improving outcomes?	Audience - Mental health condition	Anxiety	Apps/ support	Anxiety/ Depression	Apps	Treatment	Service User		Practitioner			
Does the app have options that will provide immediate benefits? I.E will using this app help to decrease anxiety and depression in a short amount of time? I'm more likely to use something regularly if I see it helps my mental health issues quickly.	Audience - Mental health condition	Anxiety	Apps/ support	Anxiety/ Depression	Apps		Service User					
How would digital technology help someone in a panic attack	Audience - Mental health condition	Anxiety	Apps/ support	Anxiety					Practitioner			
Can we have an app to calm down from a panic attack?	Audience - Mental health condition	Anxiety	Apps/ support	Anxiety	Apps		Service User					
How can a person with depression and anxiety have a digital buddy to talk to and get calm?	Audience - Mental health condition	Anxiety	AI/ support	Anxiety/ Depression	Chatbot		Service User		Practitioner	2.18.2	How effective is artificial intelligence (AI)/ 'chatbot' technology in providing support for people with anxiety and depression and in reducing symptoms?	Interim prioritisation
Can more research be done on the effectiveness of digital media in managing acute anxiety symptoms? For example, listening to music, white/pink noise, relaxing images, etc.	Audience - Mental health condition	Anxiety	Effectiveness question	Anxiety			Service User	Carer	Practitioner	2.18.3	What is the evidence of effectiveness of digital media (e.g. music, images, white noise) in managing acute anxiety symptoms in adults and young people?	Interim prioritisation
How can technology be used to assist children and young people suffering from anxiety?	Audience - Mental health condition	Anxiety	Effectiveness question	Anxiety			Service User		Practitioner			
Can we use 360 tech/VR to aid in exposure to circumstances which they avoid with therapist support eg phobias etc - to enhance the number of opportunities to experience something we are scared of whilst remaining safe emotionally.	Audience - Mental health condition	Anxiety	VR/ exposure	Phobia	VR	Therapy	Service User	Carer				
Could Virtual Reality be used to address panic attacks in specific situations?	Audience - Mental health condition	Anxiety	VR/ exposure	Anxiety	VR		Service User			2.18.4	Is virtual reality (VR) technology effective and acceptable for treating phobias and anxiety?	Duplicate of 2.21.1 DO NOT USE
Could VR be used to simulate phobias. e.g. gradual exposure. There are papers that have tried this using a fear conditioning paradigm	Audience - Mental health condition	Anxiety	VR/ exposure	Anxiety	VR				Practitioner			
Are we thinking about digital interventions such as virtual reality for phobia based treatment, for example ? #TheFuture Our children and young people are more anxious than ever before. Does social media have a role to play in addressing and alleviating anxiety?	Audience - Mental health condition	Anxiety	VR/ exposure	Anxiety	VR				Practitioner			
How can you counter some of the negative impacts of social media such as further isolation and contributing to anxiety? E.g. It benefits people with anxiety to go out and about - even if for trivial matter, is there's a potential for technology to worsen their condition?	Audience - Mental health condition	Anxiety	Social media	Anxiety	Social Media		Service User		Practitioner	2.18.5	What are the risks and benefits of using social media to alleviate the symptoms of anxiety in adults and young people?	Duplicate of 4.21.3 DO NOT USE
How do you monitor whether there are negative effects? Used online website for my anxious son and content was delivered too fast for him and set off an disturbing episode, health professional would have known to stop.	Audience - Mental health condition	Anxiety	Social media	Anxiety	Social media		Service User		Practitioner			
Should I really use online services online or can it make my OCD worse?	Audience - Mental health condition	Anxiety	Usability/ risk	Anxiety	Online			Carer	Practitioner	2.18.6	What are the negative effects of using digital technology (e.g. internet CBT, mobile apps, virtual reality) when used to treat common mental health conditions (e.g. anxiety and depression)?	Interim prioritisation
Could apps do harm? over reliance on computers mean people talk less to people.	Risks	Adverse effects - over reliance	How harmful are apps? What harms are there in using digital technologies for mental healthcare?		Apps			Carer				
With digital technology contributing to many mental health problems, depression, anxiety and insomnia to name a few, is it in some cases counterproductive to encourage the use of apps and mobile technology?	Audience - Mental health condition	Anxiety	Usability/ risk	Anxiety/ Depression	Apps		Service User					
Appropriately designed studies should be conducted to compare validated screening instruments for the detection of OCD and BDD in children, young people and adults. An emphasis should be placed on examining those that use computer technology and more age-appropriate methods of assessing both symptoms and functioning, taking into account cultural and ethnic variations in communication, and family values	Audience - Mental health condition	Anxiety	Prediction/ tailoring	Anxiety		Diagnosis				2.18.7	How do screening instruments for obsessive compulsive disorder (OCD) or body dysmorphic disorder (BDD) need to be tailored specifically for use with different age groups (e.g. adults and young people) and for people with different levels of computer use and varying social and cultural backgrounds?	Policy and quality
How can we optimise the help for people who are in the autistic Spectrum	Audience - Mental health condition	Autism	Needs	Autism			Service User			2.19.1	Are computer-based and digital interventions for people with autistic spectrum disorder (ASD) effective at improving social skills and what are the risks?	Interim prioritisation
What are the needs of the patient group with autism spectrum disorder?	Audience - Mental health condition	Autism	Needs	Autism					Practitioner			
Is digital technology helpful or harmful in their (people on the Autism Spectrum) situations?	Audience - Mental health condition	Autism	Needs	Autism			Service User					
Studies on the efficacy of computer-based interventions to improve social skills and identify individual characteristics which may predict the effectiveness of CBI. The research should consider the preferences and abilities of the individual with ASD, and whether the software can be customised to their needs.	Audience - Mental health condition	Autism	Needs	Autism	Computer	Therapy						

Could every local area have a monitored online support group set up? I'm saying this because in my local area there are no support groups for people with borderline personality disorder. I know one reason for this is lack of funding and resources. By having an online group, it could be more cost effective. It could take place once or twice a week for an hour. For some people, like myself, it might be more attractive as it is less pressurising than meeting people face to face initially. Then people could agree to meet in person themselves if desired. If it is monitored, it could be another way to provide support and guidance to sufferers. It could also facilitate anonymity for those who want it.	Audience - Mental health condition	BPD	Specific tech	Bipolar	Online	Support	Service User	Practitioner	2.20.1	Would apps and monitored online forums for borderline personality disorder be more cost-effective and have greater user-acceptability than interventions delivered in person?	Interim prioritisation
What free apps are there for bpd	Audience - Mental health condition	BPD	Specific tech	Bipolar	Apps		Service User				
Can digital technology really help anyone other than the most mildly unwell?	Audience - Mental health condition	Common MHPs	Applicability					Practitioner	2.21.1	Is virtual reality effective for people with common mental health conditions (e.g. anxiety, depression, obsessive-compulsive disorder, eating disorders or self-harm)?	Interim prioritisation
Do virtual reality scenarios really work as exposure paradigms for common mental health problems	Audience - Mental health condition	Common MHPs	Applicability		VR			Practitioner			
How can digital technologies help people who have a mental health problem and sleep problems I am strict with eating regularly and limiting sugar. How does sugar intake affect mood? Do antipsychotic drugs make you crave sugar more? Is weight gain from these drugs caused purely by bad dietary choices?	Audience - Mental health condition	Comorbidity	Monitoring apps	Insomnia			Service User				
I would love to use tech to better manage my condition. physical and mental health monitoring apps would be so helpful, as would FaceTime therapy sessions.	Audience - Mental health condition	Comorbidity	Monitoring apps		Apps/ Video		Service User		2.22.1	Are apps that monitor both physical (e.g. nutrition, sleep) and mental health effective at promoting education and management of comorbidities?	Generic
Is comorbidity of mental and physical conditions/illnesses being considered enough? Could signposting from other sites/forums etc help. E.g. hysterectomy, menopause, etc.	Audience - Mental health condition	Comorbidity	Monitoring apps	Comorbidity			Service User	Carer			
Will it look at co-morbid physical conditions?	Audience - Mental health condition	Comorbidity	Monitoring apps	Comorbidity			Service User				
Blank cell											
e.g could people with mild first episode depression/anxiety use an app rather than paying for costly services and get access to treatment quicker therefore improving outcomes?	Audience - Mental health condition	Depression/mood disorders	App/ support	Anxiety/ Depression	Apps	Treatment	Service User	Practitioner	2.23.2	Are Apps targeted at treating depression accessible, quick and effective at improving outcomes, particularly amongst people with mild/ first episode depression?	Duplicate of 2.18.1 DO NOT USE
Does the app have options that will provide immediate benefits? I.E will using this app help to decrease anxiety and depression in a short amount of time? I'm more likely to use something regularly if I see it helps my mental health issues quickly.	Audience - Mental health condition	Depression/mood disorders	App/ support	Anxiety/ Depression	Apps		Service User				
Could a mobile app be used to help locate a certain mood trigger within somebody who finds it difficult to open up to people about their battle with mental health?	Audience - Mental health condition	Depression/mood disorders	App/ support		Apps		Service User				
Will the NHS (or someone) be creating an app to monitor my mood/mental health?	Audience - Mental health condition	Depression/mood disorders	Apps/ support		Apps	Monitoring	Service User				
How can a person with depression and anxiety have a digital buddy to talk to and get calm?	Audience - Mental health condition	Depression/mood disorders	AI/ support	Anxiety/ Depression	Chatbot		Service User	Practitioner	2.23.3	How effective is artificial intelligent/ 'chatbot' technology in providing support for people with depression and reducing symptoms?	Duplicate of 2.18.2 DO NOT USE
How can digital technology be used to diagnose depression or other mental illness?	Audience - Mental health condition	Depression/mood disorders	Diagnosis	Depression		Diagnosis	Service User				
can digital tools help with a specific issue or diagnosis (eg depression)	Audience - Mental health condition	Depression/mood disorders	Diagnosis	Depression		Diagnosis		Practitioner	2.23.4	Are digital technologies effective at screening, detecting and diagnosing depression in adults and children?	Interim prioritisation
An appropriately designed study should be conducted to compare validated screening instruments for the detection of depression in children and young people. An emphasis should be placed on examining those that use computer technology and more child-friendly methods of assessing current mood and feelings, and take into account cultural and ethnic variations in communication, family values and the place of the child or young person within the family.	Audience - Mental health condition	Depression/mood disorders	Diagnosis	Depression	Computer	Diagnosis					
How can digital technology be integrated alongside care from professionals to best help increase cost-effectiveness of care for conditions such as depression?	Audience - Mental health condition	Depression/mood disorders	Blending care	Depression			Service User	Carer	2.23.5	How can digital technology be integrated alongside standard care from health professionals to help improve outcomes for common mental health conditions such as depression?	Interim prioritisation
When either hallucinating and/or delusional and/or clinically depressed individuals may not log on to these programmes how will they be "re-engaged" and helped?	Audience - Mental health condition	Depression/mood disorders	Usability	Depression/ Psychosis			Service User				
How does mental health affect how we can use technology? I.e. low concentration and ability to process decisions affects some people with depression. My own experience and with others (personally and professionally) is things can be MUCH too complex in a 'bad' patch (following company's on an app or reading a large paragraph) but not have enough info when less low (my therapist would give me really simple fact sheets, I'd ask for book recommendations or academic info but he insisted on only directing me to single page, very simple fact sheets or videos).	Audience - Mental health condition	Depression/mood disorders	Usability	Depression	Video	Therapy	Service User	Carer	2.23.6	What stops people from using self-monitoring apps and wearable technology designed to detect any changes in mood, symptoms or behaviour?	Interim prioritisation
With digital technology contributing to many mental health problems, depression, anxiety and insomnia to name a few, is I have bipolar disorder and did an online course about managing my illness. It was excellent. Something that people can do in their own time in small chunks and go back to. Can we have more of these?	Audience - Mental health condition	Depression/mood disorders	Usability	Anxiety/ Depression/ Insomnia			Service User				
What type of therapy is good for people with bipolar disorder? I would like to know what may help me and others as at present I cannot access any therapy.	Audience - Mental health condition	Depression/mood disorders	Online/ management	Bipolar	Online	Management	Service User		2.23.7	What is the evidence of effectiveness for online courses providing education on self-management for people with bipolar disorder?	Interim prioritisation
Where can get help for bipolar	Audience - Mental health condition	Depression/mood disorders	bi-polar	Bipolar			Service User				
What is the clinical and cost effectiveness of face-to-face cognitive behavioural therapy (CBT) compared with internet-facilitated CBT in the long-term management of bipolar disorder?	Audience - Mental health condition	Depression/mood disorders	bi-polar	Bipolar	Internet	CBT			2.23.8	What is the clinical and cost effectiveness of internet cognitive behavioural therapy (iCBT) compared to face-to-face CBT in the long-term management of people with bipolar disorder?	Interim prioritisation
Is there any evidence that digital technology can be used to treat depression or other mental illnesses?	Audience - Mental health condition	Depression/mood disorders	Effectiveness question	Depression			Service User				
How effective are digital therapies for depression?	Audience - Mental health condition	Depression/mood disorders	Effectiveness question	Depression				Practitioner	2.23.9	What is the effectiveness of digital therapies (e.g. computerised cognitive behavioural therapy) versus standard care for adults and young people with depression in primary care on social and family outcomes?	Interim prioritisation
An appropriately blinded, randomised controlled trial should be conducted to assess the efficacy (including measures of family and social functioning as well as depression) and the cost effectiveness of another self-help intervention compared with computerised CBT and treatment as usual in a sample of children and young people treated in primary care who have been diagnosed with depression.	Audience - Mental health condition	Depression/mood disorders	Effectiveness question	Depression	Computer	Self-help/ Therapy					
For people with issues about weight, do you think the pressure of an app / fitbit adds to the anxiety?	Audience - Mental health condition	Eating disorders	Pressure of monitoring				Service User	Carer	2.24.1	What are the effects of monitoring technologies (e.g. tracking apps/ fitbits) on people with eating disorders?	Duplicate of 5.1.20 DO NOT USE
What are the effects of monitoring technology (like fitbits and tracker apps) on people with perfectionist traits?	Audience - Mental health condition	Eating disorders	Pressure of monitoring				Service User				
Particularly with eating disorders?	Audience - Mental health condition	Eating disorders	Pressure of monitoring	Eating disorders			Service User				
Compare the clinical and cost effectiveness of individual eating-disorder-focused cognitive behavioural therapy (CBT-ED) with guided self-help and group CBT-ED for adults with binge eating disorder.	Audience - Mental health condition	Eating disorders	CBT	Eating disorders	Computer	Self-help/ Therapy			2.24.2	What is the clinical and cost effectiveness of online-delivered individual eating-disorder-focused cognitive behavioural therapy (CBT-ED) with guided self-help and group CBT-ED for children and young people with binge eating disorder.	Interim prioritisation
Compare the clinical and cost effectiveness of individual eating-disorder-focused CBT-ED with guided self-help and group CBT-ED for children and young people with binge eating disorder.	Audience - Mental health condition	Eating disorders	CBT	Eating disorders	Computer	Self-help/ Therapy					
how can negative impacts of social media be overcome eg bullying, groups who develop negative impacts in for example eating disorders or self harm	Audience - Mental health condition	Eating disorders	Negative impacts	Eating disorders/ Self-harm	Social Media			Practitioner	2.24.3	What are the risks and benefits of using social media-based interventions for people with eating disorders?	Interim prioritisation
I am aware that women with post natal depression can mask this as they are afraid their baby will be taken from them if anyone knew how they are really feeling. However if women in this situation could use technology to self assess, and then be offered non threatening solutions that might help.	Audience - Mental health condition	post natal depression	Self-assess	Post-natal depression		Self-assessment	Service User	Carer	2.25.1	How acceptable and effective are digital online self-assessments for women at risk of depression after pregnancy at identifying when support is needed?	Interim prioritisation
How can digital technology be used to engage fathers in the perinatal period so that the mental health of the whole family is improved? Fathers don't access MH services but have a big impact on the family.	Audience - Mental health condition	post natal depression	Engaging fathers					Practitioner	2.25.2	How effective are digital technologies in promoting the engagement of fathers during and after pregnancy with the aim of improving the mental health of the whole family?	Interim prioritisation
Are there mental health problems where digital technology cannot assist, e.g. PTSD triggering imagery for those of us who have ptsd etc and the normalisation of doing harm to others as a form of recreational entertainment. There needs to be a culture shift.	Audience - Mental health condition	PTSD	Effect	PTSD			Service User		2.26.1	Which digital technologies are most effective for the treatment of Post-Traumatic Stress Disorder (PTSD)?	Interim prioritisation
how will the content not interfere with people who see things or hear voices	Audience - Mental health condition	Psychosis	Hallucinations and interference	Psychosis			Service User	Carer			

if so, is there research into what interactive digital activities 'could be beneficial' to those that experience psychosis that would not influence or exacerbate their symptoms? Because as much as I'd love to recommend this medium to anyone with conditions such as low mood and anxiety, I'm not sure about it in helping those who are experiencing an altered perception of reality.	Audience - Mental health condition	Psychosis	Hallucinations and interference	Anxiety/ Psychosis							2.27.1	What are the risks and benefits of digital technology interventions (e.g. videogames, virtual reality and avatar therapy) for people experiencing hallucinations (e.g. auditory and visual) as a result of psychosis?	Interim prioritisation
I play games to help me overcome the depressive cycles of bipolar. I couldn't be more thankful that this medium exists in my lifetime, because I can't think of anything that would work as well in terms of affording me a sense of achievement, while giving me something to look forward to. With mental health conditions such as psychosis being an altered sense of reality, would games potentially have a negative effect on those and	Audience - Mental health condition	Psychosis	Hallucinations and interference	Bipolar/ Psychosis	Games								
Question added by Chris Packham just prior to interim prioritisation		Psychosis	CCBT and relapse								2.27.2	What is the clinical- and cost-effectiveness of computerised Cognitive Behavioural Therapy for people with psychosis with respect to reducing symptoms/impairment and preventing relapse?	Interim prioritisation
Does using technology (including communication aids) to access mental health support for those with communication disabilities (including conditions like Selective Mutism) help to reduce the mental distress caused by being unable to communicate?	Audience - Mental health condition	Selective mutism	Selective mutism	Mutism							2.28.1	Does using technology (e.g. communication aids) to access mental health support for people with communication disabilities (including selective mutism) help to reduce the mental distress caused by being unable to communicate?	Interim prioritisation
How do I stop self harming when I'm over 40yrs old? A lot of help is for under 26yrs only?	Audience - Mental health condition	Self harm	Effective	Self-harm							2.29.1	How effective are online support groups (including social media) compared with face-to-face support groups at improving outcomes for people who self-harm?	Interim prioritisation
How effective online support groups can be as compared to real life face to face support groups to improve outcomes in persons who self-harm?	Audience - Mental health condition	Self harm	Effective	Self-harm	Online	Support							Practitioner
What works? In the UK, how effective and cost effective are service delivery interventions such as peer support, contingency management or text messaging delivered alone or in combination (in conjunction with standard care) compared with standard care alone for young people and adults with coexisting severe mental illness and substance misuse?	Audience - Mental health condition	Serious mental illness	Access and benefit 1	SMI/ Substance misuse	SMS	Peer-support/ Management					2.30.2	What is the clinical- and cost-effectiveness of digital interventions (delivered alone or in combination with standard care) compared with standard care alone for young people and adults with coexisting severe mental illness and substance misuse?	Interim prioritisation
How could digital technology be used to help people with multiple needs - mental ill-health, substance use dependence, homelessness, and frequent contact with the criminal justice system - particularly where they don't have regular access to technology themselves?	Audience - Mental health condition	Serious mental illness	Access and benefit 1	Substance misuse									Practitioner
How do we ensure our most digitally disenfranchised patients with the most severe illnesses also benefit from digital advances?	Audience - Mental health condition	Serious mental illness	Access and benefit 2								2.30.3	What are the barriers to access to digital technologies for people with severe and chronic mental health conditions (e.g. schizophrenia, bipolar)?	Information and access
How helpful are digital technologies for those with severe and enduring mental health problems and how can they be made more accessible to them?	Audience - Mental health condition	Serious mental illness	Access and benefit 2										Practitioner
How can digital technologies help people who have a mental health problem and sleep problems	Audience - Mental health condition	Sleep	Improve?	Insomnia							2.31.1	Do apps and mobile digital interventions for people with anxiety and depression improve or worsen sleep problems?	Interim prioritisation
With digital technology contributing to many mental health problems, depression, anxiety and insomnia to name a few, is it in some cases counterproductive to encourage the use of apps and mobile technology?	Audience - Mental health condition	Sleep	Improve?	Anxiety/ Depression/ Insomnia	Apps/ Mobile								Service User
Could digital technology help screen people with complex and multiple needs - mental ill-health, substance use dependence, homelessness, and frequent contact with the criminal justice system - so that they receive better and appropriate care?	Audience - Mental health condition	Substance misuse	Screening	Substance misuse									Practitioner
Could digital technology be used to reduce the number of deaths of people with mental ill-health (and coexisting substance use dependence) after being released from prison and hospital?	Audience - Mental health condition	Substance misuse	Complex needs and access	Substance misuse							2.33.1	How effective are digital technologies for people with mental health conditions and other needs (e.g. substance use, homelessness, contact with the criminal justice system) in enabling them to receive personalised care, improve outcomes and reduce deaths?	Interim prioritisation
How could digital technology be used to help people with multiple needs - mental ill-health, substance use dependence, homelessness, and frequent contact with the criminal justice system - particularly where they don't have regular access to technology themselves?	Audience - Mental health condition	Substance misuse	Complex needs and access	Substance misuse									Practitioner
Can technology be used by CAMHS/MHS to support carers and families to understand common MH conditions better? Especially anxiety, depression, OCD, eating disorders and self harm.	Audience - Mental health service setting	CAMHS	Support (carers)	Anxiety/ Depression/ Self-harm/ Eating disorders		Psychoeducation					2.35.1	Can online technology (e.g. online peer support groups) be used by child and adolescent mental health services (CAMHS) to help provide support to carers and young people (e.g. with anxiety, depression) in the community?	Interim prioritisation
How can technology be used to assist children and young people suffering from anxiety?	Audience - Mental health service setting	CAMHS	Support (young people)	Anxiety									Practitioner
Could online peer support groups be used to support young people after CAMHS discharge?	Audience - Mental health service setting	CAMHS	Support (young people)		Online	Peer-support/ Management							Service User
Our children and young people are more anxious than ever before. Does social media have a role to play in addressing and alleviating anxiety?	Audience - Mental health service setting	CAMHS	Risks	Anxiety	Social Media						2.35.3	How can social media be used in way that addresses and alleviates anxiety in younger people and minimises the risks of online communities?	Duplicate of 5.1.14 DO NOT USE
Safety: I am an online support volunteer for MindOut in Brighton - a very useful / successful anonymous online chat support service. We have strict procedures in place and support from teams. My concern is especially younger people can easily access forums, chat rooms, etc and who knows who they are chatting to / sharing info / meeting up with... Also very easily available are upsetting and scary blogs, videos, etc regarding mental health & even how to... self harm, suicide etc... This problem is bigger than just mental health issues - surely it must now be time that parents can more easily put content lock on children devices etc.. / monitor what bowling etc.	Audience - Mental health service setting	CAMHS	Risks	Self-harm/ suicide	Forums/ Online	Support							Service User
Can technology be used to help young people within the education system to help young people with their mental health during exams?	Audience - Mental health service setting	CAMHS	Education								2.35.4	What is the effectiveness of digital technologies that provide mental health support to younger people in education during exams?	Interim prioritisation
How can this be used in a forensic setting without being restrictive if real interest is shown?	Audience - Mental health service setting	Forensic	Restrictive										Service User
can this be used without wi fi as many service users in secure environments don't have access to internet.	Audience - Mental health service setting	Forensic	Restrictive		Internet						2.39.1		Practitioner
Will digital technology be expected to be used in a forensic context (e.g. forensic mental health secure units)?	Audience - Mental health service setting	Forensic	Restrictive										Service User
If so, how will this be monitored and the security issues addressed?	Audience - Mental health service setting	Forensic	Restrictive										Practitioner
Is there an app that can support forensic service users prepare better for discharge to the community, enhance social integration and employability skills,	Audience - Mental health service setting	Forensic	Recovery/ Preparing for discharge		Apps						2.39.2	How can digital technologies (e.g. mobile apps) support forensic psychiatry service users in their treatment and recovery (e.g. in preparation for discharge to the community),	Interim prioritisation
What are the implications in Forensic Treatment and Recovery?	Audience - Mental health service setting	Forensic	Recovery/ treatment										Service User
Can portable digital technology be used to improve the recording of observations and access of information, for the inpatient population with mental health problems. So that BP, Weight, food and fluid intake can be recorded real time using digital technology	Audience - Mental health service setting	Inpatient services	Observation								2.40.1	How accessible, acceptable and effective are digital technologies (e.g. wearables and mobile devices) in promoting self-care in mental health hospitals, for example, monitoring mental and physical health, learning about conditions and managing symptoms?	Interim prioritisation
How can digital technology help capture acuity and levels of observations on mental health wards at patient level?	Audience - Mental health service setting	Inpatient services	Observation										Carer
Can it be used on admission as a discreet way of highlighting mental health issues with a person?	Audience - Mental health service setting	Inpatient services	Observation										Practitioner
What type of digital tool/app would be most useful to patients on an inpatient ward?	Audience - Mental health service setting	Inpatient services	Access		Apps								Practitioner
How accessible would the digital technology be to people in inpatient settings?	Audience - Mental health service setting	Inpatient services	Access										Service User
How to organize mental health tech in general practice	Audience - Mental health service setting	Primary care	GP promotion								2.42.1	What training and engagement practices are needed to enable health professionals (e.g. GPs) to utilise digital technologies (e.g. social media) to widen access and communication,	Policy and quality
What training and engagement practices are needed to enable health professionals and especially GPs to embrace use of social media and technologies to widen access and communication with young people?	Audience - Mental health service setting	Primary care	GP promotion		Social media								Practitioner
How can we ensure that children and young people can access online/digital support and it isn't just a new app for adults?	Audience - Population group	Young people	Accessibility for CYP		Apps/ Online	Support							Service User
How will you make it young person friendly?	Audience - Population group	Young people	Accessibility for CYP										Practitioner
If you are suggesting to use an app to track some symptoms during school hours as part of a diagnostic assessment of a mental health problem in a teenager, how will you work around the 'no phone' policy in most schools?	Audience - Population group	Young people	Accessibility for CYP		App/ Mobile	Monitoring					2.47.1	How can we ensure that digital technologies for mental health is accessible to children and young people e.g. they are designed with young people in mind, can be used on the devices they prefer?	Policy and quality
There isn't enough IAPT to help teenagers and young children	Audience - Population group	Young people	Accessibility for CYP										Service User
Where can I find self-help apps to help children and young people manage their emotions (anger, low mood and anxiety) and that are of proven benefit?	Audience - Population group	Young people	Accessibility for CYP	Anxiety/ Anger	Apps	Self-management							Practitioner
Do (young) people actually use technology to promote, meantina etc their mental health? If so, in what ways?	Audience - Population group	Young people	Are young people actually interested in using DT								2.47.2	Are children and young people actually interested in using digital technology for their mental health and well-being?	Information and access

In children and young people presenting with psychological or neuro-developmental problems, is obtaining a psychiatric history through using a thorough, validated instrument (e.g. the DAWBA) as good, better or worse at assessing a child or young person than a conventional initial clinical assessment?	Audience - Population group	Young people	Assessment of MH problems in CYP - clinicians vs. non-clinicians, digital vs clinical judgement	Neurodevelopmental							2.47.7	For children and young people, is obtaining a psychiatric history through using a thorough, validated online instrument (e.g. the DAWBA) as good, better or worse than using a conventional initial clinical assessment?	Interim prioritisation
How can technology be used to assist children and young people suffering from anxiety?	Audience - Population group	Young people	DT for CYP's MH	Anxiety			Service User						
Populations such as children	Audience - Population group	Young people	DT for CYP's MH					Carer					
What are the benefits and harm associated with digital technologies for children and young people and how can any potential harms be minimised?	Audience - Population group	Young people	DT for CYP's MH								2.47.3	What is the role of digital technologies in supporting mental health of children and young people?	Generic
What is the role of digital technology in worsening mental health especially in young people?	Audience - Population group	Young people	DT for CYP's MH										
Will there be apps for children and young people?	Audience - Population group	Young people	DT for CYP's MH			Apps		Service User					
How can we nip MH problems in the bud? Is it possible to divert children/teenagers/young people from a MH crisis, through early intervention?	Audience - Population group	Young people	DT for CYP's MH			Early Intervention			Carer				
Can serious games increase resilience to stress in young people?	Audience - Population group	Young people	DT for CYP's resilience			Games							
I would like to see games for children and young teenagers about good mental health and mental health problems.	Audience - Population group	Young people	DT for CYP's MH			Games		Service User					
Can technology be used to help young people within the education system to help young people with their mental health during exams?	Audience - Population group	Young people	DT for CYP's resilience					Service User			2.47.4	How can digital technology (for example, computer games, apps) promote self-awareness, well-being and aid resilience for children and young people?	Interim prioritisation
Could there be Digital apps to promote emotional self awareness, self care and wellbeing developed by specialists with evidence based information and directed to teenagers?	Audience - Population group	Young people	DT for CYP's resilience			Apps	Self-help	Service User					
Could online peer support groups be used to support young people after CAMHS discharge?	Audience - Population group	Young people	DT to support mental healthcare			Online	Peer support	Service User					
Could Skype therapy sessions improve the reach of CAMHS services more young people?	Audience - Population group	Young people	DT to support mental healthcare			Video/ Skype	Therapy	Service User					
How can commonly used communication methods with young people, eg facebook, twitter, whatsapp, text messages be received, responded to and stored in our information systems in the least labour intense, most cost effective and safe way?	Audience - Population group	Young people	DT to support mental healthcare			Social media/ SMS							
How can digital technologies and social networks used by young people be embraced to provide better access to MH support for young people?	Audience - Population group	Young people	DT to support mental healthcare			Social media	Support	Service User	Carer		2.47.5	Does the use of digital communication methods (e.g. Skype, social media, text messaging) in the mental healthcare improve access to mental health support for children and young people?	Interim prioritisation
How can we ensure that children and young people can access online/digital support and it isn't just a new app for adults?	Audience - Mental health service setting	CAMHS	Reach					Service User					
How can we use it to bridge the gap and improve access to children with mental health	Audience - Population group	Young people	DT to support mental healthcare										
What training and engagement practices are needed to enable health professionals and especially GPs to embrace use of social media and technologies to widen access and communication with young people?	Audience - Population group	Young people	DT to support mental healthcare			Social media		Service User	Carer				
Are online therapies more effective in young people as opposed to face to face interventions?	Audience - Population group	Young people	Effectiveness of DT for CYP's MH			Online	Therapy	Service User					
Computerised CBT for depression and anxiety has been found to be relatively unhelpful in adults, but the jury is out for children and adolescents. A fully powered RCT for cCBT needs to be done in the UK.	Audience - Population group	Young people	Effectiveness of DT for CYP's MH	Anxiety/ Depression	Computer	CBT							
Do young people respond better to online interventions than older people?	Audience - Population group	Young people	Effectiveness of DT for CYP's MH			Online		Service User					
What works? In the UK, how effective and cost effective are service delivery interventions such as peer support, contingency management or text messaging delivered alone or in combination (in conjunction with standard care) compared with standard care alone for young people and adults with coexisting severe mental illness and substance misuse?	Audience - Population group	Young people	Effectiveness of DT for CYP's MH	Substance misuse	SMS	Peer support							
Compare the clinical and cost effectiveness of individual eating-disorder-focused CBT-ED with guided self-help and group CBT-ED for children and young people with binge eating disorder.	Audience - Population group	Young people	Effectiveness of DT for CYP's MH	Eating disorder		CBT/ Self-help					2.47.6	What's the evidence for and against for online digital therapies (e.g. cCBT) to support children and young people's mental health?	Answered by evidence
An appropriately blinded, randomised controlled trial should be conducted to assess the efficacy (including measures of family and social functioning as well as depression) and the cost effectiveness of another self-help intervention compared with computerised CBT and treatment as usual in a sample of children and young people treated in primary care who have been diagnosed with depression.	Audience - Population group	Young people	Effectiveness of DT for CYP's MH	Depression	Computer	CBT/ Self-help							
An appropriately designed study should be conducted to compare validated screening instruments for the detection of depression in children and young people. An emphasis should be placed on examining those that use computer technology and more child-friendly methods of assessing current mood and feelings, and take into account cultural and ethnic variations in communication, family values and the place of the child or young person within the family.	Audience - Population group	Young people	Effectiveness of DT for CYP's MH - CYP appropriate measures etc	Depression	Computer	Diagnosis							
How do I stop self harming when I'm over 40yrs old? A lot of help is for under 26yrs only?	Audience - Population group	Middle aged people	Self-harm	Self-harm				Service User			2.44.1	Does tailoring digital technology to different age groups of people who self-harm (e.g. young people, middle-aged people) provide more effective and user-friendly support?	Interim prioritisation
What technologies would help connect older people isolated at home in rural communities with MH issues such as social isolation, anxiety about health and depression etc.?	Audience - Population group	Older people	Isolation	Anxiety/ Depression				Service User	Carer				
How can you use digital technology to combat isolation in people over 65?	Audience - Population group	Older people	Isolation					Service User					
How can the elderly (60+ and a neglected population) be encouraged to use digital media to enhance their wellbeing and prevent social isolation?	Audience - Population group	Older people	Isolation						Carer				
How would older patients living in poverty or in remote locations and suffer from cognitive, motor and sensory impairment benefit from digital technology?	Audience - Population group	Older people	Isolation	Cognitive impairment							2.45.1	How can digital technologies be used to help connect older people with mental health conditions (e.g. anxiety, depression, cognitive impairment) who are in isolation or at risk of becoming isolated?	Interim prioritisation
How can individuals with sight impairment, particularly the elderly, be supported to use digital technology for their health and wellbeing?	Audience - Population group	Older people	Ease of use						Carer				
How will elderly mental health sufferers be taught to use digital technology?	Audience - Population group	Older people	Ease of use					Service User					
Are elderly people (patients & carers) able to use it easily?	Audience - Population group	Older people	Ease of use						Carer				
Older people and/or those with a diagnosis of a mental health condition may find using technology challenging and/or not have access to it.	Audience - Population group	Older people	Ease of use					Service User			2.45.2	What are the barriers to engaging older people (e.g. as patients, or carers to a younger person) to use digital technologies for mental health conditions?	Duplicate of 1.11.5 DO NOT USE
Whilst recognising how valuable digital technology is. I wonder about its effectiveness in dealing with mental health issues, particularly for 'older' clients?	Audience - Population group	Older people	Effectiveness					Service User					
How can technology help older people with MH problems?	Audience - Population group	Older people	Effectiveness						Carer				
Do young people respond better to online interventions than older people?	Audience - Population group	Older people	Effectiveness		Online			Service User			2.45.3	What digital technologies are effective at helping older people with mental health conditions?	Information and access
Where can I find an on-line ADHD parent psychoeducation and training resource that is proven to be beneficial	Audience - Population group	Parents	ADHD	ADHD	Online	Psychoeducation					2.46.1	What are the most effective online education and training resources for parents of children with attention deficit hyperactivity disorder (ADHD)?	Interim prioritisation
Can it alert if abuse is taking place?	Audience - Population group	Parents	Early year parents						Carer				
Can it track how often a parent interacts with their baby, to see if attachment is taking place?	Audience - Population group	Parents	Early year parents						Carer				
How can digital technology be used to engage fathers in the perinatal period so that the mental health of the whole family is improved? Fathers don't access MH services but have a big impact on the family.	Audience - Population group	Parents	Early year parents								2.46.2	Are digital technologies effective in monitoring parent interaction with their baby and gauging whether attachment is taking place?	Interim prioritisation
Can technology be used by CAMHS/MHS to support carers and families to understand common MH conditions better? Especially anxiety, depression, OCD, eating disorders and self harm.	Audience - Population group	carers and family	support and understanding for carers	Anxiety/ Depression/ Eating disorders/ Self-harm			Psychoeducation		Carer		2.43.1	How can services use digital technology to promote understanding of common mental health problems with carers and families?	Duplicate of 2.21.1 DO NOT USE
On a similar note to question 2, is it possible to have an app or website specifically for those people supporting others with mental health issues such as family and friends,	Audience - Population group	carers and family	support and understanding for carers			Apps/ Online		Service User	Carer		2.43.2	How can services use digital technology to promote support for carers and families of people with mental health problems?	Interim prioritisation
so they can locate help and guidance in their local areas and receive advice on how to look after themselves as well as the person they are caring for?	Audience - Population group	carers and family	support and understanding for carers				Support	Service User	Carer				
We have a rapidly increasing aged population. Older people find technology challenging, and even experienced computer users begin to lose their skills with cognitive decline, let alone dementia. The section of society who are incompatible with digital technology is growing. Can digital interventions be built around carers instead?	Audience - Population group	carers and family	tech for carers		Computer			Service User	Carer		2.43.3	What type of digital interventions would carers of older people with mental health problems like to use?	Duplicate of 1.11.6 DO NOT USE
What are the needs of carers WITH access to digital systems, concerning accessing the patients' data.	Audience - Population group	carers and family	information sharing					Service User	Carer				
Will carers be able to participate?	Audience - Population group	carers and family	information sharing								2.43.4	What are the key issues around digital information sharing between a carer and the person they care for?	Interim prioritisation
Would it promote data sharing with patients and families (it should)?	Audience - Population group	carers and family	information sharing										
How best can clinicians and researchers partner with industry?	Audience	Development Processes	collaboration								2.14.1	How can good partnerships be formed to develop digital tech?	Information and access
Where can I find appropriate clinical guidance as a developer?	Audience	Development Processes	collaboration						Carer				
How will the commercial providers of existing NHS Trust ICT platforms be persuaded to open their systems to new, trusted person-centred healthcare devices?	Audience	Development Processes	competition, open innovation								2.14.2	How can digital technology be effectively integrated into NHS systems?	Policy and quality
Are any internet resources for mental health financed or controlled by a pharmaceutical concern with vested interests?	Audience	Development Processes	conflict of interest, pharma		Internet				Carer		2.14.3	What role should pharma play in digital technology development?	Policy and quality
Can research into digital technology in mental health exist without pharmaceutical company involvement?	Audience	Development Processes	conflict of interest, pharma					Service User	Carer				

Are we really coproducing or is it just tokenism 'bring along a patient '	Audience	Development Processes	co-production				Service User		Practitioner	2.14.4	What does good co-production of digital mental health technology look like?	Information and access
Can it be 'user-led'?	Audience	Development Processes	co-production						Practitioner			
Can we make sure that people are at the centre of any digital approach to health, rather than the technology leading?	Audience	Development Processes	co-production				Service User					
Could SU's and Carers be more involved in developing DT	Audience	Development Processes	co-production				Service User		Practitioner			
Have wide range of relevant service users been involved in design and production of any given new technology?	Audience	Development Processes	co-production				Service User					
You thinking where pharma are sponsoring and/ or developing the tech?	Audience	Development Processes	co-production						Practitioner			
How can creativity by those with mh issues best be cultivated, shared and celebrated?	Audience	Development Processes	co-production				Service User					
Who writes the programmes for the digital technology and what experience of working with those in distress do they have?	Audience	Development Processes	co-production				Service User		Practitioner			
Will developments be made with practitioners in mind rather than solely service users	Audience	Development Processes	co-production					Carer	Practitioner			
Would it be created with input from NHS healthcare professionals and service users?	Audience	Development Processes	co-production				Service User					
I know people with lived experience of mental illness have had a raw deal from service. How will you involve them to alleviate these concerns	Audience	Development Processes	co-production				Service User					
How are developers going to ensure that applications don't become a cheap way to replace proper care?	Audience	Development Processes	cutting services				Service User			2.14.5	Is digital technology being used to cut mental health services?	Generic
What are the most important design elements to have in place to make technology simple to use?	Audience	Development Processes	design, usability				Service User	Carer	Practitioner	2.14.6	How should digital tech be designed to ensure usability?	Generic
Will it be audited/checked for suitability or can anyone just create an app and get it out there?	Audience	Development Processes	endorsement		App		Service User		Practitioner	2.14.7	How should apps for mental health be evaluated and endorsed? (existing question in 5.6)	Duplicate of 4.13.7 DO NOT USE
How do we persuade people to invest in technology for mental health services?	Audience	Development Processes	funding						Practitioner	2.14.8	Where will/does/should the funding for developing digital MH tech come from?	Information and access
If we want to develop a digital tool for X, where do we get funding/expertise?	Audience	Development Processes	funding						Practitioner			
Local services are snowed under, with limited resource and poor staff turnover. Why are governments not investing more money into this area? Can private organisations with significant wealth not do more?	Audience	Development Processes	funding						Practitioner			
What percentage of the mental health research budget will be used in the development of digital technology?	Audience	Development Processes	funding				Service User			2.14.9	How can digital technology be effectively integrated into NHS services?	Policy and quality
What is the best way to integrate technology into mental health services?	Audience	Development Processes	integration with services						Practitioner	2.14.10	Are digital technologies secure and safety?	Information and access
What are developers doing to prevent hacking?	Audience	Development Processes	security				Service User			2.14.11	What are the technical standards for digital tech for MH?	Policy and quality
What are appropriate/recommended technical architectures?	Audience	Development Processes	technology					Carer		2.15.1	Do digital interventions achieve the same or better outcomes for patients than non-digital interventions (e.g. face to face therapy) with lower costs? AND Does the introduction of digital interventions for mental health reduce the costs for the NHS?	Generic
An important part of any treatment is the relationship between the patient and another human. Can we be assured that digital technology won't just be a cost cutting exercise which denies patients the therapeutic relationship.	Audience	Drivers for tech adoption	adding value or cheaper?						Practitioner			
At what point does reliance on technology to support mental health go too far and starts to be used as an excuse to replace face-to-face support services in order to save money and budgets?	Audience	Drivers for tech adoption	adding value or cheaper?				Service User		Practitioner			
How are developers going to ensure that applications don't become a cheap way to replace proper care?	Audience	Drivers for tech adoption	adding value or cheaper?		Apps		Service User					
How can we ensure that they are the right option rather than just the cheapest?	Audience	Drivers for tech adoption	adding value or cheaper?				Service User		Practitioner			
How do you make sure that digital MH services are NOT a thinly-veiled excuse or distraction to assist the current financial cuts that the NHS is going through at present?	Audience	Drivers for tech adoption	adding value or cheaper?				Service User	Carer				
How would you ensure that this wasn't used as a cost cutting measure that replaced face to face contact?	Audience	Drivers for tech adoption	adding value or cheaper?				Service User		Practitioner			
The idea of a "digital CAMHS" appalls me. It is this f... government which cuts, cuts, cuts all that is useful.	Audience	Drivers for tech adoption	adding value or cheaper?						Practitioner			
Is health providers motivation really about what's best for the patient or is it about finding a cheaper solution?	Audience	Drivers for tech adoption	adding value or cheaper?						Practitioner			
Is it being implemented because it is cheaper than face to face rather than better?	Audience	Drivers for tech adoption	adding value or cheaper?				Service User		Practitioner			
Is it not just a low cost way to avoid spending more money on effective face to face therapeutic interventions?	Audience	Drivers for tech adoption	adding value or cheaper?				Service User		Practitioner			
Is technology really adding value or are we using it just because we can and because it might be cheaper?	Audience	Drivers for tech adoption	adding value or cheaper?				Service User	Carer	Practitioner			
Are digital mental health services a cheaper substitute for properly well funded therapy and support?	Audience	Drivers for tech adoption	adding value or cheaper?			Therapy	Service User	Carer				
Will digital technology be used as a cheaper way to fund supporting those and so will specialised service funding be withdrawn?	Audience	Drivers for tech adoption	adding value or cheaper? + reduce availability of other services				Service User		Practitioner	2.15.2	If digital interventions for mental health show that NHS costs can be reduced, will this reduce the availability of other non-digital services?	Generic
Will the move towards modern technology help the burden on strained mental health services and decrease waiting times?	Audience	Drivers for tech adoption	cost effective and efficiency				Service User			2.15.3	If digital interventions for mental health show that NHS costs can be reduced, will this increase access to non-digital services and decrease waiting times?	Interim prioritisation
Nothing can really fix ongoing and worsening lack of funding to essential services. We must act, we must innovate. Faced with wicked problems, the only solution is creativity. Not to fix, but to pave the way for progress. Tech plays a vital role	Audience	Drivers for tech adoption	cost effective and efficiency						Practitioner			
Is digital technology being used for people with mental health problems as a way of reducing costs?	Audience	Drivers for tech adoption	does it reduce costs?						Practitioner	2.15.4	Does the introduction of digital interventions for mental health reduce the costs for the NHS?	Generic
Is this a cheaper option than face to face work with clients?	Audience	Drivers for tech adoption	does it reduce costs?				Service User		Practitioner			
Is this about money?	Audience	Drivers for tech adoption	does it reduce costs?					Carer	Practitioner			
Is this research being driven by financial cuts to relationship-based mental health services as they decline?	Audience	Drivers for tech adoption	does it reduce costs?				Service User		Practitioner			
To what extent is interest in using digital technologies driven by underfunding for mental health care?	Audience	Drivers for tech adoption	does it reduce costs?					Carer				
How can we best use technology to help ensure continuity of care/building trusting therapeutic relationships, rather than simply offering cheaper alternatives to current care?	Audience	Drivers for tech adoption	innovation to build relationships				Service User	Carer		2.15.5	In what ways can the use of digital interventions for mental health enhance trusting relationships and continuity of care?	Generic
How do we persuade people to invest in technology for mental health services?	Audience	Drivers for tech adoption	investment						Practitioner	2.15.6	What steps are needed to increase the investment of funds into digital technology for mental health? Why is investment in digital technology for mental health not a priority area for government, NHS and private sector?	Information and access
how will we ensure any efficiency savings are re-invested in NHS talking therapies?	Audience	Drivers for tech adoption	investment						Practitioner			
Local services are snowed under, with limited resource and poor staff turnover. Why are governments not investing more money into this area? Can private organisations with significant wealth not do more?	Audience	Drivers for tech adoption	investment						Practitioner			
Why does there continue to be inequity in investment of digital technology?	Audience	Drivers for tech adoption	investment						Practitioner			
why don't we scrap old tech and invest in up to date tech	Audience	Drivers for tech adoption	investment				Service User		Practitioner			
Will significant funds go towards what is in vogue yet has little evidence base?	Audience	Drivers for tech adoption	investment + evidence						Practitioner	2.15.7	Is the move towards digital interventions for mental health based on popular opinion, rather than evidence of effectiveness?	Information and access
What percentage of the mental health research budget will be used in the development of digital technology?	Audience	Drivers for tech adoption	investment/% of budget				Service User			2.15.8	What percentage of the mental health research budget will be used in the development of digital technology?	Information and access

What is the long term strategy or is it a quick fix?	Audience	Drivers for tech adoption	long term approach?					Service User			2.15.9	What is the long term strategy for the development of digital interventions for mental health?	Information and access
Will use of digital technologies result in the NHS and other professional bodies pushing more clients down this route than seeing a counsellor/therapist face to face as it is cheaper more cost effective?	Audience	Drivers for tech adoption	pressure on practitioners				Counselling/ Therapy	Service User		Practitioner	2.15.10	If digital interventions for mental health show that NHS costs can be reduced, will practitioners be under pressure to direct patients to digital options rather than non-	Policy and quality
Is there any research on whether specialists will feel pressure to rely heavily on these digital technologies with ever decreasing funding?	Audience	Drivers for tech adoption	pressure on practitioners					Service User		Practitioner			
Are we substituting technology because we can't get humans? If so, how can we get more humans to do these jobs?	Audience	Drivers for tech adoption	shortage of humans					Service User	Carer	Practitioner	2.15.11	Is there evidence that the growth of digital interventions is needed because of a shortage of staff to deliver non-digital interventions?	Information and access
Is it pwps, service users or both that are restricting the growth of digital?	Audience	Drivers for tech adoption	who is restricting growth?					Service User		Practitioner	2.15.12	To what extent do personal attitudes held by staff and patients influence the uptake of digital interventions for mental health in services?	Generic
How can we choose between technologies/options?	Rights	Access to healthcare of choice	ability to choose/control					Service User			3.1.1	How do we ensure that people have choice and control over their preferred mode of treatment - either digital, traditional delivery or a combination of both?	Policy and quality
Agreed, it is purely one option. What's needed is many different options. In current climate, options are arguably 'too narrow'	Rights	Access to healthcare of choice	ability to choose/control					Service User					
How to be fully sure the individual is completely happy to use IT	Rights	Access to healthcare of choice	ability to choose/control		Computer					Practitioner			
Will service users have real meaningful choice?	Rights	Access to healthcare of choice	ability to choose/control					Service User					
Will I be able to turn it off if I want to be alone?	Rights	Access to healthcare of choice	ability to choose/control					Service User					
Could digital technology be used by health professions to better support service users who have issues around face to face or phone support?	Rights	Access to healthcare of choice	ability to choose/control			Support		Service User	Carer	Practitioner			
In reality, who decides what is offered in a given area?	Rights	Access to healthcare of choice	ability to choose/control					Service User					
Do you prefer face to face contact with a professional, rather than a digital option?	Rights	Access to healthcare of choice	ability to choose/control							Practitioner			
Do patients really want to use technology as a medium of treatment or service provision.	Rights	Access to healthcare of choice	acceptability			Treatment			Carer	Practitioner	3.1.2	What is the acceptability of digital technologies to people with mental health problems?	Generic
Do people really want to use digital technology or would they prefer to talk to a real human being?	Rights	Access to healthcare of choice	acceptability							Practitioner			
Do people actually use digital tech for mental health much when they feel bad?	Rights	Access to healthcare of choice	Acceptability/engagement					Service User		Practitioner			
How do we avoid a situation where the provision of easily accessible mental health care relies on access to digital technologies?	Rights	Access to healthcare of choice	growth restrict access to other services?						Carer		3.1.3	Does the provision of digital technologies for mental health services reduce access to traditional (e.g. face to face) forms of treatment?	Interim prioritisation
Whilst a part of me thinks that in this generation digital technology for mental health problems is a good idea (increased accessibility, potential to further reduce stigma etc) there is a part of me that worries that it will reduce parity of esteem (e.g. due to reduced availability of psychiatrists, psychotherapists etc people may be "fobbed off" with a digital technology, which isn't seen in physical problems) and increase the number of people falling through the net until they reach crisis point.	Rights	Access to healthcare of choice	growth restrict access to other services?					Service User		Practitioner			
Will use of digital technologies result in the NHS and other professional bodies pushing more clients down this route than seeing a counsellor/therapist face to face as it is cheaper more cost effective?	Rights	Access to healthcare of choice	growth restrict access to other services?			Therapy		Service User		Practitioner			
Any online / digital provision for mental health support is not going to be suitable for everyone.	Rights	Access to healthcare of choice	those that don't want to engage - disadvantaged?							Practitioner	3.1.4	How do we make sure that people who cannot or choose not to use digital technology are not disadvantaged?	Generic
— in particular, for those who dislike the very use of those technologies.	Rights	Access to healthcare of choice	those that don't want to engage - disadvantaged?						Carer				
How do we make sure that people who cannot or choose not to use digital technology are not disadvantaged?	Rights	Access to healthcare of choice	those that don't want to engage - disadvantaged?							Practitioner			
What about if I don't like technology?	Rights	Access to healthcare of choice	those that don't want to engage - disadvantaged?							Practitioner			
Will there be alternatives for people who do not get on with technology?	Rights	Access to healthcare of choice	those that don't want to engage - disadvantaged?					Service User	Carer				
People might not want to use it	Rights	Access to healthcare of choice	those that don't want to engage - disadvantaged?							Practitioner			
How can data be made available anonymously and in an aggregated format immediately through client use?	Rights	Big Data	Data – sharing							Practitioner	3.2.1	What are the barriers to developing confidential and safe ways for service users to	Policy and quality
How do we get the NHS to invest in technology so patients can share their personal data safely with clinicians?	Rights	Big Data	Data – sharing							Practitioner			
How can we use technology to map shifts and needs in mental health in real time	Rights	Big Data	Data - migration							Practitioner	3.2.2	Can data obtained from digital technologies for mental health conditions be migrated to other settings or services (e.g. to help with future assessments)?	Information and access
Will the data obtained from service users be subsequently analysed & relayed in order to improve assessments in future - both in person & digitally?	Rights	Big Data	Data - migration					Service User	Carer				
Can technology be used to store data about your mental health which can follow you around to other services you engage with?	Rights	Big Data	Data - migration					Service User			3.2.3	What data (e.g. passive data from mobile phone functions) do digital technologies (e.g. social media, Google, apps) obtain, and how can digital interventions targeted at supporting people with mental health conditions best use and share this type of data? Are there guidelines for developers to follow?	Policy and quality
How are organisations like Twitter, Facebook and Google tracking and using (my) data?	Rights	Big Data	Data - collection		Social media			Service User	Carer				
How can we facilitate data extraction and usage	Rights	Big Data	Data - collection							Practitioner			
Is there a use for 'passive data', e.g. mobile phone gps tracking, passive microphone usage, movement etc - and what guidelines need to be in place around this to make it usable?	Rights	Big Data	Data - collection		Mobile					Practitioner			
What data is gathered behind the scenes about people, which is then used to influence what information is sent out subliminally or directly?	Rights	Big Data	Data - collection							Practitioner			
Would it add the high volumes of data that already exist within mental health services?	Rights	Big Data	Data - collection							Practitioner			
how would the data they (intelligent personal assistants/ 'chatbots' using artificial intelligence (AI) and machine learning technology) generate be stored/managed/shared?	Rights - data protection	Control and ownership	AI/chatbots		AI/ Chatbots						3.6.1	Do people consider virtual assistants and 'chatbots' which use artificial intelligence (AI) and machine learning technology trustworthy and reliable?	Interim prioritisation
How can sensitive data be kept confidential and safe from exploitation for commercial reasons?	Rights - data protection	Control and ownership	commercial interests						Carer		3.6.2	How can sensitive data be kept confidential and safe from exploitation for commercial reasons?	Policy and quality
How do I prevent technology companies and the Government from selling the data ?	Rights - data protection	Control and ownership	commercial interests					Service User					
How do we protect and trust citizens data so that it doesn't fall into the wrong hands.	Rights - data protection	Control and ownership						Service User		Practitioner			
Will the data be secure . No matter what the companies say , they can be trusted with peoples data	Rights - data protection	Control and ownership	commercial interests						Carer				

How secure is the information that is stored / transferred over the Web.	Rights - data protection	Safety and security of information	assurance of security of data		Internet		Service User	Carer					
How secure will any personal data be? And who will have access to it?	Rights - data protection	Safety and security of information	assurance of security of data				Service User	Carer					
How to guarantee data protection	Rights - data protection	Safety and security of information	assurance of security of data								Practitioner		
How will data be protected?	Rights - data protection	Safety and security of information	assurance of security of data				Service User						
How will digital support systems keep the client's data confidential and safe?	Rights - data protection	Safety and security of information	assurance of security of data								Practitioner		
How will my data be secured?	Rights - data protection	Safety and security of information	assurance of security of data					Carer					
How would information security be guaranteed and people reassured about this?	Rights - data protection	Safety and security of information	assurance of security of data				Service User				Practitioner		
Is it a safe effective and secure platform to deal with mental health issues?	Rights - data protection	Safety and security of information	assurance of security of data								Practitioner		
Is it safe?	Rights - data protection	Safety and security of information	assurance of security of data				Service User	Carer			Practitioner		
Is it secure?	Rights - data protection	Safety and security of information	assurance of security of data				Service User	Carer			Practitioner		
Is my data safe?	Rights - data protection	Safety and security of information	assurance of security of data				Service User	Carer			Practitioner		
My data safety	Rights - data protection	Safety and security of information	assurance of security of data				Service User						
Security	Rights - data protection	Safety and security of information	assurance of security of data				Service User	Carer					
What is being done with the data - is my information safe?	Rights - data protection	Safety and security of information	assurance of security of data				Service User	Carer			Practitioner		
Who will have access to what and how will we ensure it remains secure	Rights - data protection	Safety and security of information	assurance of security of data					Carer			Practitioner		
Will data be safe	Rights - data protection	Safety and security of information	assurance of security of data				Service User						
Will it be secure?	Rights - data protection	Safety and security of information	assurance of security of data				Service User	Carer			Practitioner		
Will the data be secure . No matter what the companies say , they cant be trusted with peoples data	Rights - data protection	Safety and security of information	assurance of security of data					Carer					
If digital technology is used in a forensic setting, how will this be monitored and the security issues addressed?	Rights - data protection	Safety and security of information	forensic				Service User				Practitioner		3.9.2
How do we identify platforms for digital technologies that comply with strict NHS data security and confidentiality policies?	Rights - data protection	Safety and security of information	IG + video tech								Practitioner		
How do we increase the use of video technology to support patients in a rural setting, ensuring personal information is safe?	Rights - data protection	Safety and security of information	IG + video tech		Video	Support					Practitioner		
I know Skype is insecure for online counselling (since Microsoft own it and, therefore, all data transmitted through it). But is VSee much more secure, and what about Apple FaceTime or other alternatives?	Rights - data protection	Safety and security of information	IG + video tech		Online/ Skype/ Video	Counselling					Practitioner		
I welcome any improvement in the security and reliability of audio-visual connections such as Skype and FaceTime. Better broadband is priority and unreliability puts off those who are suffering and needing help	Rights - data protection	Safety and security of information	IG + video tech		Online/ Skype/ Video		Service User	Carer			Practitioner		3.9.3
How can we make digital technology, such as apps, internet of things, Alexa, secure in terms of data collection, processing, storage etc?	Rights - data protection	Safety and security of information	IG compliance		Apps						Practitioner		
Individually, what are the realistic security exposures of connecting with clients via these means: - Twitter, Facebook, Instagram, WhatsApp, e-Mail (and any others I don't even know about yet)?	Rights - data protection	Safety and security of information	IG compliance		Email/ Social media						Practitioner		
How stringent are the security measures with regards to protecting sites?	Rights - data protection	Safety and security of information	IG compliance					Carer			Practitioner		
How can we ensure confidentiality when things are stored/sent via electronic media?	Rights - data protection	Safety and security of information	IG compliance		Email		Service User				Practitioner		
How can we combine security and accessibility	Rights - data protection	Safety and security of information	security vs accessibility								Practitioner		3.9.4
How can I trust the digital technology ?	Rights	Ethics	Trust				Service User						
How do you know who benefits from selling services and whether they are for profit or not? Even this research is not clearly labelled!	Rights	Ethics	Trust								Practitioner		3.10.1
So I'm getting that there are some questions about ethics need asking.	Rights	Ethics	Trust								Practitioner		
How can we ethically accommodate activities an interventions that have the potential through different uses to help and harm?	Rights	Ethics	Safety				Service User				Practitioner		3.10.2
Is there a question or two there around safety & regulation vs ethics of digital surveillance & paternalism?	Rights	Ethics	Safety								Practitioner		
Access mental health without stigma - new identity Mindfulness rather than mental health	Rights	Stigma concerns	Access			Mindfulness	Service User	Carer					
How useful is it eliminating the stigma of talking about mental health if there is doubt over whether we can afford to help people who ask for it?	Rights	Stigma concerns	Access				Service User						3.11.1
Stigma regarding BPD and why there's still stigma	Rights	Stigma concerns	Reducing	BPD			Service User						
Will digital technology reduce stigma associated with mental health problems?	Rights	Stigma concerns	Reducing				Service User				Practitioner		
Will the digital service endeavour to avoid cliché & generalisations at all costs?	Rights	Stigma concerns	Reducing				Service User	Carer					3.11.2
If the data is leaked or lost, can I be identified?	Rights - data protection	Confidentiality	lost or made public				Service User						
What data is gathered behind the scenes about people, which is then used to influence what information is sent out subliminally or directly?	Rights - data protection	Confidentiality	lost or made public								Practitioner		3.5.1
What will be put in place to preserve confidentiality in the therapeutic setting?	Rights - data protection	Confidentiality	lost or made public		Therapy						Practitioner		
Confidentiality - what will be done with their information will it go onto future employers and damage future prospects?	Rights - data protection	Confidentiality	prudent access				Service User						
How can sensitive data be kept confidential and safe from exploitation for commercial reasons?	Rights - data protection	Confidentiality	prudent access					Carer					
Who can see/access the information?	Rights - data protection	Confidentiality	prudent access					Carer			Practitioner		
Who will have access to what and how will we ensure it remains secure	Rights - data protection	Confidentiality	prudent access					Carer			Practitioner		3.5.2
Would think an easy to access, private and flexible form of support / monitoring could be useful - would have questions re confidentiality / data protection.	Rights - data protection	Confidentiality	prudent access		Monitoring/ support			Carer			Practitioner		
How does it work with confidentiality?	Rights - data protection	Confidentiality	reliable and safe								Practitioner		
How safe are my personal details	Rights - data protection	Confidentiality	reliable and safe				Service User						3.5.3
This raises some questions with regards to patient confidentiality, data protection and also the issue of giving out staff email addresses/ work mobile phone numbers.	Rights - data protection	Confidentiality	reliable and safe								Practitioner		
Reliability and confidentiality	Rights - data protection	Confidentiality	reliable and safe								Practitioner		
Are the sources I use secure and confidential?	Rights - data protection	Confidentiality	secure				Service User						
Can I have confidence in confidentiality?	Rights - data protection	Confidentiality	secure				Service User				Practitioner		
Confidentiality for users - how does it work without getting in the way e.g. if you're part of an online m/h group?	Rights - data protection	Confidentiality	secure				Service User				Practitioner		
Data privacy, confidentiality, & anonymity?	Rights - data protection	Confidentiality	secure				Service User	Carer			Practitioner		

How can digital technology be used to offer new forms of support that contrast with a traditional medical model of mental health?	Delivery	Replacement and alternatives for humans and traditional services	Digital USP: responsiveness; new forms of support			Support	Service User	Carer	Practitioner	4.1.4	Are there any unique benefits of digital mental health interventions over non-digital interventions?
What are the advantages of using digital technology as opposed to seeing a mental health care nurse or doctor/psychiatrist?	Delivery	Replacement and alternatives for humans and traditional services	Digital USP: responsiveness; new forms of support				Service User				generic
A complaint of digital technology is that it can isolate - do treatment support options delivered in this way provide a different kind of support or a different kind of outcome/coping strategy than those delivered through 'traditional' means?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Treatment/ Support			Practitioner		
are digital tools effective as an alternative to, or add on for traditional treatments (ie is there good quality research evidence)	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Treatment			Practitioner		
Are psychological therapies delivered using video conferencing (such as Skype on an iPad) as good as face to face therapy?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human		Video/ Skype	Therapy	Service User				
are there differences between having counselling in a consultation room with a therapist and online (without human contact)	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human		Counselling/ Online	Therapy	Service User	Carer	Practitioner		
Can digital technology really have the same or better impact than face to face interaction?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human				Service User		Practitioner		
Will it be as in depth as face to face support?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Support	Service User		Practitioner		
Can it deliver equal efficacy to face to face interventions?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human						Practitioner		
Can technology be more effective at helping me overcome my mental health issues than a real person who is sat in front of me?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human						Practitioner		
Do you think that digital support can replace face to face support, or be combined with it?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Support			Practitioner		
Have there been any studies to compare outcomes between using digital technology and face to face interventions for people with mental health problems?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human						Practitioner		
How can outcomes be measured accurately without a face to face intervention?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human						Practitioner		
How can technology offer anything like what's available from a trained person?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human				Service User				
How do technological treatments/interventions compare with traditional treatments/interventions for different mental illnesses in terms of effectiveness?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Treatment	Service User				
How do these technologies compare to more 'traditional' interventions?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human				Service User	Carer	Practitioner		
How do we manage risk if not face to face discussion/ assessment?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Assessment/ Risk management			Practitioner		
How effective is it compared to face to face support or other kinds of support for mental health?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Support	Service User		Practitioner		
How effective is online counselling (e.g. via Skype) with a real counsellor in comparison to face-to-face, real time counselling? (Given that online communication diminishes the non-verbal elements of communication)	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human		Online/ Video/ Skype	Counselling	Service User		Practitioner		
How useful are technology based "treatments"? even when offered enthusiastically people tend to prefer face to face - anecdotally.	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Treatment			Practitioner		
How will progress/success be monitored (particularly regarding issues such as depression/psychosis) if there is no face to face contact, to ensure the on-going safety and wellbeing of the individual?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human	Depression/ Psychosis			Service User		Practitioner	4.1.5	Are digital mental health interventions as safe and effective as other mental health interventions?
I would be interested to know if digital technology would be as effective as face to face therapy/advice. I think there would need to be a connection between individuals so that they feel like a 'real person'.	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Therapy		Carer			
In children and young people presenting with psychological or neuro-developmental problems, is obtaining a psychiatric history through using a thorough, validated instrument (e.g. the DAWBA) as good, better or worse at assessing a child or young person than a conventional initial clinical assessment?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human	Neurodevelopmental		Assessment			Practitioner		
Is online therapy as effective as face to face therapy	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human		Online	Therapy	Service User		Practitioner		
Is technology delivered intervention comparable to face-to-face intervention?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human				Service User		Practitioner		
Is technology/robot/computer equivalent to having human contact?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human		Computer/ Bot				Practitioner		

Is there any evidence that using technology for mental health is actually better or at least not inferior to face to face delivery?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human				Service User		Practitioner			
Isn't human interaction still better?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human				Service User					
If tech-based treatments are found to be just as good as human-based treatments, does this mean tech-based treatments are good enough, or that human-based treatments *aren't* good enough?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Treatment	Service User		Practitioner			
What can technology do for you that a gp can't	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human				Service User	Carer				
What does the evidence say about the importance of face to face contact (and how will digital ensure this isn't lost)?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human					Carer				
What is the intrinsic, therapeutic value of people having other people to work with, face to face, in comparison to people working with digital technology, usually online?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human		Online	Therapy			Practitioner			
Why are existing approaches to doing self-directed online therapy rather underwhelming? Computerized CBT seems not to have big advantages over face-to-face therapy, apart from convenience and accessibility.	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human		Online/ Computer	CBT/ Therapy/ Self-help			Practitioner			
I know people are worried about the human element being lost but I'd love to see an evaluation of whether this actually makes a diff	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human				Service User		Practitioner			
Agreed, online IAPT courses are an example, does it really replace 1-to-1 appt's etc, even in short-term?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human		Online				Practitioner			
Depending on psychological needs - effectively feeling like one is having a meaningful interpersonal reaction (baseline: empathetic human being)	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human				Service User	Carer	Practitioner			
What can digital technology do that well trained humans can't do?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human						Practitioner			
Something on comparing outcomes/preferences for digital vs face to face therapies	Rights	Access to healthcare of choice					Service User		Practitioner			
What are the patient benefits of technology versus face to face support?	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human			Support		Carer				generic
How can people rely on an algorithm for an accurate assessment .	Delivery	Replacement and alternatives for humans and traditional services	Digital vs Human					Carer		4.1.6	How reliable and safe are automated decisions by computers compared to human judgements in mental health care?	
Will some form of human judgement be maintained? I don't think automated decision making is anywhere near sophisticated enough to replace human judgement in mental health services.	Delivery	Replacement and alternatives for humans and traditional services	Human USP: human involvement vital						Practitioner			interim prioritisation
Digital technology should not replace CBT. CBT should not be underestimated in its ability to help people. People NEED someone to talk to, not more isolation. Human interaction is key!!!!!!	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch			CBT	Service User					
How can a therapist compensate for the loss of being physically present with teh other that is inevitable through using technology	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch			Therapy			Practitioner			
Does this mean that there will be less contact with people ie therapists, CPNs, psychiatrists and more sitting isolated at home with a laptop, or tablet?	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch		Computer/ Tablet		Service User	Carer				
How do we make sure tech is not an excuse to cut people out of the system when they are needed?	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch						Practitioner			
no face to face contact can make you feel more isolated how will this be addressed	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch				Service User	Carer	Practitioner			
People needing expert help should have quick access to someone in person not just a computer program. You can't get a hug from an app.	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch		Computer		Service User	Carer				
People with mental health problems, as everyone else, need above all human contact with real people. How are you planning to address that basic human need?	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch						Practitioner			
Skype or equivalent could be sued for work with people in counselling however there are difficulties in for example in offering them a tissue if they are distressed.	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch			Counselling			Practitioner			
Will people still feel cared for in the same way as a face to face meeting? How could this be done?	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch				Service User					
Will using digital technologies result in a loss of feeling connected to someone (in this case the mental health professional)? Loss of the human connection.	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch					Carer				
Would an app ever replace human connections	Delivery	Replacement and alternatives for humans and traditional services	Human USP: losing human touch		Apps				Practitioner			

The patient-therapist relationship has been shown to be a consistently key factor in recovery (e.g. Kelley et al., 2014; Martin et al., 2000). How can this be balanced with any new focus on digital technology?	Delivery	Replacement and alternatives for humans and traditional services	Human USP: Therapeutic relationship			Therapy		Carer	Practitioner			
Much research has focussed on the importance of the relationship as being a fundamental ingredient in change. The sense of 'relationship' can be skewed in the world of technology much more easily: misunderstandings and misinterpretations can arise much more frequently	Risks	Patient safety - general						Service User	Carer	Practitioner		
The therapeutic relationship is believed to be key to client's journey to wellness. Digital technology cannot replace this so how much can digital technologies help people?	Delivery	Replacement and alternatives for humans and traditional services	Human USP: Therapeutic relationship			Therapy		Service User		Practitioner		
There is a great deal of support in counselling/psychotherapy efficacy studies about the importance of the therapeutic relationship. Building an effective therapeutic alliance is something that takes place between human beings & there are many subtleties involved in this process. How can digital technology address this very human dimension of the process of therapy?	Delivery	Replacement and alternatives for humans and traditional services	Human USP: Therapeutic relationship			Support/ Therapy		Service User		Practitioner		
b) working online - things to think about in relationship	Delivery	Replacement and alternatives for humans and traditional services	Human USP: Therapeutic relationship		Online					Practitioner		interim prioritisation
How do you maintain motivation and interest in digital options where there is no individual therapist attuning to the needs of the individual?	Delivery	Replacement and alternatives for humans and traditional services	Human USP: treatment compliance			Therapy				Practitioner	4.1.9	How do you maintain motivation and interest in digital options where there is no therapist recognising the needs of the individual?
I also supervise Schools Counsellors, they use some digital apps to help children relax, remind them of positive messages etc, but again it is in the context of a real relationship that they help. The idea of a "digital CAMHS" appalls me.	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services		Apps	Counselling				Practitioner		generic
Can you reassure people that technology won't be used to replace valuable face to face time with health professionals?	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services					Service User			4.1.10	Will digital technology interventions for mental health reduce the availability of non-digital options for support and treatment?
At what point does reliance on technology to support mental health go too far and starts to be used as an excuse to replace face-to-face support services in order to save money and budgets?	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services					Service User		Practitioner		
How would you ensure that this wasn't used as a cost cutting measure that replaced face to face contact?	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services					Service User		Practitioner		
In any given case, are digital technologies proposed as replacements for face-to-face or other modes of interaction with healthcare professionals?	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services					Service User				
Will digital technology stop people seeking help from specialists?	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services					Service User		Practitioner		
Will people be encouraged to seek face to face help?	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services					Service User		Practitioner		
Will people be less inclined to seek help from a real person/professional?	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services					Service User		Practitioner		
Will it in fact mean that mental health service users are less likely to access services in person?	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services						Carer			
Whilst a part of me thinks that in this generation digital technology for mental health problems is a good idea (increased accessibility, potential to further reduce stigma etc) there is a part of me that worries that it will reduce parity of esteem (e.g. due to reduced availability of psychiatrists, psychotherapists etc people may be "fobbed off" with a digital technology, which isn't seen in physical problems) and increase the number of people falling through the net until they reach crisis point.	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services					Service User		Practitioner		
will there be other options or will this replace the therapist	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services			Therapy		Service User	Carer	Practitioner		
Will these technologies be used to strong arm people away from traditional treatments that may be more effective?	Delivery	Replacement and alternatives for humans and traditional services	Reducing access to traditional services					Service User	Carer			generic
How can digital technology be integrated alongside care from professionals to best help increase cost-effectiveness of care for conditions such as depression?	Delivery	Blended care	cost-effectiveness	Depression				Service User	Carer	Practitioner	4.2.1	Is it more cost effective when existing treatment options (medication, psychological therapies etc) are blended with digital interventions?
How can you ensure you get the right balance between using technology and keeping physical contact with people who need it	Delivery	Blended care	getting the balance right					Service User			4.2.2	How do we achieve the right balance of digital technology and human interaction for each individual?
How do we balance the need for human intervention versus digital and get that balance right?	Delivery	Blended care	getting the balance right					Service User		Practitioner		
How can this be balanced with real life, face-to-face treatments and support?	Delivery	Blended care	getting the balance right			Support		Service User				
How much direct human contact will service users get as well as the digital interventions?	Delivery	Blended care	getting the balance right					Service User	Carer	Practitioner		
Can digital solutions be combined with face to face support successfully so its not only a digital intervention that is delivered but a combination of both person to person interaction and online support / therapy?	Delivery	Blended care	how to combine digital and existing		Online	Support/ Therapy				Practitioner		
Can it be used alongside face to face therapy? E.g. so could I as a counsellor recommend an app/website/online course that would supplement the sessions	Delivery	Blended care	how to combine digital and existing		Apps/ Online	Counselling		Service User		Practitioner		
Can they work unsupported, or do they need health professional support as well?	Delivery	Blended care	how to combine digital and existing							Practitioner		
How are technology and face-to-face interventions best combined?	Delivery	Blended care	how to combine digital and existing					Service User		Practitioner		
How can technology support existing therapies?	Delivery	Blended care	how to combine digital and existing			Therapy		Service User		Practitioner		
How can using digital technology be paired with talking to professional in real life?	Delivery	Blended care	how to combine digital and existing					Service User	Carer			
How do we integrate digital technologies with existing clinical systems	Delivery	Blended care	how to combine digital and existing							Practitioner		
Is health professional support necessary for successful use of digital resources for mental health? (An in which conditions)	Delivery	Blended care	how to combine digital and existing							Practitioner		
Is it possible to create a mobile app that could be used to log your 'homework' for you CBT therapy which could be reviewed by your psychologist between appointments. Maybe even receive encouragement and feedback from your psychologist between appointments.	Delivery	Blended care	how to combine digital and existing		Apps	CBT		Service User				
Remote support with therapy (e.g. Psychological therapy) goals outside of therapy sessions	Delivery	Blended care	how to combine digital and existing			Support/ Therapy		Service User	Carer	Practitioner		
What can be done to provide support?	Delivery	Blended care	how to combine digital and existing			Support		Service User				What is the best way to combine digital

What is the best way to integrate technology into mental health services?	Delivery	Blended care	how to combine digital and existing						Practitioner	4.2.3	interventions with existing forms of treatment and services?	
What one to one face to face(if any) follow up would there be	Delivery	Blended care	how to combine digital and existing						Practitioner			
and so how can we find 'mix and match' solutions which include digital technology when possible, but use alternate approaches if needed?	Delivery	Blended care	how to combine digital and existing				Service User	Carer	Practitioner			
Is it regarded as a substitute for face to face interaction or as an additional resources?	Delivery	Blended care	how to combine digital and existing				Service User					
Is it something that can be bought and used in a clinical practice as client homework or in the future as needed?	Delivery	Blended care	how to combine digital and existing					Carer	Practitioner			
Is their a need to introduce training in the use of digital technology to be applied in 'blended' interventions e.g. alongside other approaches rather than as an alternative	Delivery	Blended care	how to combine digital and existing				Service User		Practitioner			
Can digital solutions be combined with face to face support successfully so its not only a digital intervention that is delivered but a combination of both person to person interaction and online support / therapy?	Delivery	Blended care	how to combine digital and existing	Online	Support/ Therapy				Practitioner			
Would it work by itself or alongside individuals GPs and Psychiatrists?	Delivery	Blended care	how to combine digital and existing					Carer				
Would there be medical experts that can provide individuals with support on these apps/forums?	Delivery	Blended care	how to combine digital and existing	Apps/ Forums	Support			Carer				
Could more CPNs give clients their work email addresses, me and my CPN find this works better than phonecalls if I need support in between appointments	Delivery	Blended care	how to combine digital and existing	Email		Service User						
Do you think digital technology can use continuum care for mental health?	Delivery	Blended care	how to combine digital and existing					Carer				
Do you think that digital support can replace face to face support, or be combined with it?	Delivery	Blended care	how to combine digital and existing					Support	Practitioner	4.2.4	Can digital technology help increase face to face connections between people?	generic
How could we use mobile / wearable digital technology to enhance peoples lives and try to counteract my questions in question 2, ie can we use digital technology to lower overall digital exposure and maximise face to face time (this assumes a problem and proposes a solution, so apologies....)	Delivery	Blended care	Improving F2F contact	Mobile/ Wearables		Service User	Carer		Practitioner			
How will use of digital technology help people to increase face to face connection with people	Delivery	Blended care	Improving F2F contact									
What can technology do to connect you to others in a face to face way.	Delivery	Blended care	Improving F2F contact			Service User	Carer					
Will every service give you access to actually speak with a qualified mental health professional?	Delivery	Blended care	limiting access to humans			Service User	Carer					
Will human support be replaced or enabled?	Delivery	Blended care	limiting access to humans		Support	Service User						
Will o be able to access person to person support via these platforms?	Delivery	Blended care	limiting access to humans			Service User						
How will you ensure that technology adds to and enhances current treatments and support mechanisms, as opposed to replaces the people in the system?	Delivery	Blended care	limiting access to humans									
It may be a helpful "first step" or assist people to help themselves at and early stage to prevent significant problems occurring. However, there must be a mechanism to allow (and support/facilitate) people to access face-to-face support as well. Human contact and human interactions are the bedrock of many people's recovery. Isolation and the growing influence of online lifestyles has left many people feeling excluded and disconnected from this local communities, which in turn can have a very negative effect on people's mental health.	Delivery	Blended care	maximising treatment outcomes		Support				Practitioner			
Are digital technologies effective at supporting gains made in the clinic in everyday life	Delivery	Blended care	maximising treatment outcomes						Practitioner			
Could apps be used alongside traditional forms of treatment to have a better recovery for the patient?	Delivery	Blended care	Maximising treatment outcomes	Apps	Treatment	Service User	Carer			4.2.5	Will the growth of digital interventions reduce people's access to mental health professionals?	generic
Does having online mental health support (such as support forums, etc) that accompany face to face support improve mental health?	Delivery	Blended care	Maximising treatment outcomes	Forums		Service User	Carer					
Does mood tracking using apps help to make talking therapy more effective?	Delivery	Blended care	Maximising treatment outcomes	Apps	Therapy	Service User	Carer	Practitioner				
Does use of mobile app improve compliance and motivation to engage with therapy sessions as compared to not using suchh app based assistance?	Delivery	Blended care	Maximising treatment outcomes	Apps	Therapy				Practitioner			
How can digital technologies be used to enhance, instead of replace, existing mental health labour?	Delivery	Blended care	maximising treatment outcomes					Carer				
Relevantly, how do we go about maximising treatment by using a combination of personal support from clinicians, medication and digital therapeutic interventions.	Delivery	Blended care	maximising treatment outcomes		Treatment/ Support				Practitioner			
How can digital technology enhance traditional therapy - rather than replacing it?	Delivery	Blended care	maximising treatment outcomes		Therapy	Service User			Practitioner			
How can we use this digital technology to create a stronger link between primary carers (family, support workers. etc.) and clinicians to improve access to mental health check-ups, access to therapy and treatment adherence?	Delivery	Blended care	maximising treatment outcomes		Therapy				Practitioner			
How digital technology can help supplement psychological therapies in order to increase their effectiveness and help people maintain improvements and prevent relapse after the end of treatment.	Delivery	Blended care	maximising treatment outcomes		Therapy				Practitioner			
Is it regarded as a substitute for face to face interaction or as an additional resources?	Delivery	Blended care	maximising treatment outcomes			Service User						
Would having a pre-determined computer programme to complete prior to any valuable face to face therapy measure clients motivation for engaging with and benefiting from treatment?	Delivery	Blended care	maximising treatment outcomes	Games	Treatment	Service User	Carer	Practitioner		4.2.6	How can treatment outcomes be maximised by combining existing treatment options (medication, psychological therapies etc) with digital mental health interventions?	
I am interested in the ones that utilise tech to build on human expertise	Delivery	Blended care	maximising treatment outcomes			Service User			Practitioner			
How can technology be integrated into therapy to be improve outcomes?	Delivery	Blended care	maximising treatment outcomes		Therapy			Carer	Practitioner			
How can technology be used alongside therapy or counselling to promote better mental wellbeing?	Delivery	Blended care	maximising treatment outcomes		Counselling/ Therapy	Service User			Practitioner			
What are the most effective ways to support someone's progress in the weeks, months and years ahead of starting to use technology?	Delivery	Blended care	maximising treatment outcomes			Service User	Carer		Practitioner			
How could digital technology be designed to appeal to those who feel they need human connection rather than faceless technology.	Delivery	Blended care	retaining human elements									
How can we best use technology to help ensure continuity of care/building trusting therapeutic relationships, rather than simply offering cheaper alternatives to current care?	Delivery	Blended care	retaining human elements		Therapy	Service User	Carer					
How do you maintain a sense of presence and connection in the therapeutic alliance without absence of physical meetings?	Delivery	Blended care	retaining human elements		Therapy	Service User						
If a consistent finding of the efficacy of talking therapies shows it is the quality of the relationship between therapist and client that is key, over and above the mode of therapy, in what ways can digital media be used to enhance this quality of relationship between human beings?	Delivery	Blended care	retaining human elements		Therapy				Practitioner			
When delivering an evidence-based intervention that works face to face with the help of technology, what makes it translate?	Delivery	Blended care	retaining human elements			Service User			Practitioner			
Will the app provide feedback from mental health professionals that encourage us on our progress? The human touch is important. Feedback from real people who understand and empathise with our issues can really build us up and make us likely to reuse the software.	Delivery	Blended care	retaining human elements	Apps		Service User				4.3.1	What are the healthcare benefits and barriers to the implementation of patient held electronic records?	
will there be someone to talk to in addition to the technology?	Delivery	Blended care	retaining human elements						Practitioner			
Can I see my care plan via digital technology?	Delivery	Electronic patient-held records	Barriers						Practitioner			
Can I share them with my Gp?	Delivery	Electronic patient-held records	Barriers			Service User						
whilst as mny professionals (with appropriate authorisation) can access these records from elsewhere at the same time?	Delivery	Electronic patient-held records	barriers			Service User			Practitioner			
GP's online prescription systems are clunky and old fashioned. Why can't we have an app that sends reminders about ordering medication and links to our smartphone or connects with an online diary? Or even reminds us to take medication.	Delivery	Electronic patient-held records	barriers	App/ Smartphone/ Online	Treatment	Service User						
How can we ensure that relevant information is available to all partners who need to view it? It seems that we have a constant struggle between the clinical need to share information and information governance. People often come back with the phrase 'client confidentiality' in a way that can seem just an excuse not to share and the NHS is often seen as obstructive.	Delivery	Electronic patient-held records	Barriers						Practitioner			
How can we integrate technology that service users can use into NHS data systems	Delivery	Electronic patient-held records	Barriers						Practitioner			
how to allow patient access to read and write to their own healthcare records	Delivery	Electronic patient-held records	Barriers						Practitioner			
How to solve the problem of working with a Citizen and 2 different sectors - and still be abel to share information. Eventhough the professionals Work in different systems?	Delivery	Electronic patient-held records	Barriers						Practitioner			
How will the commercial providers of existing NHS Trust ICT platforms be persuaded to open their systems to new, trusted person-centred healthcare devices?	Delivery	Electronic patient-held records	Barriers						Practitioner			

How can digital technology support parity of esteem?	Delivery	Integration of physical and mental health	parity of esteem						Practitioner		How can digital technology be used to support parity of esteem?	
Why does it need to be different from other health problems?	Delivery	Integration of physical and mental health	parity of esteem						Practitioner	4.5.1		generic
Can portable digital technology be used to improve the recording of observations and access of information, for the inpatient population with mental health problems. So that BP, Weight, food and fluid intake can be recorded real time using digital technology	Delivery	Integration of physical and mental health	real time monitoring of physiology to support MH		wearables			Service User	Practitioner			
Will there soon be an app to link fitbit data with changes in mental health eg. Resting heart rate increases correlating to anxiety increases, lack of sleep linking with mania.	Delivery	Integration of physical and mental health	real time monitoring of physiology to support MH	Anxiety	Apps/ Wearables			Service User				Does monitoring physical health states (e.g. heart rate; sleep patterns) with wearables improve awareness of mental health state and outcomes from psychological therapies (e.g. CBT)?
Is it appropriate and/or beneficial to fuse physiological and psychological digital health solutions for support/monitoring (e.g. wearables/telehealthcare and cCBT)	Delivery	Integration of physical and mental health	real time monitoring of physiology to support MH		Wearables	eCBT			Practitioner	4.5.2		Duplicate of 4.26.3 DO NOT USE
Are your services intersectional? Can they acknowledge physical or chronic illness and their impact on mental health?	Delivery	Integration of physical and mental health	using digital to spot MH needs of people with LTC					Service User				How effective are digital technologies in identifying the mental health needs of people with long term health conditions?
can digital technology be used to better assess physical and mental health parameters in long term conditions and so better spot LTC patients with significant psychological needs (ones where there is an evidence base for effective subsequent intervention)	Delivery	Integration of physical and mental health	using digital to spot MH needs of people with LTC						Practitioner			
Is comorbidity of mental and physical conditions/illnesses being considered enough? Could signposting from other sites/forums etc help. E.g. hysterectomy, menopause, etc.	Delivery	Integration of physical and mental health	using digital to spot MH needs of people with LTC	Comorbidity				Service User	Carer	4.5.3		generic
Can we use e-mail / digital feedback for MH services from patients - using PROMs etc to monitor quality over time and to benchmark services. We need to achieve high rates of detailed and feedback to understand where is good and where needs to improve - the tech is all there - the culture is not .	Delivery	NHS Adoption	how to monitor patients		Email				Practitioner	4.6.1	How can digital technology be used to monitor patients, collect outcomes and assess quality of NHS services	generic
How can professionals improve the uptake of online services? Funding?	Delivery	NHS Adoption	Barriers		Online			Carer	Practitioner			
How can tech and ehealth be rolled out swiftly into mental health services, why does it take so long?	Delivery	NHS Adoption	Barriers						Practitioner			
How can the NHS best find ways to change health professionals' workflows to incorporate digital health?	Delivery	NHS Adoption	Barriers						Practitioner			
How can we help NHS Trusts to introduce policies that are facilitative rather than preventative of digital technologies?	Delivery	NHS Adoption	Barriers						Practitioner			
How can we make technology accessible to staff in the NHS?	Delivery	NHS Adoption	Barriers						Practitioner			
How do we get the services on board? e.g practitioners using apps with service users are often scared of technology themselves therefore how do we improve this.	Delivery	NHS Adoption	Barriers		Apps			Service User	Practitioner			
It's hard to get practitioners to embrace technology when they don't use it themselves and often see it as negative and time consuming AND how do we get them on board in a practical sense e.g how do NHS Trusts with no money buy into them, how do we convince information governance they are safe etc.	Delivery	NHS Adoption	Barriers					Service User	Practitioner	4.6.2	What are the barriers to adoption and uptake of digital mental health technology for mental health	
Will mental health services -that are not generally digitalised unlike primary care-use it	Delivery	NHS Adoption	Barriers						Practitioner			
how could DT be better utilised in clinical settings	Delivery	NHS Adoption	Barriers					Service User	Practitioner			
There are great tools out there such as big white wall why do CCG not use this tool?	Delivery	NHS Adoption	Barriers		Social media/ BWW				Practitioner			
What is the best way to integrate technology into mental health services?	Delivery	NHS Adoption	Barriers						Practitioner			
If digital technology has failed to integrate patient care whether they live at home, are in hospital, or in a care home .. what are the barriers in primary secondary and tertiary care?	Delivery	NHS Adoption	Barriers						Practitioner			
Can such online resources be available on NHS website? Funded centrally by NHS England (for example). Such universal access may therefore also help general population become more familiar with online mental health resources. People would then perhaps be more likely to access such resources themselves. GPs would have greater awareness and GP surgery staff can also signpost to the service without having to keep lists of what online resources are funded in their local CCGs and what are not.	Delivery	NHS Adoption	Barriers;		Online				Practitioner			
Is it pwps, service users or both that are restricting the growth of digital?	Delivery	NHS Adoption	Barriers					Service User	Practitioner			generic
How do we identify platforms for digital technologies that comply with strict NHS data security and confidentiality policies?	Delivery	NHS Adoption	interoperability						Practitioner			
How do we integrate digital technologies with existing clinical systems	Delivery	NHS Adoption	interoperability						Practitioner			
How can we integrate technology that service users can use into NHS data systems	Delivery	NHS Adoption	interoperability						Practitioner			
Can those used to managing their mental wellbeing with digital technology, find similar digital accessibility in services for their physical health needs, especially at the end of life? In other words, how digitally 'joined up' are the health and social care providers at all parts of an individual's life course?	Delivery	Integration of physical and mental health						Service User	Carer	Practitioner	4.6.3	How can digital technology be effectively integrated into NHS and other systems
How can it be compatible across all the nightmarish fragmentation of NHS electronic systems	Delivery	NHS Adoption	interoperability						Practitioner			
How will mainstream technology be linked to telecare systems?	Delivery	NHS Adoption	interoperability		Telecare				Practitioner			Policy and quality
How do we get the NHS to invest in technology so patients can share their personal data safely with clinicians?	Delivery	NHS Adoption	access to tech; resources						Practitioner			
How do we persuade people to invest in technology for mental health services?	Delivery	NHS Adoption	access to tech; resources						Practitioner			
How realistic will this be? Given the finances in health services are so limited.	Delivery	NHS Adoption	access to tech; resources						Practitioner			
Would NHS be able to fund digital technology at scale?	Delivery	NHS Adoption	access to tech; resources						Practitioner			
Does the NHS have adequate computer systems to support the tech?	Delivery	NHS Adoption	access to tech; resources						Practitioner			
How can we reduce the burden on health services given the restriction on funding.	Delivery	NHS Adoption	access to tech; resources						Practitioner			
Will local boroughs have an input or funding available to those who want to expand their work in this area?	Delivery	NHS Adoption	access to tech; resources						Practitioner			
Will the infrastructure be suitable for any new developments? I know full well that the NHS will always go for the cheapest option when it comes to hardware and cabling which means that it's good enough for what we want to do at the time but isn't future proof. We need to develop a bit more of a pragmatic longer term view.	Delivery	NHS Adoption	access to tech; resources						Practitioner	4.6.4	How can the NHS access the funding and resources needed to invest in digital infrastructure and services	
I like Big White Wall as it has guided peer supporters who guarantee to be available 24/7 to respond to your emails but it is expensive how can a responsive service be NHS compliant ie free at the point of delivery??	Delivery	NHS Adoption	access to tech; resources		Social media/ BWW	Peer support		Service User				
What are the cost implications for NHS Wales?	Delivery	NHS Adoption	access to tech; resources						Practitioner			
How can digital industry support the NHS to get hardware and software that is leading edge at cost effective prices.	Delivery	NHS Adoption	access to tech; resources						Practitioner			
how can we use technology to deliver care to patients within an NHS setting when we don't have access to technology (other than our personal devices)?	Delivery	NHS Adoption	access to tech; resources						Practitioner			Policy and quality
Finland has a national online 'mental health hub' that is growing in use. There is therefore research and evidence about the effectiveness of such a platform, and who might be more likely to access this and which groups may see the most benefits. The NHS and other providers need to seek out his research and information and inform future planning here.	Delivery	NHS Adoption	assessment		Online				Practitioner	4.6.5	How can the NHS assess the quality and clinical and cost-effectiveness of digital technology	generic
What is the potential for positive change using digital in the NHS	Delivery	NHS Adoption	assessment						Practitioner			
Will the NHS (or someone) be creating an app to monitor my mood/mental health?	Delivery	NHS Adoption	NHS building tech		Apps			Service User		4.6.6	Will, how and should the NHS develop digital technology for MH	Policy and quality
Could online peer support groups be used to support young people after CAMHS discharge?	Delivery	Peer to Peer	Filling gaps at key stages		Online forums	Peer support		Service User		4.7.1	Can online peer support help fill gaps in care at key stages?	Generic
I have found peer support through twitter a useful adjunct to my support system and to help me find solutions to shared problems. I prefer to initiate a closer and therefore more beneficial 'relationship' to people who are a similar age to me, as they might be in at a similar stage in their lives and also, people who live in a similar geographical location to myself, as this makes it easier to meet up in person if desired. Also, sometimes speaking to someone who understands the same work stresses as me (I'm a doctor, so another health professional familiar with working in the NHS) can be beneficial too. It is hard to find people that fulfil these categories easily on twitter. Therefore, is there any way this could be made easier? If another app or platform was created to facilitate this, how would you ensure people joined it? Also, making it user friendly and instant, like twitter, would be more attractive to users.	Delivery	Peer to Peer	Matching		Apps/ Social media	Peer support		Service User	Practitioner	4.7.2	Can technology help to match peers with similar others to provide the most relevant support?	
I'd like to know what apps other people people find the most helpful and why, specific to the kind of mental experience they experience.	Delivery	Peer to Peer	Matching		Apps			Service User	Practitioner			
Is there any time of technology that can encourage the mental health society with meeting people with the same mental health illness?	Delivery	Peer to Peer	Matching					Service User				
Will this technology be able to link me with other people who have similar problems	Delivery	Peer to Peer	Matching					Service User				
What if I like to ask friends what they do	Delivery	Peer to Peer	Matching					Service User	Practitioner			generic
How can I use digital technology to volunteer to support people who need to talk?	Delivery	Peer to Peer	Volunteer to support others					Service User				

I really liked the part in the video where a person receives a text to ask if they're "ok"? Its such a profound question and can mean a lot to people who feel isolated and alone, so my question is, have you ever considered setting up a service that well-vetted volunteers could perhaps use with the help of persay an app that allows the volunteer to engage with anyone who might sign up to a talking service? Perhaps the volunteer could be allocated a certain amount of contacts to engage with during their allotted volunteer hours, and the app could be based on something like Twilio where the service receiver sees the text as being sent from the charity itself? So to elaborate, the volunteer could send the messages through the service providers own app after logging in with their given details after DBS etc, and perhaps the volunteer with some light training could engage with some chat that aims to maintain a positive flavour, perhaps by using a cbt framework such as the 'many positives' approach? The volunteer could engage with their clients wherever they are and all messages could easily be monitored and audited to ensure the volunteer is engaging appropriately with said clients? All conversations could be done within an app and would allow for the restriction of retaining peoples information for confidentiality perhaps?	Delivery	Peer to Peer	Volunteer to support others		Apps	Support	Service User						4.7.3	How can technology help volunteers to support those in need?		
I do a bit of peer support on Facebook but would like to develop it further	Delivery	Peer to Peer	Volunteer to support others		Social media			Carer								generic
Can we teach machines to learn how people naturally help each other online (peer-to-peer support) and then replicate that e.g. via chatbots?	Delivery	Peer to Peer	Machines providing support		Chatbots	Peer support	Service User									
Could we make virtual buddies that would at the same time provide "company" but also help promote real human interactions (offline), or maybe even help people that have similar tastes get together?	Delivery	Peer to Peer	Machines providing support		Chatbots									4.7.5	How acceptable, effective and safe are 'virtual buddies' (developed through machine learning/chatbot technology) in providing peer support and mental health advice?	interim prioritisation
Digital technology has made us more insular as a nation. Will home access to digital technology for people with mental health issues not compound the problem - they will miss out on peer support groups can offer, one to one a counselor can offer?	Delivery	Peer to Peer	Negative effects - less 'human' contact			Counselling/ Peer support										
Wouldn't this discourage people from opening up with their direct peers?	Delivery	Peer to Peer	Negative effects - less 'human' contact				Service User									
Does joining a site where other people are talking about how depressed they are, make you more depressed, or less (because you realise you are not alone)?	Delivery	Peer to Peer	How does it work	Depression	Online forums		Service User									
How the experience of other with mental health problems can aid recovery via social media	Delivery	Peer to Peer	How does it work		Social Media											
Will the Facebook peer support groups and other platforms be monitored by professionals for evidence of high risk behaviours?	Delivery	Peer to Peer	Monitoring / flagging risk		Social media	Peer support	Service User	Carer						4.7.4	What are the potential benefits and harms of online peer support for people with mental health problems and how can harms be minimised?	
Although social media has to some degree facilitated groups where people receive peer support, there are instances where this can be counter productive, how will you manage this?	Delivery	Peer to Peer	Negative effects - harm		Social media	Peer support	Service User									
Will online service user/carer groups benefit people or are there detrimental effects?	Delivery	Peer to Peer	Negative effects - harm		Online forums		Service User									
Isolation often comes hand in hand with mental illness, but online support groups often mean that people with mental illnesses have the responsibility of supporting each other. How can new technology find a balance between the two?	Delivery	Peer to Peer	Negative effects - harm		Online forums	Support	Service User									
Is there/should there be some kind of accreditation for forums and sites encouraging the sharing of problems and encouraging support?	Delivery	Peer to Peer	Quality control		Online forums		Service User	Carer								interim prioritisation
GP's online prescription systems are clunky and old fashioned. Why can't we have an app that sends reminders about ordering medication and links to our smartphone or connects with an online diary? Or even reminds us to take medication.	Delivery	Self management	Admin / diary management Medication reminder		Smartphone/ Reminder Apps		Service User							4.8.1	Can digital tools help with streamlining processes (e.g. booking appts, keeping records of activities between appts, communication to prompt an action)	
an digital tools help with a process (eg booking appts, keeping records of activities between appts, communication to prompt an action)	Delivery	Self management	Admin / process streamlining													
Is there something that can help schedule appointments better than a calendar, with reminders including contact details, that doctors etc can add to without having to make manual appointments?	Delivery	Self management	Admin and process streamlining				Service User	Carer								
To have the technology to remind me to do things on time	Delivery	Self management	Admin and process streamlining?				Service User									
How can effective advertising take place to prompt the use of digital technologies to prompt positive mental health and recovery	Delivery	Self management	Awareness raising			Recovery										information and access
Can we have an app that reminds us to take time to relax?	Delivery	Self management	Daily self care / health action prompts		Apps		Service User									
How can digital technology help people maintain a healthy structured daily routine	Delivery	Self management	Daily self care / health action prompts													
How can technology help me with every day tasks that keep me well (chores/habits etc)?	Delivery	Self management	Daily self care / health action prompts				Service User	Carer								
Is there a section where you can write down a treatment plan or short and long term goals that can help us better manage our day? A good routine is fundamental in having good mental health, particularly for some disorders; ADHD, bipolar, etc. It can distract us from the noise in our head which we focus on when we're bored. Also, it enables us to set side a time for exercise and other hobbies.	Delivery	Self management	Daily self care / health action prompts	ADHD/ Bipolar		Management	Service User									How can digital technology help people maintain a healthy structured daily routine (i.e. factoring in what keeps them healthy, and taking account of short and long term goals)
Is there an app that you can get to remind you of things you need to do, such as clean teeth, have you eaten, etc?	Delivery	Self management	Daily self care / health action prompts		Reminder Apps		Service User									information and access
How can digital technology provide a paradigm shift that encourages an empowering grassroots-led approach to research and support?	Delivery	Self management	Empowerment				Service User	Carer								
How can users take more control and more responsibility for defining how they use it	Delivery	Self management	Empowerment													
How to improve patient empowerment?	Delivery	Self management	Empowerment													
How can we use apps to develop systems to enable people to support their own mental health	Delivery	Self management	Empowerment		Apps	Self-help										
How can we promote increased mental health literacy, will it in turn promote self care?	Delivery	Self management	Empowerment			Self-help										
How do you navigate two schools of thought (often seen as mutually exclusive): that information and data drives clinical decision making, for clinicians, by clinicians; or information and data should transcend pure clinical terminology and use and become something meaningful for patients, including their own goals rather than purely clinical diagnostic scores, e.g. What is the role of digital technology, wearables, patient owned records and tracking apps, in order to meet both of these agendas in a mutually supportive and symbiotic way?	Delivery	Self management	Empowerment/Self goals		Apps/ Wearables		Service User									How can digital technology be used to empower people, such as defining their own goals and use of technology, and encouraging a grassroots-led approach to research and support?
Could there be Digital apps to promote emotional self awareness, self care and wellbeing developed by specialists with evidence based information and directed to teenagers?	Delivery	Self management	empowerment/teenagers		Apps	Psychoeducation	Service User									generic
Can technology help those with mental illness to understand their condition?	Delivery	Self management	Info about condition			Psychoeducation		Carer								
I have bipolar disorder and did an online course about managing my illness. It was excellent. Something that people can do in their own time in small chunks and go back to. Can we have more of these?	Delivery	Self management	Info about condition	Bipolar	Online	Psychoeducation	Service User							4.8.4	Can there be more information (or courses) to assist with self-help, including increased understanding about conditions and how to manage them?	information and access
Where do I go to find information on self-help in mental health?	Delivery	Self management	Info about condition			Self-help										
How could technology help people self-manage medication? Altering the dosage of drugs seem to happen eventually or on a regular basis with most patients, however they usually do so in a very uninformed way, and are mostly afraid of judgement if they tell all the details on how they self-manage prescribed medication on their daily routine. A mobile or web application that could provide both information and a history of medication usage could help a lot. Even if the logs aren't available to medical staff (it could make the patients feel less judged), they could have automated responses offering guidance after non planned drug usage, which would be more easily available than the next appointment with staff.	Delivery	Self management	Information and tracking – medication self-titration													
How can it be used for motivational purposes or reminders i.e. to take medication on time.	Delivery	Self management	Medication reminder / motivation		Apps	Self-help		Carer								
WOULD ALGORITHMS IN AN APP BE USEFUL IN MENTAL HEALTH FOR SERVICE USERS. eg reminders to take medication?	Delivery	Self management	Medication reminders		Apps											
Could every local area have a monitored online support group set up? I'm saying this because in my local area there are no support groups for people with borderline personality disorder. I know one reason for this is lack of funding and resources. By having an online group, it could be more cost effective. It could take place once or twice a week for an hour. For some people, like myself, it might be more attractive as it is less pressurising than meeting people face to face initially. Then people could agree to meet in person themselves if desired. If it is monitored, it could be another way to provide support and guidance to sufferers. It could also facilitate anonymity for those who want it.	Delivery	Self management	Monitored online support	BPD	Online	Support	Service User									How effectively can digital technology help people self-manage their medication, for example, monitor effects, side effects, adjust the dose with the ability to monitor/record impact and access relevant information?
How can technology help me track my wellbeing?	Delivery	Self management	Mood wellbeing tracker				Service User	Carer								interim prioritisation
Client would be interested to use apps to map moods and receive daily health hints but I am reluctant to suggest any as they may have charges, or hidden (religious) messages, or set slinets up to fail. I would like to be able to recommend ones that have been approved by some mental health service, charities, psychological professions.	Delivery	Self management	Mood/symptom tracker/Kite marked		Apps											
would people be interested in a "symptoms checker" - to help with testing the reality of their beliefs?	Delivery	Self management	Mood/symptom tracker/Kite marked													
It is sometimes hard to gain an objective view of how symptoms have been over time or if a medication is causing certain side effects. Perhaps an app to facilitate documentation of this would be useful? Especially because with mental health problems, recording and remembering things like this are so much more challenging.	Delivery	Self management	Mood/symptom tracker/Side effects		Apps		Service User									information and access
It can take a long time to over-come MH problems-small gains can seem of little consequence on their own at any one time (and often two steps forward and one step back). How can technology be used to assist motivation to keep working towards goal (for both SU and carers)?	Delivery	Self management	Motivation/Goal planning					Carer						4.8.7	How can technology be used to assist motivation to keep working towards goals (for both SU and carers)?	information and access
How far can digital technology be used to support self-care for people with mental ill-health	Delivery	Self management	Self care, parameters			Self-help		Carer								
How useful is doing things on my own?	Delivery	Self management	useful?Parameters				Service User	Carer								

How do we provide self management and self screening apps (among others)	Delivery	Self management	Self management, screening		Apps	Self-help			Practitioner	4.8.8		
Can I use this tool to develop my social skills?	Delivery	Self management	Social skills / self development				Service User				How helpful is self-management, and to what extent can technology help with this?	information and access
So we have apps for running, etc, do we have apps for everyday activities or coping with a bus journey or going to the shops?	Delivery	Self management	Support – everyday activities		Apps				Practitioner	4.8.9		
Will it help me to focus better on the CBT approaches I have learned to use when I have a wobble or am low	Delivery	Self management	Support – remind of strategies			CBT	Service User				Can technology be used to support people in situations they find difficult (i.e. reminding them of coping strategies; helping them order their thoughts)	information and access
How can technology best help me order my thoughts?	Delivery	Self management	Support – unsure how to categorise... prioritising?				Service User	Carer				
How can the elderly (60+ and a neglected population) be encouraged to use digital media to enhance their wellbeing and prevent social isolation?	Delivery	Social connectedness	Interaction (older people)					Carer	Practitioner	4.9.1	How effective are digital technologies in promoting social integration and reducing symptoms of anxiety and depression in older populations?	
How can you use digital technology to combat isolation in people over 65?	Delivery	Social connectedness	Interaction (older people)				Service User		Practitioner			
What technologies would help connect older people isolated at home in rural communities with MH issues such as social isolation, anxiety about health and depression etc.?	Delivery	Social connectedness	Interaction (older people)	Anxiety/ Depression			Service User	Carer	Practitioner			interim prioritisation
Alot of people with mental health problems feel disconnected from other people.	Delivery	Social connectedness	Interaction				Service User		Practitioner			
How could digital technology be designed to appeal to those who feel they need human connection rather than faceless technology.	Delivery	Social connectedness	Interaction									
Digital technology should not replace CBT. CBT should not be underestimated in its ability to help people. People NEED someone to talk to, not more isolation. Human interaction is key!!!!	Delivery	Social connectedness	Interaction			CBT	Service User					
Do you prefer face to face contact with a professional, rather than a digital option?	Delivery	Social connectedness	Interaction						Practitioner			
Does digital technology help or hinder the goal of social inclusion and in particular addressing social isolation / loneliness among people with mental health problems?	Delivery	Social connectedness	Interaction						Practitioner			
Does it help people to feel less isolated	Delivery	Social connectedness	Interaction					Carer	Practitioner			
Does it lead to substantive friendships.	Delivery	Social connectedness	Interaction				Service User		Practitioner			
Good mental health is based on positive self-esteem, and in turn this is generated largely by positive interactions with other people. Can digital technology enhance self-esteem in the absence of direct face-to-face interaction with other people which, of its nature, will include a wide range of verbal and non-verbal communications?	Delivery	Social connectedness	Interaction				Service User		Practitioner			
Some studies have mentioned that using ipads, computers are isolating and due to anonymity will individuals find themselves being able to support themselves without external intervention.	Delivery	Social connectedness	Interaction		Computers/ Tablets	Support		Carer				
How can digital technology help people get more involved in their communities to support mental health	Delivery	Social connectedness	Interaction			Support			Practitioner			
How can I use digital technology to volunteer to support people who need to talk?	Delivery	Social connectedness	Interaction			Support	Service User					
How social media can reduce social isolation.	Delivery	Social connectedness	Interaction		Social media				Practitioner			
How will use of digital technology help people to increase face to face connection with people	Delivery	Social connectedness	Interaction						Practitioner			
I already feel alone - I would prefer to connect with another person. How will digital technology help me?	Delivery	Social connectedness	Interaction				Service User		Practitioner			
I feel isolated already, won't digital technology worsen that?	Delivery	Social connectedness	Interaction				Service User			4.9.2	In what ways can digital technologies improve social inclusion and connectivity in people with mental health conditions? Are some digital technologies more suitable than others for particular conditions?	generic
Is interacting with others important or not?	Delivery	Social connectedness	Interaction				Service User		Practitioner			
Isn't human interaction still better?	Delivery	Social connectedness	Interaction				Service User					
Loneliness, lack of support around simple things. Not belonging No where to meet nice people and talk	Delivery	Social connectedness	Interaction				Service User	Carer				
My concerns and questions are it will make counselling become clinical, sterile and not as therapeutic as face to face and less caring.	Delivery	Social connectedness	Interaction			Counselling/ Therapy	Service User	Carer	Practitioner			
no face to face contact can make you feel more isolated how will this be addressed	Delivery	Social connectedness	Interaction				Service User	Carer	Practitioner			
No regular group to hang out with Hard to exercise alone, make plans, celebrate, etc	Delivery	Social connectedness	Interaction				Service User	Carer				
Should I be spending time on social media - or should I be interacting with people in real life?	Delivery	Social connectedness	Interaction		Social media		Service User	Carer				
Social isolation is prevalent amongst people with mental health problems how will digital technology ensure that social isolation is reduced?	Delivery	Social connectedness	Interaction					Carer				
Technology can sometimes 'disconnect' people from the 'real' world. How will you ensure this does not happen? (that is supports in 'connecting' instead - to real relationships /people /support)	Delivery	Social connectedness	Interaction			Support	Service User					
Question 2: how can social media be used more effectively to bring people together in their communities, rather than isolating them in the homes?	Delivery	Social connectedness	Interaction		Social media				Practitioner			
It also seems to embolden those who like trolling/harrasing others?	Delivery	Social connectedness	Interaction						Practitioner			
What can be done to counter-act these tendencies, and make using social media a more positive and authentic experience?	Delivery	Social connectedness	Interaction		Social media				Practitioner			
This is one more step distancing an individual from human contact with key clinical personnel. Good human relationships are a necessary part of the solution to the issue of mental health issues.	Delivery	Social connectedness	Interaction				Service User					
Will people be encouraged to seek face to face help?	Delivery	Social connectedness	Interaction				Service User	Carer				
Would want to know how the technology / I could connect with s/o offline too	Delivery	Social connectedness	Interaction					Carer				
...and the ultimate digital tech for mental health. Talking, with people. social media.	Delivery	Social connectedness	Interaction		Social media				Practitioner			
Will the app provide feedback from mental health professionals that encourage us on our progress? The human touch is important. Feedback from real people who understand and empathise with our issues can really build us up and make us likely to reuse the software.	Delivery	Social connectedness	Human response		Apps		Service User			4.9.3	How can digital technology encourage connection and communication with mental health professionals when seeking support for a mental health condition?	
People needing expert help should have quick access to someone in person not just a computer program. You can't get a hug from an app.	Delivery	Social connectedness	Human response		Apps/ Computers		Service User	Carer				
How do we make sure tech is not an excuse to cut people out of the system when they are needed?	Delivery	Social connectedness	Human response						Practitioner			
How easy is it to currently contact the professionals supporting you?	Delivery	Social connectedness	Human response						Practitioner			
Digital interaction has two features. One is connection, the other is responsiveness. How do these features promote mental health?	Delivery	Social connectedness	Human response						Practitioner			generic
How do we deal with 'oversharing' which has become an increasing concern and detriment to those with mental health problems?	Delivery	Social connectedness	Sharing				Service User		Practitioner	4.9.4	How can people with a mental health condition share stories of their experiences and condition	information and access
There is some evidence that using social media is not very good for us, in part because it encourages social comparison, and reinforces the (usually erroneous) sense that everyone is having more fun than you are.	Delivery	Social connectedness	Sharing		Social media				Practitioner			
Can it offer containment and relationship as a therapeutic tool?	Delivery	Social connectedness	Support in isolation			Therapy			Practitioner			
Digital technology has made us more insular as a nation. Will home access to digital technology for people with mental health issues not compound the problem - they will miss out on peer support groups can offer, one to one a counselor can offer?	Delivery	Social connectedness	Support in isolation			Counselling/ Peer support			Practitioner			
How can a therapist compensate for the loss of being physically present with teh other that is inevitable through using technology	Delivery	Social connectedness	Support in isolation			Therapy			Practitioner			
How can online technology help people in social isolation	Delivery	Social connectedness	Support in isolation		Online		Service User	Carer		4.9.5	Are digitally-delivered therapeutic interventions acceptable and effective as a way of reaching people with mental health conditions who are	

How can technology be used safely to support people with mental health issues to deal with everyday problems like loneliness?	Delivery	Social connectedness	Support in isolation						Practitioner	socially isolated? Do they promote social connectedness or maintain isolation in these groups?	generic
Isolation often comes hand in hand with mental illness, but online support groups often mean that people with mental illnesses have the responsibility of supporting each other. How can new technology find a balance between the two?	Delivery	Social connectedness	Support in isolation		Online forums	Support	Service User				
How can digital technology reduce isolation rather than increase it	Delivery	Social connectedness	Support in isolation						Practitioner		
Does it do more harm than good (getting people in the habit of reaching for their phone at 4am). Is it saving lives by not leaving people alone with their thoughts?	Delivery	Social connectedness	Support in isolation				Service User		Practitioner		
Can you do it so it appeals to different members of society, ie youth, older generation etc	Delivery	Specificity to different groups and conditions	age groups				Service User		Practitioner	4.10.1	How can digital technology be designed and implemented to effectively meet the needs of people in different age groups (and other characteristics such as ethnicity, sexuality)?
Do young people respond better to online interventions than older people?	Delivery	Specificity to different groups and conditions	age groups		Online		Service User		Practitioner		
How can we ensure that children and young people can access online/digital support and it isn't just a new app for adults?	Delivery	Specificity to different groups and conditions	age groups		App/ Online	Support	Service User				
Which age group would digital technology for mental health problems most and least benefit?	Delivery	Specificity to different groups and conditions	age groups				Service User				
Whilst recognising how valuable digital technology is. I wonder about its effectiveness in dealing with mental health issues, particularly for 'older' clients?	Delivery	Specificity to different groups and conditions	age groups				Service User		Practitioner		
Will there be different services for different age groups?	Delivery	Specificity to different groups and conditions	age groups						Practitioner		
Would digital technology within the realm of mental health be acceptable and suitable for all age groups?	Delivery	Specificity to different groups and conditions	age groups					Carer			
Would there be different information for age groups	Delivery	Specificity to different groups and conditions	age groups						Practitioner		
Will there be different ones for children and adolescents, older people, LGBTI, BME groups?	Delivery	Specificity to different groups and conditions	age groups/other characteristics					Carer			
Are there mental health problems where digital technology cannot assist, e.g. PTSD	Delivery	Specificity to different groups and conditions	conditions	PTSD			Service User		Practitioner		
Do different technological treatments/ interventions have better outcomes for different mental illnesses?	Delivery	Specificity to different groups and conditions	conditions				Service User				
Do we need different digital resources for different conditions? e.g. mild depression/adverse life events vs. moderate depression vs. anxiety disorder, etc? Are they helpful for all conditions?	Delivery	Specificity to different groups and conditions	conditions	Anxiety/ Depression					Practitioner		
How do we know they work well and for what type of mental health needs	Delivery	Specificity to different groups and conditions	conditions						Practitioner		
How much role will diagnosis play in receiving the right digital package? (Diagnosis is a matter of professional opinion rather than scientific fact)	Delivery	Specificity to different groups and conditions	conditions			Diagnosis	Service User	Carer	Practitioner		
I'd like to know what apps other people find the most helpful and why, specific to the kind of mental experience they experience.	Delivery	Specificity to different groups and conditions	conditions		Apps		Service User		Practitioner		
Is a tech-based treatment suitable for all mental illnesses?	Delivery	Specificity to different groups and conditions	conditions				Service User		Practitioner		
Is digital technology for mental health suitable for all kinds of mental health difficulties?	Delivery	Specificity to different groups and conditions	conditions					Carer			
Is digital technology suitable for your specific mental health problem/diagnosis? Please select from the list below all that apply? Example Depression Ect ect ect Please don't use if you have selected more than 6 Or less than 3	Delivery	Specificity to different groups and conditions	conditions				Service User	Carer			
Is it suitable for all people with all diagnosis?	Delivery	Specificity to different groups and conditions	conditions				Service User				
Is the digital technology easy to access for the different categories of mental health, and different digital capabilities?	Delivery	Specificity to different groups and conditions	conditions						Practitioner		
What kinds of technology and what ways of using it are most useful/beneficial for different conditions?	Delivery	Specificity to different groups and conditions	conditions				Service User		Practitioner		
Will content be available for full range of difficulties - e.g., not just basic apps for most mild difficulties?	Delivery	Specificity to different groups and conditions	conditions				Service User	Carer	Practitioner		
Can it help different types AND severity?	Delivery	Specificity to different groups and conditions	conditions				Service User	Carer			
Will interventions be targeted (to specific disorder or symptom dimensions), or more generic - 'wellbeing' oriented?	Delivery	Specificity to different groups and conditions	conditions						Practitioner		
Will it look at co-morbid physical conditions?	Delivery	Specificity to different groups and conditions	conditions	Comorbidity			Service User				
Will it provide suitable treatment to suitable candidates seeing as there is a high proportion of service users who incorrectly self-diagnose?	Delivery	Specificity to different groups and conditions	conditions			Treatment	Service User		Practitioner		
Will it work for treating SMI symptoms and not just CMD symptoms?	Delivery	Specificity to different groups and conditions	conditions	SMI					Practitioner		
Will digital technology only benefit particular mental health problems?	Access	Accessibility	conditions				Service User	Carer			
Is it for specific groups, diagnosis or ages?	Delivery	Specificity to different groups and conditions	conditions/age groups						Practitioner		
With regard to depression and Generalised Anxiety Disorder. What level of mental health difficulty would be classed as too ill for using digital technology for mental health? Digital technology for mental health seems to be aimed at low mood only.	Delivery	Specificity to different groups and conditions	conditions/severity	Anxiety/ Depression			Service User				
Would digital technology for mental health be available for all service users with access, regardless of their level of difficulty?	Delivery	Specificity to different groups and conditions	conditions/severity				Service User				
E-health will probably not be for everyone: How can we effectively identify patients that digital technology works for?	Delivery	Specificity to different groups and conditions	identify individuals		E-health				Practitioner		Generic

How can we better match patients with effective, noon drug treatments	Delivery	Specificity to different groups and conditions	identify individuals					Service User			4.10.3	How do we identify which digital interventions will work best for whom?	
How do I know which app or programme will work best for me?	Delivery	Specificity to different groups and conditions	identify individuals		Apps			Service User					Generic
Who are they most effective for and will these people be selectively targeted to receive these approaches and others receive care more appropriate to their needs?	Delivery	Specificity to different groups and conditions	identify individuals							Practitioner			
What criteria may apply to individuals to ascertain whether they might benefit from digital technology in terms of relieving symptoms of mental ill health?	Delivery	Tailoring, adaptation, responsiveness	identify individuals					Service User	Carer				
How can we identify populations most likely to benefit from digital interventions	Delivery	Specificity to different groups and conditions	identify populations					Service User		Practitioner	4.10.4	How can we understand which type of patients might benefit most from use of DTMH?	
When either hallucinating and/or delusional and/or clinically depressed individuals may not log on to these programmes how will they be "re-engaged" and helped?	Delivery	Specificity to different groups and conditions	MOVE TO ENGAGEMENT	Depression/ Psychosis				Service User					
Will it be presented in a childlike patronising manner rather than slicker modern apps are presented?	Delivery	Specificity to different groups and conditions	MOVE TO USABILITY AND USER EXPERIENCE		Apps			Service User	Carer	Practitioner			Generic
Are apps more suited to monitoring, but pads or computers needed for interacting with support?	Delivery	Specificity to different groups and conditions	purposes		Computers/ Tablets	Monitoring/ Support				Practitioner	4.10.5	Which types of digital technologies are best suited to different purposes (e.g. monitoring, delivering interventions, crisis intervention; community support)?	Generic
Which apps are best for helping us with long term building of community and support networks and which for crisis and immediate response?	Delivery	Specificity to different groups and conditions	purposes		Apps	Crisis management/ Support		Service User	Carer				Generic
Is there any mileage in an online crisis management service - check in with warning signs identified when well and plans/suggestions for coping strategies. With a link to health professionals if sufficiently alerting?	Delivery	Tailoring, adaptation, responsiveness	crisis management		Online	Crisis management				Practitioner	4.11.1	How responsive and accurate are digital technologies in recognising mental health crisis and alerting others when required?	Duplicate of 2.4.1 DO NOT USE
How will digital technology address the problem of people who may access a site in crisis e.g. in a suicidal frame of mind?	Delivery	Tailoring, adaptation, responsiveness	crisis management	Suicide		Crisis management				Practitioner			
Will the data obtained from service users be subsequently analysed & relayed in order to improve assessments in future - both in person & digitally?	Delivery	Tailoring, adaptation, responsiveness	feedback			Assessment		Service User	Carer		4.11.2	Is the automated feedback provided by digital technologies effective in providing the level of support required by the user?	Generic
Will the digital service interpret answers as indications of relative un-wellness/distress & provide feedback to encourage the user to understand their processes better	Delivery	Tailoring, adaptation, responsiveness	feedback					Service User	Carer				
Is it possible to change the hardware so that background color/light can be altered to a healthier alternative?	Delivery	Tailoring, adaptation, responsiveness	personal preferences					Service User					
What can digital technology offer me?	Delivery	Tailoring, adaptation, responsiveness	personal preferences							Practitioner			
What is the best way to use digital resources? e.g. weekly modules (like a therapist) vs. read straight through (like a self-help book)	Delivery	Tailoring, adaptation, responsiveness	personal preferences			Self-help/ Therapy				Practitioner			
Will I be able to turn it off if I want to be alone?	Delivery	Tailoring, adaptation, responsiveness	personal preferences					Service User			4.11.3		
Will it be customisable?	Delivery	Tailoring, adaptation, responsiveness	personal preferences					Service User					
Will it suit all learning styles?	Delivery	Tailoring, adaptation, responsiveness	personal preferences						Carer				
Studies on the efficacy of computer-based interventions to improve social skills and identify individual characteristics which may predict the effectiveness of CBI. The research should consider the preferences and abilities of the individual with ASD, and whether the software can be customised to their needs.	Delivery	Specificity to different groups and conditions	personal preferences	ASD	Computer	Psychoeducation						Are digital interventions customisable to match the individual persons preferences?	Generic
Bots are not people. Can they fit my needs?	Delivery	Tailoring, adaptation, responsiveness	responsiveness		Bots			Service User	Carer				
Can digital technology be flexible enough to adapt to context (e.g. Is there a way that video clips in an online psychoeducation could be chosen to best match the person participating... such as young person, under graduate student, post graduate student) so that the pathway through the technology could be Bespoke?	Delivery	Tailoring, adaptation, responsiveness	responsiveness		Online/ Video	Psychoeducation				Practitioner			
Can the technology be responsive to patients' fears about the therapeutic process and reassure or pace the approach appropriately?	Delivery	Tailoring, adaptation, responsiveness	responsiveness			Therapy				Practitioner			
Can the technology be sufficiently flexible to elicit patients' own unique concerns and tailor interventions to them?	Delivery	Tailoring, adaptation, responsiveness	responsiveness							Practitioner			
Can they be tailor-made to the individual and evolve to their recovery program?	Delivery	Tailoring, adaptation, responsiveness	responsiveness			Recovery		Service User	Carer				
Digital interaction has two features. One is connection, the other is responsiveness. How do these features promote mental health?	Delivery	Tailoring, adaptation, responsiveness	responsiveness							Practitioner			
Do repeated assessments use item banks and adaptive testing?	Delivery	Tailoring, adaptation, responsiveness	responsiveness							Practitioner			
How are professionals and supported people going to ensure that the technology provided is not considered restrictive. Sometimes really helpful tech solutions are considered too restrictive.	Delivery	Tailoring, adaptation, responsiveness	responsiveness							Practitioner			
how can it be about me as an individual?	Delivery	Tailoring, adaptation, responsiveness	responsiveness							Practitioner			
How can we get a tailored therapeutic tool for each metal health problem without an interpersonal rapport?	Delivery	Tailoring, adaptation, responsiveness	responsiveness			Therapy		Service User					
How can we make sure that interventions are bespoke to the individual and not off the peg?	Delivery	Tailoring, adaptation, responsiveness	responsiveness							Practitioner			
How can we personalise what they offer rather than a one product fits all	Delivery	Tailoring, adaptation, responsiveness	responsiveness					Service User		Practitioner	4.11.4	How effectively can digital technologies respond the needs and circumstances of the individual user?	
How do you make sure information is tailored to the individual?	Delivery	Tailoring, adaptation, responsiveness	responsiveness					Service User	Carer	Practitioner			
How is the technology tailored to the individual?	Delivery	Tailoring, adaptation, responsiveness	responsiveness					Service User					

How tailored will the information or treatment be?	Delivery	Tailoring, adaptation, responsiveness	responsiveness				Service User												
How to individualise/personalise the advice?	Delivery	Tailoring, adaptation, responsiveness	responsiveness																Practitioner
What scope is there for using the formulae already used in eg facebook to make suggestions to groups of people who search or follow particular groups or subjects?	Delivery	Tailoring, adaptation, responsiveness	responsiveness			Social media													Practitioner
What work will be done to ensure the digital technology is responsive and individualised so people do not feel they have been 'fobbed off' with 'something on the internet' rather than 'a real person/therapist'?	Delivery	Tailoring, adaptation, responsiveness	responsiveness			Internet	Therapy	Service User											Practitioner
Will all scenarios be taken into account?	Delivery	Tailoring, adaptation, responsiveness	responsiveness					Service User											
Will digital technology be personalised for individuals / allow them to get feedback or responses on the content that they enter?	Delivery	Tailoring, adaptation, responsiveness	responsiveness																Practitioner
Will it be relatable ?	Delivery	Tailoring, adaptation, responsiveness	responsiveness					Service User	Carer										Practitioner
Will the language used be supportive and respectful	Delivery	Tailoring, adaptation, responsiveness	responsiveness					Service User											
Will it be cheaper/free/less time consuming/more flexible than current mental health support?	Delivery	Tailoring, adaptation, responsiveness	responsiveness					Service User											
Ones that take advantage of digital technology, understand what it can do, and don't just port offline interventions	Delivery	Tailoring, adaptation, responsiveness	responsiveness																Practitioner
If you follow a tech recovery tool/programme but struggle to finish it, how/who is responsible to support the tool/you?	Delivery	technical and clinical support	Expertise				Recovery	Service User	Carer										
What will be the expertise of those providing support? - there can be so many aspects and it would be hard without a team to cover all the bases.			Expertise				Support	Service User	Carer										
Will there be a link to a helpline / contact if I needed support			Expertise				Support	Service User											Practitioner
If you intend for therapists to do online work could you provide clinical and ethical training and guidelines to support us to do this in a thoughtful way (rather than just a 'convenient' way)			Ethical support			Online	Therapy	Service User	Carer										Practitioner
With digital technology contributing to many mental health problems, depression, anxiety and insomnia to name a few, is it in some cases counterproductive to encourage the use of apps and mobile technology?	Delivery	Technology type - apps	cause harm	Anxiety/ Depression/ Insomnia		Apps/ Mobile		Service User											
How can we assure data privacy when using apps and other digital tools?	Delivery	Technology type - apps	data privacy			Apps		Service User											
Are there apps which could help me identify and deal with my anxiety?	Delivery	Technology type - apps	digital literacy	Anxiety		Apps			Carer										
What free apps are there for bpd	Delivery	Technology type - apps	digital literacy	BPD		Apps		Service User											
How do I know which app or programme will work best for me?	Delivery	Technology type - apps	digital literacy			Apps		Service User											
Can we have an app that reminds us to take time to relax?	Delivery	Technology type - apps	digital literacy			Apps		Service User											
Can we have an app to calm down from a panic attack?	Delivery	Technology type - apps	digital literacy	Anxiety		Apps		Service User											
Could a mobile app be used to help locate a certain mood trigger within somebody who finds it difficult to open up to people about there battle with mental health?	Delivery	Technology type - apps	digital literacy			Apps		Service User											
Would there be medical experts that can provide individuals with support on these apps/forums?	Delivery	Technology type - apps	digital literacy			Apps/ Forums			Carer										
Will the NHS (or someone) be creating an app to monitor my mood/mental health?	Delivery	Technology type - apps	digital literacy			Apps	Monitoring	Service User											
Will there be apps for children and young people?	Delivery	Technology type - apps	digital literacy			Apps		Service User											
Which apps are best for helping us with long term building of community and support networks and which for crisis and immediate response?	Delivery	Technology type - apps	digital literacy/availability?			Apps	Crisis management/ Support	Service User	Carer										
Are apps really effective in helping people manage mental health symptoms (eg CBT apps, mindfulness apps etc)? e.g could people with mid first episode depression/anxiety use an app rather than paying for costly services and get access to treatment quicker therefore improving outcomes?	Delivery	Technology type - apps	improve outcomes			Apps	CBT/ Mindfulness	Service User											Practitioner
Could apps be used alongside traditional forms of treatment to have a better recovery for the patient?	Delivery	Technology type - apps	improve outcomes	Anxiety/ Depression		Apps	Treatment	Service User											Practitioner
Does mood tracking using apps help to make talking therapy more effective?	Delivery	Technology type - apps	improve outcomes			Apps	Therapy	Service User	Carer										Practitioner
If you use an app to record information about your mental health, how can that be transferred to a person in real life?	Delivery	Technology type - apps	improve outcomes			Apps		Service User	Carer										
Is there a benefit of a dedicated mobile app for mental health patients over a simple game already available for therapeutic use?	Delivery	Technology type - apps	improve outcomes			Apps/ Games/ Mobile	Therapy		Carer										
Could apps be used to maintain well being after being discharged from services?	Delivery	Technology type - apps	improve outcomes			Apps		Service User	Carer										
What incentives will participants/users receive for using/participating in an app or programme?	Delivery	Technology type - apps	incentives for use			Apps		Service User	Carer										
Can an app or website be created with key information about mental health which is regularly updated?	Delivery	Technology type - apps	information			Apps/ Online		Service User											
WOULD ALGORITHM IN AN APP BE USEFUL IN MENTAL HEALTH FOR SERVICE USERS. eg reminders to take medication?	Delivery	Technology type - apps	medication			Reminder Apps													Practitioner
Can an app for mindfulness address depression?	Delivery	Technology type - apps	mindfulness for depression	Depression		Apps	Mindfulness	Service User											
How can we be assured of the quality incl evidence base of products such as apps given the rapid development	Delivery	Technology type - apps	quality assurance			Apps													Practitioner
Will it be presented in a childlike patronising manner rather than slicker modern apps are presented?	Delivery	Technology type - apps	quality assurance			Apps		Service User	Carer										Practitioner
Will apps be monitored to see how effective they are?	Delivery	Technology type - apps	regulation			Apps		Service User											Practitioner
Will apps need to adhere to the NICE guidelines and will there be a new set of guidelines?	Delivery	Technology type - apps	regulation			Apps		Service User											
Would an app ever replace human connections	Delivery	Technology type - apps	replace humans			Apps													Practitioner
Could apps do harm? over reliance on computers mean people talk less to people.	Delivery	Technology type - apps	risk factors/over reliance			Apps/ Computers			Carer										
Are there any risk factors to consider when engaging with apps?	Delivery	Technology type - apps	risk factors			Apps			Carer										Practitioner
How can we use apps to develop systems to enable people to support their own mental health	Delivery	Technology type - apps	self management			Apps	Support												Practitioner
How do we provide self management and self screening apps (among others)	Delivery	Technology type - apps	self management			Apps	Self-help/ Screening												Practitioner

4.12.1

4.12.2

4.13.1

4.13.2

4.13.3

4.13.5

4.13.6

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4.13.10

What level of support (e.g. technical, clinical) is available for users of digital technologies with mental health conditions (e.g. clinicians, service users)? Where does responsibility lie if tools/ programmes are not completed by users

Do therapists who deliver online support for people with mental health conditions receive training in adherence to ethical and clinical guidelines?

Can using digital technology for mental health do more harm than good?

what measures are needed to assure users of digital technology for mental health that their data will be kept securely?

What are the best methods for raising awareness of the range of digital technologies for mental health available for those who may want to use them?

Do blended interventions, specifically apps plus face to face interventions, improve outcomes?

How effective are mindfulness apps for depression?

How should apps for mental health be evaluated and endorsed?

Will digital technology replace traditional services usually delivered in person?

What are the potentially harmful effects of apps designed for supporting mental health and how should these harms be routinely assessed?

Generic

Policy and quality

Policy and quality

Generic

Policy and quality

information and access

Generic

interim prioritisation

interim prioritisation

Generic

interim prioritisation

I would love to use tech to better manage my condition. physical and mental health monitoring apps would be so helpful.	Delivery	Technology type - apps	self management		Apps	Monitoring	Service User				How effective are apps in promoting self-management for mental health?	Generic
Bots are not people. Can they fit my needs?	Delivery	Technology type - Chatbots and AI	Human touch		Bots		Service User	Carer				
Does digital technology work better when supported by an 'agent' of some sort (eg a moderator, facilitator, coach), whether that agent is a real person (professionally trained or not) or indeed whether the agent is also digital (as in AI)?	Delivery	Technology type - Chatbots and AI	Human touch		AI					Practitioner	4.14.1	Are interventions delivered by artificial intelligence (AI) and robots as safe and effective as those delivered in person?
how would they (intelligent personal assistants/ 'chatbots' using artificial intelligence (AI) and machine learning technology) interact with human therapists/HCPs,	Delivery	Technology type - Chatbots and AI	Human touch		AI/ Bots	Therapy				Practitioner		
Is technology/robot/computer equivalent to having human contact?	Delivery	Technology type - Chatbots and AI	Human touch		Bots/ Computer					Practitioner		
Can we teach machines to learn how people naturally help each other online (peer-to-peer support) and then replicate that e.g. via chatbots?	Delivery	Technology type - Chatbots and AI	Human touch		AI/ Online	Peer support	Service User			Practitioner		
Does the automatic nature of some technology (i.e chat bots or auto flagging on pinterest) still have the same mistrust from the public as they did before/a few years ago.	Delivery	Technology type - Chatbots and AI	Trust/ reliability		Bots		Service User	Carer			4.14.2	Do people consider chatbots and artificial intelligence trustworthy and reliable?
How can people rely on an algorithm for an accurate assessment .	Delivery	Technology type - Chatbots and AI	Trust/ reliability					Carer				
Specifically, what is the acceptability (of intelligent personal assistants/ 'chatbots' using artificial intelligence (AI) and machine learning technology) to people with mental health problems,	Delivery	Technology type - Chatbots and AI	Trust/ reliability		AI/ Bots					Practitioner		Duplicate of 3.6.1 DO NOT USE
Nevertheless, suicide remains a big issue and any AI/machine learning approaches to helping identify when people are at risk would be very valuable	Delivery	Technology type - Chatbots and AI	Scope of use	Suicide	AI					Practitioner	4.14.3	For which mental health conditions is artificial intelligence (AI) most effective in assessment, diagnosis and treatment?
Can artificial intelligence be used safely for self-diagnosis?	Delivery	Technology type - Chatbots and AI	Scope of use		AI	Diagnosis/ Self-help		Carer		Practitioner		
'What is the future role for intelligent personal assistants/ 'chatbots' using artificial intelligence (AI) and machine learning technology in the assessment/diagnosis/ treatment of common mental health conditions?	Delivery	Technology type - Chatbots and AI	Scope of use		AI/ Bots	Assessment/ Diagnosis/ Treatment				Practitioner		
what conditions could they (intelligent personal assistants/ 'chatbots' using artificial intelligence (AI) and machine learning technology) safely manage,	Delivery	Technology type - Chatbots and AI	Scope of use		AI/ Bots	Self-management				Practitioner		interim prioritisation
I'm very impressed by the mobile app 'Lark'. It logs your sleep and activity in the background. It's like having text conversation with a very cool personal coach who offers encouragement and advice to improve your sleep and increase your activity levels. Could this be adapted as a mental health mentor/psychologist.	Delivery	Technology type - Chatbots and AI	Adaption		AI/ App	Support	Service User				4.14.4	How can existing technologies be adapted to provide personal AI support to people with mental health conditions?
How will gaming help with self-management, if there is an possibility of addiction	Delivery - technology type	computer games	Risk & benefit		Games	Self-management	Service User					
I play games to help me overcome the depressive cycles of bipolar. I couldn't be more thankful that this medium exists in my lifetime, because I can't think of anything that would work as well in terms of affording me a sense of achievement, while giving me something to look forward to.	Delivery - technology type	computer games	Risk & benefit	Depression/ Bipolar	Games		Service User				4.15.1	What are the risks (e.g. addiction) and benefits (e.g. personal achievement, therapeutic) of using computer games to help with self-management and treatment (e.g. cognitive behavioural therapy) of mental health conditions?
With mental health conditions such as psychosis being an altered sense of reality, would games potentially have a negative effect on those and is there a benefit of a dedicated mobile app for mental health patients over a simple game already available for therapeutic use?	Delivery - technology type	computer games	Risk & benefit		Mobile/ Games	Therapy		Carer				
Would it be feasible to set up a smartphone app to 'gamify' the process of CBT (i.e. presents CBT in the form of a fun game that provides instant positive feedback when you record that you've successfully completed a difficult task, done something to reward yourself, etc?)	Delivery - technology type	computer games	Risk & benefit		Apps/ Smartphone	CBT	Service User	Carer		Practitioner		interim prioritisation
											4.15.2	How effective are computer games targeted for use by children and young people to help educate them about mental health conditions in general, and how to understand and maintain their own mental health?
I would like to see games for children and young teenagers about good mental health and mental health problems.	Delivery - technology type	computer games	Education				Service User					
Can we use e-mail / digital feedback for MP services from patients - using PROMS etc to monitor quality over time and to benchmark services. We need to achieve high rates of detailed and feedback to understand where is good and where needs to improve - the tech is all there - the culture is not .	Delivery - technology type	Email	Access		Email	Monitor				Practitioner	4.16.1	Would promoting routine use of secure emails within mental health services (e.g. with Community Psychiatric Nurses, primary care/ GPs) to communicate with patients increase or reduce service demands and improve outcomes for mental health service users?
Could more CPNs give clients their work email addresses, me and my CPN find this works better than phonecalls if I need support in between appointments	Delivery - technology type	Email	Access		Email	Support	Service User					
Does using technology (such as using text and email, etc) to communicate with mental health services make these services and support more accessible to you?	Delivery - technology type	Email	Access		Email/ SMS	Support	Service User	Carer				
Mental health services often experience a high number of non-attended appointments. Feedback from clients suggests that communication with services by letter and telephone can be problematic and clients are requesting the option of more modern methods of contact via email or SMS text message.	Delivery - technology type	Email	Access		Email/ SMS					Practitioner		
How is it that Drs treat children with psychotropics based on a clinical diagnosis without consideration to aetiology, pathology/ imaging?	Delivery - technology type	neuroimaging	Routine scanning		Neuroimaging		Service User			Practitioner	4.17.1	What are the clinical benefits (e.g. early detection, improved health outcomes and quality of life) of routine brain scanning in first episode psychosis?
The Committee recommends that further evidence should be collected and systematic studies on the clinical benefits of routine scanning with structural neuroimaging in first-episode psychosis should be carried out.	Delivery - technology type	neuroimaging	Routine scanning	Psychosis	Neuroimaging							
Research studies should evaluate whether routine scanning is associated with early detection and treatment of organic causes of psychosis and improved health outcomes including effects on health-related quality of life.	Delivery - technology type	neuroimaging	Routine scanning	Psychosis	Neuroimaging							
How can you quality control the forums? In traditional group a trained professional facilitate.	Delivery - technology type	online forums	Professionalism							Practitioner	4.18.1	How are online mental health support forums (e.g. virtual support groups, apps) monitored or quality assured? What training (e.g. clinical, ethical) is available to online therapists or counsellors who deliver online forum support?
Would it be possible to have virtual support groups, online support groups for a topic monitored by a professional staff member?	Delivery - technology type	online forums	Professionalism		Online	Support	Service User	Carer		Practitioner		
Would there be medical experts that can provide individuals with support on these apps/forums?	Delivery - technology type	online forums	Professionalism		Apps/ Forums	Support		Carer				
Is there/should there be some kind of accreditation for forums and sites encouraging the sharing of problems and encouraging support?	Delivery - technology type	online forums	Professionalism			Support	Service User	Carer				
Will training be available to already qualified counsellors on: a) setting up an online mental health service/forum or sessions	Delivery - technology type	online forums	Professionalism		Online/ Forum	Counselling				Practitioner		Policy and quality
If you intend for therapists to do online work could you provide clinical and ethical training and guidelines to support us to do this in a thoughtful way (rather than just a 'convenient' way)	Delivery - technology type	online forums	Professionalism		Online	Therapy	Service User	Carer		Practitioner		
What type of forum would be best if you were part of a mental health forum - what would be the personal boundaries?	Delivery - technology type	online forums	Effective/ benefit		Forums					Practitioner	4.18.2	How effective are online forums (e.g. personal support groups) as compared to face-to-face delivered support for people with mental health conditions (e.g. those who self-harm, borderline personality disorder)?
How effective online support groups can be as compared to real life face to face support groups to improve outcomes in persons who self-harm?	Delivery - technology type	online forums	Effective/ benefit	Self-harm	Online	Support				Practitioner		
Could every local area have a monitored online support group set up? I'm saying this because in my local area there are no support groups for people with borderline personality disorder. I know one reason for this is lack of funding and resources. By having an online group, it could be more cost effective. It could take place once or twice a week for an hour. For some people, like myself, it might be more attractive as it is less pressurising than meeting people face to face initially. Then people could agree to meet in person themselves if desired. If it is monitored, it could be another way to provide support and guidance to sufferers. It could also facilitate anonymity for those who want it.	Delivery - technology type	online forums	Effective/ benefit	BPD	Online	Support	Service User			Practitioner		
Are there any live chat support networks out there?	Delivery - technology type	online forums	Scoping		Forums		Service User			Practitioner	4.18.3	What are existing online sources of support (e.g. therapy or counselling) are available for people with mental health conditions?
Will you be investing in improving existing resources such as 7cups.com?	Delivery - technology type	online forums	Scoping		Online	Support	Service User	Carer		Practitioner		
would it be live chat?	Delivery - technology type	online forums	Scoping				Service User			Practitioner		
Health Unlocked groups They (FB, BWW etc) can be useful, but are also a 'double-edged' sword at times. Thing is so many need them, they deserve kudos for 'being there'	Delivery - technology type	online forums	Risks/benefits		Social media		Service User					
What are the risks of mental health chat groups (eg suicide and anorexia groups) and how can they be modified?	Delivery - technology type	online forums	Risks/benefits	Eating disorders/ Suicide	Forums			Carer		Practitioner	4.18.4	What are the risks (e.g. confidentiality, triggers to behaviour changes) and benefits of online forums (e.g. support groups) for adults and children with mental health conditions (e.g. eating disorders, self-harm and people at risk of suicide)?
If I join a mental health support group online, how can I know I am safe?	Delivery - technology type	online forums	Risks/benefits		Online	Support	Service User					
Are forums etc a safe place for vulnerable people?	Delivery - technology type	online forums	Risks/benefits		Forums		Service User					
Confidentiality for users - how does it work without getting in the way e.g. if you're part of an online m/h group?	Delivery - technology type	online forums	Risks/benefits		Online		Service User			Practitioner		
Do online support groups / triggering posts act to encourage dangerous behaviour offline? I worked managing an online peer support group - one suicide ideational or self harm post would very often trigger many more to appear soon after. While we took all these seriously at face value, it was hard to know if this actually reflected offline behaviour, if other people posting prompted others to share their own feelings more freely, or if seeing the post actually prompted self harming thoughts or actions.	Delivery - technology type	online forums	Risks/benefits	Suicide/ Self-harm	Online	Peer-support	Service User	Carer				duplicate of 5.11.8 DO NOT USE
How can we ensure that children and young people can access online/digital support and it isn't just a new app for adults?	Delivery - technology type	online forums	Risks/benefits		Apps/ Online	Support	Service User				4.19.1	What online sources are available (e.g. search engines, websites) that provide information relating to digital support services (e.g. apps) for mental health conditions?
Can an app or website be created with key information about mental health which is regularly updated?	Delivery - technology type	Online information	Scoping		App/ Online		Service User					
Could it be easier to find mental health info/support using search engines and less irrelevant and unhelpful info	Delivery - technology type	Online information	Scoping		Online	Support	Service User					
Why can't websites give info about apps to help people start?	Delivery - technology type	Online information	Scoping		Apps		Service User					
Would it be possible to have central individuals who could signpost about online technology for specific needs	Delivery - technology type	Online information	Scoping		Online		Service User	Carer		Practitioner	4.19.2	services in local areas) be more up-to-date and better-delivered by community mental health practitioners (e.g. Community Psychiatric
Could CPNs bring tablet devices when visiting clients to show clients websites of useful support services, often nurses have tried to refer me to places using a list of phone numbers at the back of their diary with little or outdated info on the service so they can locate help and guidance in their local areas and receive advice on how to look after themselves as well as the person they are caring for?	Delivery - technology type	Online information	Tech in practice		Tablets	Support	Service User					
How do you monitor whether there are negative effects? Used online website for my anxious son and content was delivered too fast for him and set off an disturbing episode, health professional would have known to stop.	Delivery - technology type	Online information	Risk	Anxiety	Online			Carer		Practitioner	4.19.3	How are the negative effects/ harms of online information relating to mental health conditions (e.g. anxiety, self-harm) monitored?
Can any online interventions help with the problem of suicide? I am aware of the Samaritans Radar app which was withdrawn due to adverse reaction from the public.	Delivery - technology type	Online information	Risk	Suicide	Apps/ Online					Practitioner		
can digital technology help identify deterioration in mental health and its use show a difference in subsequent outcome? (various conditions)	Delivery	Technology type - passive monitoring	improved outcomes from early identification							Practitioner	4.20.1	How effective are sensors (e.g. Fitbits and wearable technology) in detecting early warning signs of mental health problems or deterioration and does this result in improved outcomes e.g. relapse prevention?
Digital and sensor enabled devices can clearly help to identify the early signs of mental health issues but how can we understand when things are going wrong without data about what is normal?	Delivery	Technology type - passive monitoring	automated advice/suggestions				Service User	Carer		Practitioner		
Is there technology that can 'sense' if someone's mood has changed, with suggestions about what to do to redress the situation?	Delivery	Technology type - passive monitoring	parental attachment				Service User	Carer		Practitioner		
Can it track how often a parent interacts with their baby, to see if attachment is taking place?	Delivery	Technology type - passive monitoring						Carer				

Is there a use for 'passive data', e.g. mobile phone gps tracking, passive microphone usage, movement etc - and what guidelines need to be in place around this to make it usable?	Delivery	Technology type - passive monitoring	guidelines for passive monitoring		Mobile				Practitioner	4.20.2	What is the acceptability to patients of using passive monitoring (e.g. mobile phones and wearables) to alert others to harmful or risky behaviour (e.g. suicidality)?	interim prioritisation
Can it alert if abuse is taking place?	Delivery	Technology type - passive monitoring	monitoring to alert					Carer				
How do you navigate two schools of thought (often seen as mutually exclusive): that information and data drives clinical decision making, for clinicians, by clinicians; or information and data should transcend pure clinical terminology and use and become something meaningful for patients, including their own goals rather than purely clinical diagnostic scores, e.g. What is the role of digital technology, wearables, patient owned records and tracking apps, in order to meet both of these agendas in a mutually supportive and symbiotic way?	Delivery	Technology type - passive monitoring	technology to integrate patient goals with clinical outcomes		Apps/ Wearables			Service User	Practitioner	4.20.3	What is the role of digital technology in promoting a collaborative approach to treatment decisions?	Generic
Is there a use for 'passive data', e.g. mobile phone gps tracking, passive microphone usage, movement etc - and what guidelines need to be in place around this to make it usable?	Delivery	Technology type - passive monitoring	guidelines for passive monitoring		Mobiles				Practitioner	4.20.4	What guidelines or regulations need to be in place to minimise risk and adverse effects of using passive monitoring to detect mental health state?	Policy and quality
Well people use it to track my movements?	Delivery	Technology type - passive monitoring	track movement					Service User		4.20.5	What fears do people have about the use of digital technology for mental health?	Generic
Does social media cause or exacerbate mental health problems in children and young people?	Delivery	Technology type - social media	Risk (young people)		Social media			Service User	Practitioner		What are the adverse effects of social media on young people's mental health conditions?	Out of scope - general impacts of tech
Is social media really harmful to people - young people in particular?	Delivery	Technology type - social media	Risk (young people)		Social media			Service User				
What is the impact of social media on young people's mental health and how can we support that?	Delivery	Technology type - social media	Risk (young people)		Social media			Service User		4.21.1		
How can negative impacts of social media be overcome eg bullying, groups who develop negative impacts in for example eating disorders or self harm	Delivery	Technology type - social media	Risk	Eating disorders/ self harm	Social media				Practitioner		Does the use of social media worsen symptoms of anxiety and isolation (or other symptoms of specific mental health conditions)?	Out of scope - general impacts of tech
How can you counter some of the negative impacts of social media such as further isolation and contributing to anxiety? E.g. It benefits people with anxiety to go out and about - even if for trivial matter, is there's a potential for technology to worsen their condition?	Delivery	Technology type - social media	Risk	Anxiety	Social media			Service User	Practitioner			
There is a profound assumption that digital technology is a good thing, there are many studies that show a correlation between social media and loneliness and isolation.	Delivery	Technology type - social media	Risk		Social media				Practitioner			
On other SoMe (peer to peer?) chats it's been said that still a disproportionate 'social bubble' & may not reflect as much variety in populations	Delivery	Technology type - social media	Risk		Social media	Peer support			Practitioner	4.21.2		
How can digital technologies and social networks used by young people be embraced to provide better access to MH support for young people?	Delivery	Technology type - social media	Support (young people)		Social media	Support	Service User	Carer	Practitioner		What are the risks and benefits of using social media to alleviate the symptoms of anxiety in adults and young people?	interim prioritisation
Our children and young people are more anxious than ever before. Does social media have a role to play in addressing and alleviating anxiety?	Delivery	Technology type - social media	Support (young people)	Anxiety	Social media		Service User		Practitioner	4.21.3		
How the experience of other with mental health problems can aid recovery via social media	Delivery	Technology type - social media	Support		Social media				Practitioner			
In what ways can social media (Facebook, Instagram, Twitter etc) be used to improve mental health?	Delivery	Technology type - social media	Support		Social media		Service User				What is the evidence of benefit of social media (Facebook, Twitter, Instagram) for people with mental health problems?	interim prioritisation
Is there an anonymous 'facebook' that can be used for sharing feelings?	Delivery	Technology type - social media	Support		Social media		Service User					
Question 2: how can social media be used more effectively to bring people together in their communities, rather than isolating them in the homes?	Delivery	Technology type - social media	Support		Social media				Practitioner			
Will the Facebook peer support groups and other platforms be monitored by professionals for evidence of high risk behaviours?	Delivery	Technology type - social media	Support		Social media	Support	Service User	Carer	Practitioner	4.21.4		
What training and engagement practices are needed to enable health professionals and especially GPs to embrace use of social media and technologies to widen access and communication with young people?	Delivery	Technology type - social media	Understanding		Social media		Service User	Carer	Practitioner		How can we promote practitioner engagement and understanding of the evidence base relating to social	Policy and quality
perhaps similar concerns with SoMe (someone once told me??) per se? unknown, limited control, unsure of the evidence base	Delivery	Technology type - social media	Understanding		Social media				Practitioner	4.21.5		
How can commonly used communication methods with young people, eg facebook, twitter, whatsapp, text messages be received, responded to and stored in our information systems in the least labour intense, most cost effective and safe way?	Delivery	Technology type - social media	Data protection/ big data?		Social media				Practitioner		Data protection/ big data? (check)	
Will psychiatrist appointments ever be able to be done online in the future?	Delivery - technology type	Tele-mental health	appointments		Online		Service User			4.22.1	What existing online services (e.g. video links) are available to people with mental health conditions seeking an appointment with a psychiatrist?	information and access
How could we maximise the use of IM to deliver individualised therapy	Delivery - technology type	Text messaging	Therapeutic relationship			Therapy			Practitioner		Can text messaging support provide individualised therapy for people with mental health conditions?	interim prioritisation
Are there comparisons between personal (message) asynchronous support and more independent tech based self help?	Outcomes	Effectiveness	Personalised			Self-help			Practitioner	4.23.1		
Can people form valuable therapeutic relationships digitally? Are there major differences with over skype/face to face. Or over text/hearing a real voice?	Delivery - technology type	Text messaging	Therapeutic relationship		Video/ Skype	Self-help	Service User		Practitioner		Would the use of text messaging by mental health services to communicate with patients improve access to services and outcomes for people with mental health conditions?	interim prioritisation
Does using technology (such as using text and email, etc) to communicate with mental health services make these services and support more accessible to you?	Delivery - technology type	Text messaging	Access		Email/ SMS	Support	Service User	Carer		4.23.2		
Mental health services often experience a high number of non-attended appointments. Feedback from clients suggests that communication with services by letter and telephone can be problematic and clients are requesting the option of more modern methods of contact via email or SMS text message.	Delivery - technology type	Text messaging	Access		Email/ SMS				Practitioner		How effective is text messaging in improving access to mental health crisis services and improving outcomes?	interim prioritisation
What would be the impact of a 24/7 text support service for people with mental health problems?	Delivery - technology type	Text messaging	Access		SMS	Support	Service User	Carer	Practitioner			
Why can't I text the crisis team I can't always communicate verbally	Delivery - technology type	Text messaging	Crisis			Crisis management	Service User			4.23.3	How effective is text messaging in improving access to mental health crisis services and improving outcomes?	interim prioritisation
Is it possible for a widely-accepted suicide prevention service (such as The Samaritans) to set up an instant messenger text-based equivalent to their telephone counselling? This would be really helpful for people who have suicidal ideation but difficulty communicating by phone.	Delivery - technology type	Text messaging	Crisis	Suicide	Apps/ SMS	Counselling	Service User	Carer	Practitioner			
Can I use texting with a crisis telephone helpline?	Delivery - technology type	Text messaging	Crisis		SMS	Crisis management	Service User				How effective and cost-effective are service delivery interventions (e.g. text messaging) delivered alone or in combination (in conjunction with standard care) compared with standard care alone for young people and adults with coexisting severe mental illness and substance misuse?	Duplicate of 2.30.2 DO NOT USE
What works? In the UK, how effective and cost effective are service delivery interventions such as peer support, contingency management or text messaging delivered alone or in combination (in conjunction with standard care) compared with standard care alone for young people and adults with coexisting severe mental illness and substance misuse?	Delivery - technology type	Text messaging	Effectiveness	Substance misuse	SMS	Peer support				4.23.4		
Are psychological therapies delivered using video conferencing (such as Skype on an iPad) as good as face to face therapy?	Delivery - technology type	Video inc Skype	Online vs face to face		Video/ Skype	Therapy	Service User				What is the acceptability, clinical- and cost-effectiveness of using videoconferencing (e.g. Skype, VSee, Apple FaceTime) for online therapy (e.g. psychological, counselling, physical and mental health monitoring) compared to face-to-face therapy?	interim prioritisation
ARE WE USING FACE-TIME AND SKYPE FOR TELE-CONFERRING AND TELE-CONSULTATION IN UK?	Delivery - technology type	Video inc Skype	Online vs face to face		Video/ Skype				Practitioner			
Can people form valuable therapeutic relationships digitally? Are there major differences with over skype/face to face. Or over text/hearing a real voice?	Delivery - technology type	Video inc Skype	Online vs face to face		Video/ Skype	Therapy	Service User		Practitioner	4.24.1		
I know Skype is insecure for online counselling (since Microsoft own it and, therefore, all data transmitted through it). But is VSee much more secure, and what about Apple FaceTime or other alternatives?	Delivery - technology type	Video inc Skype	Online vs face to face		Online/ Video/ Skype	Counselling			Practitioner		What are the barriers to using videoconferencing software (e.g. Skype, VSee, Apple FaceTime) to deliver individual and group therapy and improve the reach of mental health services?	interim prioritisation
I would love to use tech to better manage my condition, physical and mental health monitoring apps would be so helpful, as would FaceTime therapy sessions.	Delivery - technology type	Video inc Skype	Online vs face to face		Apps/ Facetime	Monitoring	Service User					
how is it that there seem to be so many barriers about using Skype for delivering individual and group interventions?	Delivery - technology type	Video inc Skype	Improving reach		Video/ Skype				Practitioner		What are the barriers to using videoconferencing software (e.g. Skype, VSee, Apple FaceTime) to deliver individual and group therapy and improve the reach of mental health services?	interim prioritisation
Why can't I just use Skype to talk to my nurse/ consultant? Would save me travelling	Delivery - technology type	Video inc Skype	Improving reach		Video/ Skype		Service User					
Would it be possible to have more video linking into therapy sessions as we live in the far north (Caithness) and so many things are in Inverness 100 miles away and it would cut down on travel?	Delivery - technology type	Video inc Skype	Improving reach		Video/ Skype	Therapy			Practitioner		What are the adverse effects of using virtual reality in the treatment of mental health	Duplicate of 4.25.2 DO NOT USE
Could Skype therapy sessions improve the reach of CAMHS services more young people?	Delivery - technology type	Video inc Skype	Improving reach		Video/ Skype		Service User			4.24.2		
How do we increase the use of video technology to support patients in a rural setting, ensuring personal information is safe?	Delivery - technology type	Video inc Skype	Improving reach		Video/ Skype				Practitioner		What are the adverse effects of using virtual reality in the treatment of mental health	Duplicate of 4.25.2 DO NOT USE
What is the risk of mental health sufferers becoming reliant upon virtual reality if used to improve their mental health?	Delivery - technology type	Virtual reality	adverse effects		Virtual reality		Service User					
Fear of losing control in an unpredicted manner (say in VR environment)	Delivery - technology type	Virtual reality	adverse effects of VR		Virtual reality		Service User	Carer	Practitioner	4.25.1		
Do virtual reality scenarios really work as exposure paradigms for common mental health problems	Delivery - technology type	Virtual reality	exposure	Common mental health problems	Virtual reality	Exposure			Practitioner		How acceptable and effective is virtual reality in the treatment of voice hearing and trauma?	interim prioritisation
Can virtual reality assisted therapy help people with mental health problems?	Delivery - technology type	Virtual reality	general		Virtual reality	Therapy			Practitioner			
How can virtual reality technology help people suffering from mental health problems?	Delivery - technology type	Virtual reality	general		Virtual reality		Service User					
Will emerging VR technologies be explored such as Google Daydream, Samsung GEAR VR etc. for mindfulness and other therapies such as CBT? This should be freely available via smartphone applications.	Delivery - technology type	Virtual reality	Mindfulness/CBT		Apps/ Smartphone/ Virtual reality	Mindfulness/CBT			Practitioner			
Could Virtual Reality be used to address panic attacks in specific situations?	Delivery - technology type	Virtual reality	Panic attacks	Anxiety	Virtual reality		Service User					
Can virtual reality assisted therapy help people with mental health problems?	Delivery	Blended care			Virtual reality				Practitioner			
Are we thinking about digital interventions such as virtual reality for phobia based treatment, for example ? #TheFuture	Delivery - technology type	Virtual reality	Phobias	Anxiety/ Phobia	Virtual reality				Practitioner			
Can we use 360 tech/VR to aid in exposure to circumstances which they avoid with therapist support eg phobias etc - to enhance the number of opportunities to experience something we are scared of whilst remaining safe emotionally.	Delivery - technology type	Virtual reality	Phobias/exposure	Anxiety/ Phobia	Virtual reality	Exposure	Service User	Carer				
Could VR be used to simulate phobias. e.g. gradual exposure. There are papers that have tried this using a fear conditioning paradigm	Delivery - technology type	Virtual reality	phobias/exposure	Anxiety/ Phobia	Virtual reality	Exposure			Practitioner			
How can virtual reality or avatars be used to help the body learn to be safe after trauma or voice hearing	Delivery - technology type	Virtual reality	Trauma/voice hearing	Voice hearing	Virtual reality				Practitioner	4.25.2		

Could CCGs or other high-powered decision-makers in future watch objectively a session of VR (Virtual Reality) which features avatars of those with lived/living experience of mental health problems (aja Experts by Experience or EBEs? These avatars may be a good way of protecting the EBE's identity if they do not wish to be named.	Delivery - technology type	Virtual reality	VR for simulated Expert by Experience		Avatars/ Virtual reality		Service User	Carer		4.25.3	Is virtual reality an effective medium for educating health professionals about the lived experiences of people with mental health problems?	interim prioritisation
For people with issues about weight, do you think the pressure of an app / fitbit adds to the anxiety? can it be attached/part of clothing?	Delivery - technology type	Wearables	adverse effects of wearables	Anxiety/ Eating disorders	Wearables		Service User	Carer	Practitioner	4.26.1	What are the benefits and adverse effects of using wearable technologies (e.g. Fitbits) for people with mental health problems (e.g. eating disorders)?	interim prioritisation
Can wearable devices such as 'lifelike' be made more effective by being made into something more like a fitbit tracker. Is there a place for wearable to support mental health?	Delivery - technology type	Wearables	design of wearables		Wearables			Carer		4.26.2	What is the best design for wearable technologies to encourage uptake and	Generic
How could we use mobile / wearable digital technology to enhance peoples lives and try to counteract my questions in question 2, ie can we use digital technology to lower overall digital exposure and maximise face to face time (this assumes a problem and proposes a solution, so apologies....)	Delivery - technology type	Wearables	general		Wearables				Practitioner			
Is it appropriate and/or beneficial to fuse physiological and psychological digital health solutions for support/monitoring (e.g. wearables/telehealthcare and cCBT)	Delivery - technology type	Wearables	increase access to F2F		Wearables		Service User	Carer		4.26.3	Does monitoring physical health states (e.g. heart rate; sleep patterns) with wearables improve awareness of mental health state and outcomes?	
Will there soon be an app to link fitbit data with changes in mental health eg. Resting heart rate increases correlating to anxiety increases, lack of sleep linking with mania.	Delivery - technology type	Wearables	physical and mental		Wearables	CBT/ Support			Practitioner			interim prioritisation
An RCT of Computerised Behavioural Activation or Activity Scheduling treatment would be helpful.	Delivery - treatmetn modality	Behavioural activation	Research						Practitioner	4.27.1	What is the effectiveness of computerised behavioural activation or activity scheduling treatment (e.g. for depression, anxiety, other mental health conditions)?	interim prioritisation
how do we develop programmes for children and adolescents with ADHD as interactive family programmes	Delivery - treatmetn modality	Family therapy	Development and effect	ADHD		Family therapy	Service User		Practitioner	4.30.1	What is the evidence for interactive parenting programmes (e.g. online) for treatment or management of attention deficit hyperactivity disorder (ADHD) in children and adolescents?	interim prioritisation
how is it that there seem to be so many barriers about using Skype for delivering individual and group interventions?	Delivery - treatmetn modality	Group therapy	Barriers		Skype				Practitioner	4.31.1	What are the barriers to using video teleconferencing (e.g. Skype) to deliver therapeutic individual and group interventions?	duplicate of 4.24.2 DO NOT USE
Are apps really effective in helping people manage mental health symptoms (eg CBT apps, mindfulness apps etc)?	Delivery - treatmetn modality	Mindfulness	Apps		Apps	CBT/ Mindfulness	Service User		Practitioner			
Can an app for mindfulness address depression?	Delivery - treatmetn modality	Mindfulness	Apps	Depression	Apps		Service User			4.32.1	reality) effective at helping people manage symptoms (e.g. via mindfulness, cognitive behavioural therapy (CBT)) of their mental health conditions (e.g. depression)?	Generic
Will emerging VR technologies be explored such as Google Daydream, Samsung GEAR VR etc. for mindfulness and other therapies such as CBT? This should be freely available via smartphone applications.	Delivery - treatmetn modality	Mindfulness	VR		Apps/ Smartphone/ VR	CBT/ Mindfulness			Practitioner			
What digital technologies are compatible with psychotherapy and counselling NOT CBT considered 'self-directed and computer based interventions', but found no evidence. No direction for further research in digital technologies explicitly stated	Delivery - treatmetn modality	psychotherapy	Effect			Counselling/ Psychotherapy			Practitioner	4.33.1	What is the evidence of effect for counselling and psychotherapy delivered via digital technologies?	generic
Can serious games increase resilience to stress in young people?	Delivery - treatmetn modality	serious games	stress		Games				Practitioner	4.34.1	How effective are therapeutic computer games in increasing resilience to stress in young people?	interim prioritisation
Access mental health without stigma - new identity Mindfulness rather than mental health	Delivery - treatmetn modality	Stigma reduction	Access & reduction			Mindfulness	Service User	Carer				
Stigma regarding BPD and why there's still stigma	Delivery - treatmetn modality	Stigma reduction	Access & reduction	BPD			Service User					
Universal access can help to tackle stigma - if everyone can access the site there is less shame associated with having to "check" to see if you live in an eligible area or not. Universal access also shows parity of care and service across all parts of the UK and removes the problem of some people perhaps seeing themselves as "unworthy" or "undeserving" of support/advice/information.	Delivery - treatmetn modality	Stigma reduction	Access & reduction			Support/ Advice			Practitioner	4.35.1	Can access to mental health services via digital technology help to reduce perceived levels of stigma (e.g. universal/ free access to digital interventions, support, information, or advice) in people with mental health conditions (e.g. borderline personality disorder)?	Generic
Can technology be used to actually promote mental health including real mental health stories, that give a better insight than TV shows which dramatise it for entertainment?	Delivery - treatmetn modality	Stigma reduction	Access & reduction					Carer				
Will on line cbt be available?	Delivery - treatmetn modality	cCBT	Accessibility of eCBT		Online	CBT	Service User	Carer		4.28.1	How accessible and publicised is cCBT?	information and access
Why are existing approaches to doing self-directed online therapy rather underwhelming? Computerized CBT seems not to have big advantages over face-to-face therapy, apart from convenience and accessibility.	Delivery - treatmetn modality	cCBT	Online therapy not appealing		Online	Therapy/ CBT			Practitioner	4.28.2	How appealing is cCBT to its intended audience?	information and access
Can it be used alongside face to face therapy? E.g. so could I as a counsellor recommend an app/website/online course that would supplement the sessions	Delivery - treatmetn modality	cCBT	Effectiveness of eCBT (conjunction)		Apps/ Online	CBT	Service User		Practitioner			
Does mood tracking using apps help to make talking therapy more effective?	Delivery - treatmetn modality	cCBT	Effectiveness of DT alongside talking therapoes		Apps		Service User	Carer	Practitioner			
How can technology support existing therapies?	Delivery - treatmetn modality	cCBT	Effectiveness of DT alongside talking therapoes			Therapy	Service User		Practitioner			
How can we use digital technology for therapy sessions?	Delivery - treatmetn modality	cCBT	Effectiveness of DT alongside talking therapoes			Therapy	Service User	Carer	Practitioner			
how could we maximise the use of IM to deliver individualised therapy	Delivery - treatmetn modality	cCBT	Effectiveness of DT alongside talking therapoes			Therapy			Practitioner			
How digital technology can help supplement psychological therapies in order to increase their effectiveness and help people maintain improvements and prevent relapse after the end of treatment.	Delivery - treatmetn modality	cCBT	Effectiveness of DT alongside talking therapoes			Therapy			Practitioner			
Is it possible to create a mobile app that could be used to log your 'homework' for you CBT therapy which could be reviewed by your psychologist between appointments. Maybe even receive encouragement and feedback from your psychologist between appointments.	Delivery - treatmetn modality	cCBT	Effectiveness of DT alongside talking therapoes		Apps/ Mobile	CBT	Service User					
Will it help me to focus better on the CBT approaches I have learned to use when I have a wobble or am low	Delivery - treatmetn modality	cCBT	Effectiveness of DT alongside talking therapoes			CBT	Service User					
Would it be possible to have more video linking into therapy sessions as we live in the far north (Caithness) and so many things are in Inverness 100 miles away and it would cut down on travel?	Delivery - treatmetn modality	cCBT	Accessibility of eCBT		Video	Therapy			Practitioner	4.28.3	How can digital technologies be used alongside f2f therapy?	generic
I would love to use tech to better manage my condition. physical and mental health monitoring apps would be so helpful, as would FaceTime therapy sessions.	Delivery - treatmetn modality	cCBT	Effectiveness of monitoring apps		Apps/ Facetime	Monitoring	Service User			4.28.5	How can digital technologies support self-management?	Generic
Are psychological therapies delivered using video conferencing (such as Skype on an iPad) as good as face to face therapy?	Delivery - treatmetn modality	cCBT	Effectiveness of videoconferencing		Video/ Skype/ Tablet	Therapy	Service User			4.28.8	Are psychological therapies delivered using video conferencing (such as Skype on an iPad) as good as face to face therapy?	interim prioritisation
Is it appropriate and/or beneficial to fuse physiological and psychological digital health solutions for support/monitoring (e.g. wearables/telehealthcare and cCBT)	Delivery - treatmetn modality	cCBT	Benefits and harms of DT for MH		Wearables/ Telemental health	CBT/ Support			Practitioner			
What is the trial evidence for benefits and hazards of computerised therapy?	Delivery - treatmetn modality	cCBT	Benefits and harms of DT for MH		Computer	Therapy		Carer	Practitioner	4.28.9	What are the benefits and harms of using digital technologies for supporting mental health?	Generic
Digital technology should not replace CBT. CBT should not be underestimated in its ability to help people. People NEED someone to talk to, not more isolation. Human interaction is key!!!!	Delivery - treatmetn modality	cCBT	Harm of eCBT: isolation			CBT	Service User			4.28.10	Does the use of computerised therapies for mental health conditions increase feelings of isolation?	interim prioritisation
Will emerging VR technologies be explored such as Google Daydream, Samsung GEAR VR etc. for mindfulness and other therapies such as CBT? This should be freely available via smartphone applications.	Delivery - treatmetn modality	cCBT	Virtual reality for MH		Smartphone/ VR	Mindfulness/ CBT			Practitioner	4.28.12	What evidence is there for virtual reality platforms to deliver therapies such as mindfulness and computerised cognitive behavioural therapy?	interim prioritisation
Are apps really effective in helping people manage mental health symptoms (eg CBT apps, mindfulness apps etc)?	Delivery - treatmetn modality	cCBT	Effectiveness of app CBT		Apps	CBT/ Mindfulness	Service User		Practitioner			
Can CBT be reliably delivered through technology alone?	Delivery - treatmetn modality	cCBT	Effectiveness of eCBT (alone)			CBT	Service User		Practitioner			
Computerised CBT for depression and anxiety has been found to be relatively unhelpful in adults, but the jury is out for children and adolescents. A fully powered RCT for cCBT needs to be done in the UK.	Delivery - treatmetn modality	cCBT	Effectiveness of eCBT	Anxiety/ Depression	Computer	CBT			Practitioner			
An appropriately blinded, randomised controlled trial should be conducted to assess the efficacy (including measures of family and social functioning as well as depression) and the cost effectiveness of another self-help intervention compared with computerised CBT and treatment as usual in a sample of children and young people treated in primary care who have been diagnosed with depression.	Delivery - treatmetn modality	cCBT	Effectiveness of eCBT compared to other self-help interventions	Depression	Computer	Self-help/ CBT				4.28.13	Is digitally delivered (computer/offline; internet/online; app-based) cognitive behavioural therapy effective for depression?	Answered question

Would it be feasible to set up a smartphone app to "gamify" the process of CBT (i.e. presents CBT in the form of a fun game that provides instant positive feedback when you record that you've successfully completed a difficult task, done something to reward yourself, etc?)	Delivery - treatment modality	cCBT	Gamification of eCBT/accessibility		Apps/ Smartphone	CBT	Service User	Carer	Practitioner	4.28.14	Is there a role for introducing game-like features in computerised cognitive behavioural therapy?	interim prioritisation
What type of therapy is good for people with bipolar disorder? I would like to know what may help me and others as at present I cannot access any therapy.	Delivery - treatment modality	cCBT	DH for bipolar disorder	Bipolar		Therapy	Service User		Practitioner	4.28.15	What's the evidence that digital technologies can be used for helping specific mental disorders?	Generic
How effective are digital therapies for depression?	Delivery - treatment modality	cCBT	Effectiveness of DT	Depression			Service User		Practitioner	4.28.15	Does using digital technologies for mental health increase anxiety or stress for older people?	interim prioritisation
Older people and/or those with a diagnosis of a mental health condition may find using technology challenging and/or not have access to it. It may cause additional stress if, and when, issues arise. How will this stress be managed and indeed identified?	Risks - Adverse effects	General	anxiety of using/digital literacy				Service User		Practitioner	5.1.1	Does using digital technologies for mental health increase anxiety or stress for older people?	interim prioritisation
Does it promote and increase anxiety	Risks - Adverse effects	General	anxiety/cause harm/exacerbate	Anxiety				Carer	Practitioner	5.1.2	Does use of apps/mobile technology worsen symptoms of anxiety, depression or insomnia?	interim prioritisation
With digital technology contributing to many mental health problems, depression, anxiety and insomnia to name a few, is it in some cases counterproductive to encourage the use of apps and mobile technology?	Risks - Adverse effects	General	apps/cause harm/exacerbate	Anxiety/ Depression/ Insomnia	Apps/ Mobile		Service User		Practitioner	5.1.2	Does use of apps/mobile technology worsen symptoms of anxiety, depression or insomnia?	interim prioritisation
How much evidence (if any exists) is there linking increased use of digital technology and mood changes?	Risks - Adverse effects	General					Service User	Carer	Practitioner	5.1.2	Does use of apps/mobile technology worsen symptoms of anxiety, depression or insomnia?	interim prioritisation
Basing mental health support around digital technology solutions involves the use of the digital technology itself which other studies have shown is a key cause of some mental health issues. Is it really the case that some uses of the technology can improve the situation when evidence seems to show that use of this technology is causing many of the problems in the first place?	Risks - Adverse effects	General	cause harm/exacerbate			Support	Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
Can digital technology do more harm than good? e.g. we don't know what we don't know - if we look at treatments we were delivering 50 years ago and how this has changed, will we realise how harmful digital technology is in the future?	Risks - Adverse effects	General	cause harm/exacerbate				Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
Can digital technology exacerbate some issues?	Risks - Adverse effects	General	cause harm/exacerbate				Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
Can using digital technology do more harm than good?	Risks - Adverse effects	General	cause harm/exacerbate				Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
Does it contribute negatively to existing mental illness?	Risks - Adverse effects	General	cause harm/exacerbate				Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
I'd like to know if technology negatively affects mental health?	Risks - Adverse effects	General	cause harm/exacerbate				Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
Is it harmful to our health?	Risks - Adverse effects	General	cause harm/exacerbate				Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
What are the circumstances in which use of DTs in mental health are inert or harmful?	Risks - Adverse effects	General	cause harm/exacerbate					Carer	Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
What are the potential harms?	Risks - Adverse effects	General	cause harm/exacerbate					Carer	Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
What are the risks involved in using digital technology for mental health problems and how might they be minimized?	Risks - Adverse effects	General	cause harm/exacerbate					Carer	Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
What are the risks?	Risks - Adverse effects	General	cause harm/exacerbate				Service User	Carer	Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
What harm is digital technology having on mental health?	Risks - Adverse effects	General	cause harm/exacerbate					Carer	Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
How are you going to stop harmful behaviour online from these new technologies?	Risks - Adverse effects	General	cause harm/exacerbate		Online		Service User	Carer	Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
How do we ensure that using digital technology doesn't make the persons mental health worse rather than better?	Risks - Adverse effects	General	cause harm/exacerbate				Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
Are there potential negative impacts of using digital resources for some mental health problems?	Risks - Adverse effects	General	cause harm/exacerbate				Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
What are the adverse impacts of using digital technology for mental health problems?	Risks - Adverse effects	General	cause harm/exacerbate				Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
Does it do more harm than good (getting people in the habit of reaching for their phone at 4am). Is it saving lives by not leaving people alone with their thoughts?	Risks - Adverse effects	General	cause harm/exacerbate		Mobile		Service User		Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
Does it promote feelings of not bro good enough having a 'good life'	Risks - Adverse effects	General	cause harm/exacerbate				Service User	Carer	Practitioner	5.2.3	Can using digital technology for mental health do more harm than good?	generic
What are the risks of mental health chat groups (eg suicide and anorexia groups) and how can they be modified?	Risks - Adverse effects	General	chat groups/anorexia/suicide	Eating disorders/ Suicide	Forums			Carer	Practitioner	5.1.4	What are the risks of online communities in increasing harmful behaviours associated with eating disorder and suicide and how effectively can these risks be managed/modified?	interim prioritisation
how will the content not interfere with people who see things or hear voices	Risks - Adverse effects	General	delusions/voices	Psychosis			Service User	Carer	Practitioner	5.1.4	What are the risks of online communities in increasing harmful behaviours associated with eating disorder and suicide and how effectively can these risks be managed/modified?	interim prioritisation
I play games to help me overcome the depressive cycles of bipolar. I couldn't be more thankful that this medium exists in my lifetime, because I can't think of anything that would work as well in terms of affording me a sense of achievement, while giving me something to look forward to. With mental health conditions such as psychosis being an altered sense of reality, would games potentially have a negative effect on those and	Risks - Adverse effects	General	Delusions/voices/games	Bipolar/ Depression	Games		Service User		Practitioner	5.1.5	What are the effects of using computer games as a therapeutic intervention for people with delusions, voice hearing or other altered realities?	interim prioritisation
Why can't we simply switch digital media off- why are we so concerned about what is there about us?	Risks - Adverse effects	General	enabling choice and control					Carer	Practitioner	5.1.6	How can we ensure people have choice and control over how they use digital technologies for their mental health?	generic
There seems to be a push to promote emerging therapies as miracle cures, for instance mindfulness apps. How will you ensure that users have the appropriate information when making choices and will there be support for those who struggle as a result of finding them unhelpful?	Risks - Adverse effects	General	enabling choice and control		Apps	Mindfulness/ Therapy			Practitioner	5.1.6	How can we ensure people have choice and control over how they use digital technologies for their mental health?	generic
Time... Spookily only the other day for a support group I attend I done a session on using your smart phone to improve mental health - having worked for a major phone retailer for many years... I know its all about what it does not what it is... So I have now a couple of screens full of wellbeing apps etc which generally I find are helping me... Time issues are - the actual amount of apps and similar features so time spent entering data for diet, exercise, mood, sleep, etc Also too much choice is issue wasting time going through all and poor decision making is a common mental health issue...	Risks - Adverse effects	General	enabling choice and control		Apps/ Smartphone		Service User		Practitioner	5.1.6	How can we ensure people have choice and control over how they use digital technologies for their mental health?	generic
How can we safeguard people so that they avoid digital technology that can be detrimental to their mental health/recovery?	Risks - Adverse effects	General	enabling choice and control				Service User		Practitioner	5.1.6	How can we ensure people have choice and control over how they use digital technologies for their mental health?	generic
We also know that social factors (e.g. inequality, lack of material resource, etc) have multiple, complex interactions with mental-health difficulties. To what extent does a reliance on "digital technology" risk minimising these factors and, at worst, further excluding people from care?	Risks - Adverse effects	General	exclusion from care					Carer	Practitioner	5.1.7	How will the growth of digital interventions for mental health impact on access to mental health care for people and groups who do not have easy access to digital technologies?	generic
What fears about the use of digital technology in therapy do potential clients have?	Risks - Adverse effects	General	fears			Therapy			Practitioner	5.1.8	What fears do people have about the use of digital technology for mental health?	generic
Is more technology the answer to information overload	Risks - Adverse effects	General	information overload				Service User		Practitioner	5.1.8	What fears do people have about the use of digital technology for mental health?	generic
Can it be used against me	Risks - Adverse effects	General	threat to individuals				Service User		Practitioner	5.1.8	What fears do people have about the use of digital technology for mental health?	generic
Can you ever be really certain with whom you are engaging?	Risks - Adverse effects	General	identity issues				Service User		Practitioner	5.1.9	What are the benefits and risks of offering anonymity (e.g. not using your real name) when using remote digital communication methods and online peer support forums	interim prioritisation
How can we be sure the correct person is actually completing something on a remote device?	Risks - Adverse effects	General	identity issues				Service User		Practitioner	5.1.9	What are the benefits and risks of offering anonymity (e.g. not using your real name) when using remote digital communication methods and online peer support forums	interim prioritisation
how will the database be maintained to make sure people are active and genuine users?	Risks - Adverse effects	Safeguarding	assumed identity				Service User		Practitioner	5.1.9	What are the benefits and risks of offering anonymity (e.g. not using your real name) when using remote digital communication methods and online peer support forums	interim prioritisation
how do you deal with fraudulent identity	Risks - Adverse effects	General	identity issues				Service User	Carer	Practitioner	5.1.9	What are the benefits and risks of offering anonymity (e.g. not using your real name) when using remote digital communication methods and online peer support forums	interim prioritisation
Is there any research on the potential negative effects of digital technology e.g. the wording used, reliance on the digital technology rather than seeing a professional (perhaps due to the individual not feeling the need to if they are using the technology, denial etc.), the "popularity" of using digital technologies meaning it becomes a standard thing in life and the individual doesn't recognise the need to see a professional.	Risks - Adverse effects	General	over reliance						Practitioner	5.1.11	Does the popularity of digital technologies for self-help have adverse effects because people do not seek other treatments even when needed?	generic
How do you monitor whether there are negative effects? Used online website for my anxious son and content was delivered too fast for him and set off an disturbing episode, health professional would have known to stop.	Risks - Adverse effects	General	picking up negative effects	Anxiety	Online			Carer	Practitioner	5.1.12	How are the negative effects of digital technology for mental health identified and monitored?	policy and quality
That it may be too simplistic to cover the gamut of emotions that people feel and it is important that in a 'fix all' culture that people may overly attach to labels and symptoms in an unhelpful way	Risks - Adverse effects	General	rigidity/cause harm				Service User	Carer	Practitioner	5.1.12	How are the negative effects of digital technology for mental health identified and monitored?	policy and quality
Question 3: How can exploitation of vulnerable people by unscientific and untested digital technology be monitored and reduced to a minimum?	Risks - Adverse effects	General	regulation						Practitioner	5.1.13	How can the regulation of digital technologies be used to reduce to risks to people who use them, especially with regard to ensuring safety and effectiveness?	policy and quality
Who makes sure data and/or behaviour change is safe and that tech can't be used for malicious purposes	Risks - Adverse effects	General	regulation				Service User		Practitioner	5.1.13	How can the regulation of digital technologies be used to reduce to risks to people who use them, especially with regard to ensuring safety and effectiveness?	policy and quality
Will it encourage less helpful online material that is difficult to regulate?	Risks - Adverse effects	General	regulation		Online				Practitioner	5.1.13	How can the regulation of digital technologies be used to reduce to risks to people who use them, especially with regard to ensuring safety and effectiveness?	policy and quality
Our children and young people are more anxious than ever before. Does social media have a role to play in addressing and alleviating anxiety?	Risks - Adverse effects	General	social media/alleviating anxiety	Anxiety	Social media		Service User		Practitioner	5.1.14	How can social media be used in way that addresses and alleviates anxiety in younger people and minimises the risks of online communities?	interim prioritisation
Although social media has to some degree facilitated groups where people receive peer support, there are instances where this can be counter productive, how will you manage this?	Risks - Adverse effects	General	social media/cause harm		Social media	Peer support	Service User		Practitioner	5.1.14	How can social media be used in way that addresses and alleviates anxiety in younger people and minimises the risks of online communities?	interim prioritisation
If someone with mental health posts something online while they are in a relapse of their condition, can it be removed from the internet after this has been posted? does this incur a cost?	Risks - Adverse effects	General	social media/control of own content		Internet/ Online		Service User	Carer	Practitioner	5.1.14	How can social media be used in way that addresses and alleviates anxiety in younger people and minimises the risks of online communities?	interim prioritisation
How will those without access to technology benefit? Some people with mental health issues actively avoid social media as it can add to issues. How can this be dealt with when rolling out new technologies?	Risks - Adverse effects	General	social media/harm		Social media		Service User		Practitioner	5.1.16	Does using social media exacerbate mental health problems in children and young people?	interim prioritisation
I am a psychotherapist. A high proportion of clients have been hurt by Facebook, which is addictive	Risks - Adverse effects	General	social media/harm		Social media	Therapy	Service User	Carer	Practitioner	5.1.16	Does using social media exacerbate mental health problems in children and young people?	interim prioritisation
how can negative impacts of social media be overcome eg bullying, groups who develop negative impacts in for example eating disorders or self harm	Risks - Adverse effects	General	social media/overcoming negative impacts	Eating disorders/ self harm	Social media				Practitioner	5.1.16	Does using social media exacerbate mental health problems in children and young people?	interim prioritisation
How do we deal with 'oversharing' which has become an increasing concern and detriment to those with mental health problems?	Risks - Adverse effects	General	social media/oversharing				Service User		Practitioner	5.1.16	Does using social media exacerbate mental health problems in children and young people?	interim prioritisation
Is there a risk of abuse if people are being honest about their mental health online?	Risks - Adverse effects	General	social media/risk of abuse		Online		Service User		Practitioner	5.1.17	How effective are online interventions at reducing the risk of suicide?	interim prioritisation
Does social media cause or exacerbate mental health problems in children and young people?	Risks - Adverse effects	General	social media/young people		Social media		Service User		Practitioner	5.1.17	How effective are online interventions at reducing the risk of suicide?	interim prioritisation
Is social media really harmful to people - young people in particular?	Risks - Adverse effects	General	social media/young people		Social media		Service User		Practitioner	5.1.17	How effective are online interventions at reducing the risk of suicide?	interim prioritisation
Can any online interventions help with the problem of suicide? I am aware of the Samaritans Radar app which was withdrawn due to adverse reaction from the public.	Risks - Adverse effects	General	suicide	Suicide	Apps/ Online				Practitioner	5.1.17	How effective are online interventions at reducing the risk of suicide?	interim prioritisation
Does technology have a negative impact on mental health? In the terms of, people feeding off emotions etc	Risks - Adverse effects	General	triggering				Service User		Practitioner	5.1.17	How effective are online interventions at reducing the risk of suicide?	interim prioritisation
What can be put in place to ensure there is an appropriate response if the technology produces a negative reaction?	Risks - Adverse effects	General	triggering						Practitioner	5.1.17	How effective are online interventions at reducing the risk of suicide?	interim prioritisation
Will it trigger me	Risks - Adverse effects	General	triggering				Service User		Practitioner	5.1.17	How effective are online interventions at reducing the risk of suicide?	interim prioritisation

Safety: I am an online support volunteer for MindOut in Brighton - a very useful / successful anonymous online chat support service. We have strict procedures in place and support from teams. My concern is especially younger people can easily access forums, chat rooms, etc and who knows who they are chatting to / sharing info / meeting up with... Also very easily available are upsetting and scary blogs, videos, etc regarding mental health & even how to ... self harm, suicide etc... This problem is bigger than just mental health issues - surely it must now be time that parents can more easily put content lock on children devices etc.. / monitor what bowling etc.	Risks - Adverse effects	General	Triggering/identity issues/social media	Self harm/ Suicide	Forums/ Online/ Video	Support	Service User			5.1.18	When using online forums/social media for mental health support, what are the risks of people being triggered by other people's posts and how can the risks be minimised?	interim prioritisation
triggering imagery for those of us who have ptsd etc and the normalisation of doing harm to others as a form of recreational entertainment. There needs to be a culture shift.	Risks - Adverse effects	General	Triggering/PTSD/games	PTSD			Service User	Carer	Practitioner	5.1.19	What are the effects of the violent imagery in computer games on people with post traumatic stress disorder?	interim prioritisation
For people with issues about weight, do you think the pressure of an app / fitbit adds to the anxiety?	Risks - Adverse effects	General	wearables/eating disorders	Anxiety	Apps		Service User	Carer	Practitioner	5.1.20	Do wearables, such as fitbit, increase anxiety and other symptoms for people with eating disorders?	interim prioritisation
what is the role of digital technology in worsening mental health especially in young people?	Risks - Adverse effects	General	young people/cause harm/exacerbate						Practitioner	5.1.21	What evidence is there that digital technologies can have adverse effects on children and young people's mental health?	Out of scope - general impacts of tech
What are the benefits and harm associated with digital technologies for children and young people and how can any potential harms be minimised?	Risks - Adverse effects	General	young people/minimise harms						Practitioner			
Addiction.... We all know that everyone can easily be addicted to Facebook / Grindr or any apps.. My worry is that depending on how well we are at any time and the state of mental health... Could easily become addicted to all apps, preventing sleep, getting out, etc Getting caught up addicted / in unreal cyber world..	Risks	Adverse effects - over reliance	Addiction to digital tech affecting mental health	Addiction	Apps/ Social Media		Service User			5.4.1	Can using digital technologies for mental health increase the risks of potentially addictive behaviours in relation to the use of technology?	interim prioritisation
Also addiction will be fed by browsing history etc being fed to our own social network pages etc - so can easily become overwhelming content... especially if been googling diagnosis etc...	Risks	Adverse effects - over reliance	Addiction to digital tech affecting mental health	Addiction	Social media							
Could it cause over-reliance on technology and so less interaction with family, friends, health care providers, etc.?	Risks	Adverse effects - over reliance	Addiction to digital tech affecting mental health					Practitioner				
I'm worried about the addictive nature of digital technology, should I be worried?	Risks	Adverse effects - over reliance	Addiction to digital tech affecting mental health	Addiction				Carer	Practitioner			
Is technology addiction a possibility?	Risks	Adverse effects - over reliance	What is technology addiction	Addiction			Service User					interim prioritisation
Could digital technology for mental health help with addictions/separation anxieties with digital technology?	Risks	Adverse effects - over reliance	Addiction to digital tech affecting mental health	Addiction/ Anxiety			Service User		Practitioner	5.4.2	How could digital technologies be used to help manage addiction and dependency?	interim prioritisation
I am a psychotherapist. A high proportion of clients have been hurt by Facebook, which is addictive	Risks	Adverse effects - over reliance	Harms of social media		Social media	Therapy	Service User	Carer	Practitioner	5.4.4	How harmful is social media upon our mental health?	Out of scope - general impacts of tech
Negatives of being on social media constantly, peer pressure, expectations. Being on digital technology can enhance these feelings. Young people need to get on their phones less. I find social media extremely stressful sometime and constantly delete apps like Instagram	Risks	Adverse effects - over reliance	Harms of social media		Apps/ Mobile/ Social media		Service User					
How will gaming help with self-management, if there is an possibility of addiction	Risks	Adverse effects - over reliance	Risk of harm in using gamification	Addiction	Games	Self-management	Service User			5.4.5	Is there a risk of dependency in using technology to support mental health?	generic
Managing risk and dependency	Risks	Adverse effects - over reliance	How to manage technology addiction						Practitioner			
What is the risk of mental health sufferers becoming reliant upon virtual reality if used to improve their mental health?	Risks	Adverse effects - over reliance	Harms of using digital tech for mental health		VR		Service User			5.4.6	What do we do about 'unhealthy' use of technologies?	Out of scope - general impacts of tech
I know several people who have been 'banned' from using laptops or smart phones by their care co-ordinators. Some people do not use the internet in a healthy way and equally have little self control over policing themselves. The only way to remove the temptation to engage with tech in an ultimately self destructive way is to not have the tech. Tech solutions will not suit everyone therefore. Examples of negative use of tech include suicide forums, online gambling, pornography, interactive sex-cam sites, drugs available through the dark web, violent gaming, sheer addiction to screen use meaning there is minimal if any real interaction with the real world and actual human beings, sleep disruption due to all of the above.	Risks	Adverse effects - over reliance	Harms of using digital tech for mental health		Computer/ Internet/ Mobile/ Smartphone		Service User	Carer	Practitioner			
Question 2: how can social media be used more effectively to bring people together in their communities, rather than isolating them in the homes?	Risks	Adverse effects - social isolation	Connecting		Social media				Practitioner	5.5.1	How can social media be used more effectively to bring people with mental health problems together and help them connect e.g. in their communities, rather than isolating them in the homes?	interim prioritisation
What can be done to counter-act these tendencies, and make using social media a more positive and authentic experience?	Risks	Adverse effects - social isolation	Connecting		Social media				Practitioner			
How can you counter some of the negative impacts of social media such as further isolation and contributing to anxiety? E.g. It benefits people with anxiety to go out and about - even if for trivial matter, is there's a potential for technology to worsen their condition?	Risks - Adverse effects	General	social media/increase isolation	Anxiety	Social media				Practitioner			
No regular group to hang out with Hard to exercise alone, make plans, celebrate, etc	Risks	Adverse effects - social isolation	Connecting?				Service User	Carer		5.5.2	Does digital technology help or hinder the goal of social inclusion and in particular addressing social isolation / loneliness among people with mental health problems?	interim prioritisation
However, there must be a mechanism to allow (and support/facilitate) people to access face-to-face support as well. Human contact and human interactions are the bedrock of many people's recovery. Isolation and the growing influence of online lifestyles has left many people feeling excluded and disconnected from this local communities, which in turn can have a very negative effect on people's mental health.	Risks	Adverse effects - social isolation	Connecting		Online	Recovery/ Support			Practitioner			
I already feel alone - I would prefer to connect with another person. How will digital technology help me?	Risks	Adverse effects - social isolation	Connecting				Service User		Practitioner			
A complaint of digital technology is that is can isolate - do treatment support options delivered in this way provide a different kind of support or a different kind of outcome/coping strategy than those delivered through 'traditional' means?	Risks	Adverse effects - social isolation	Different support / outcome			Treatment			Practitioner			
Alot of people with mental health problems feel disconnected from other people.	Risks	Adverse effects - social isolation	Make isolation worse				Service User		Practitioner			
Digital technology has made us more insular as a nation. Will home access to digital technology for people with mental health issues not compound the problem - they will miss out on peer support groups can offer, one to one a counselor can offer?	Risks	Adverse effects - social isolation	Make isolation worse			Peer support/ Counselling			Practitioner			
Does digital technology help or hinder the goal of social inclusion and in particular addressing social isolation / loneliness among people with mental health problems?	Risks	Adverse effects - social isolation	Make isolation worse						Practitioner			
Does it exacerbate social isolation?	Risks	Adverse effects - social isolation	Make isolation worse						Practitioner			
Does this not encourage social isolation?	Risks	Adverse effects - social isolation	Make isolation worse				Service User	Carer	Practitioner			
Some studies have mentioned that using ipads, computers are isolating	Risks	Adverse effects - social isolation	Make isolation worse		Computer/ Tablet			Carer				
how can digital technology reduce isolation rather than increase it	Risks	Adverse effects - social isolation	Make isolation worse						Practitioner			
How will you ensure that people with mental health problems don't get isolated and lonely by using digital technologies for treatment rather than face to face?	Risks	Adverse effects - social isolation	Make isolation worse			Treatment	Service User					
How would this help people who are isolated, would they still not be isolated	Risks	Adverse effects - social isolation	Make isolation worse						Practitioner			
I feel isolated already, won't digital technology worsen that?	Risks	Adverse effects - social isolation	Make isolation worse				Service User					
Is there not a danger that using digital technology to tackle mental health problems might make sufferers more isolated?	Risks	Adverse effects - social isolation	Make isolation worse					Carer				
no face to face contact can make you feel more isolated how will this be addressed	Risks	Adverse effects - social isolation	Make isolation worse				Service User	Carer	Practitioner			
One big issue with mental health difficulties is that people feel very isolated.	Risks	Adverse effects - social isolation	Make isolation worse				Service User		Practitioner			
Social isolation is also a major issue.	Risks	Adverse effects - social isolation	Make isolation worse						Practitioner			
We have too many people connected to computers, and too many of them deprived of having a real life. How do you think about that?	Risks	Adverse effects - social isolation	Make isolation worse		Computers				Practitioner			
Will it make people feel more isolated from other people?	Risks	Adverse effects - social isolation	Make isolation worse				Service User		Practitioner			
Will people feel less physically connected ? With their neighbours	Risks	Adverse effects - social isolation	Make isolation worse						Practitioner			
How can we avoid the negative effects which technology can have on mental health (e.g. social exclusion, providing reinforcement of negative feelings)?	Risks	Adverse effects - social isolation	Make isolation worse/Negative effects					Carer				
How can you counter some of the negative impacts of social media such as further isolation and contributing to anxiety? E.g. It benefits people with anxiety to go out and about - even if for trivial matter, is there's a potential for technology to worsen their condition?	Risks	Adverse effects - social isolation	Make isolation worse/Negative effects	Anxiety	Social media		Service User		Practitioner			
Technology can sometimes 'disconnect' people from the 'real' world. How will you ensure this does not happen? (that is supports in 'connecting' instead - to real relationships /people /support)	Risks	Adverse effects - social isolation	Make isolation worse/Negative effects			Support	Service User			interim prioritisation		

As our society turns increasingly away from face-to-face relationships and towards digital technology, it seems that attention spans are shorter and some people talk about relationships and contact in terms of facebook.	Risks	Adverse effects - social isolation	Negative effects		Social media		Service User		Practitioner			
It seems obvious that living life at that pace and with less human contact will foster anxiety. Can digital technology address modern difficulties or is it more likely to exacerbate them?	Risks	Adverse effects - social isolation	Negative effects	Anxiety			Service User		Practitioner			
Could apps do harm? over reliance on computers mean people talk less to people.	Risks	Adverse effects - social isolation	Negative effects		Apps			Carer		5.5.4	Are the negative consequences of increasing reliance on digital technology (e.g. shortening attention spans; increase in social isolation; increase in social comparison; increase in harassment and trolling; faster pace of life; negative reinforcement) exacerbated by using digital technologies for mental health?	generic
There is a profound assumption that digital technology is a good thing, there are many studies that show a correlation between social media and loneliness and isolation.	Risks	Adverse effects - social isolation	Negative effects		Social media				Practitioner			
There is some evidence that using social media is not very good for us, in part because it encourages social comparison, and reinforces the (usually erroneous) sense that everyone is having more fun than you are.	Risks	Adverse effects - social isolation	Negative effects		Social media				Practitioner			
It also seems to embolden those who like trolling/harrassing others?	Risks	Adverse effects - social isolation	Negative effects						Practitioner			
It is very absorbing and isolating being alone with your device. I imagine conditions such as paranoia might be worsened by this method of administration.	Risks	Adverse effects - social isolation	Negative effects?				Service User		Practitioner			
How will the future technology address issues of isolation in people with mental health issues. I'm not sure an app could ever replace one on one interaction with a human therapist	Risks	Adverse effects - social isolation	Replace face to face		App	Therapy	Service User			5.5.5	What are the benefits and risks of delivering mental health care through technology instead of face to face and what impact does the removal of face to face human interaction have?	interim prioritisation
Having a counselor alongside can relieve the isolation while a person works through the difficulty. What does this mean for digital technology?	Risks	Adverse effects - social isolation	Replace face to face			Counselling	Service User		Practitioner			
Do people think digital technology can really replace people in a world where many mental health problems already are exacerbated by digital exposure and face to face human isolation.	Risks	Adverse effects - social isolation	Replace face to face				Service User	Carer				
Will it mean I don't have to actually go out the house to be diagnosed or to get help?	Risks	Adverse effects - social isolation					Service User			5.6.1	How should apps for mental health be evaluated and endorsed?	interim prioritisation
1. Delivery and Monitoring of mmApps. Does the NHS have plans to create a digital research platform for mmhealth apps in order to compete with current app marketplaces such as "Play Store" or the "iphone store" who currently prioritise marketing values over scientific ones? A somewhat similar example in the U.S. is the creation of "Intellicare" by Northwestern University.	Risks	Patient safety - app safety	endorsement		Apps/ Smartphone				Practitioner			
Can we get some clear examples of what apps currently work well	Risks	Patient safety - app safety	effectiveness		Apps				Practitioner			
Client would be interested to use apps to map moods and receive daily health hints but I am reluctant to suggest any as they may have charges, or hidden (religious) messages, or set slinets up to fail. I would like to be able to recommend ones that have been approved by some mental health service, charities, psychological professions.	Risks	Patient safety - app safety	endorsement		Apps				Practitioner			
How can we be assured of the quality incl evidence base of products such as apps given the rapid development	Risks	Patient safety - app safety	endorsement		Apps				Practitioner			
How can we ensure that we only use safe apps?	Risks	Patient safety - app safety	endorsement		Apps				Practitioner	5.6.2	Which mental health apps are clinically effective?	information and access
Where is the best independent source which can list and review them? A Which? for these apps.	Risks	Patient safety - app safety	endorsement		Apps		Service User	Carer	Practitioner			
Which are the best ones to use?	Risks	Patient safety - app safety	effectiveness, safety				Service User	Carer	Practitioner			
And what makes a #mentalhealth app not snake oil?	Risks	Patient safety - app safety	effectiveness, safety		Apps				Practitioner			
That the apps are safe and effective	Risks	Patient safety - app safety	effectiveness, safety		Apps				Practitioner			
How safe is it, for example an app that supports people with suicide?	Risks	Patient safety - app safety	risks assessment, endorsement	Suicide	Apps				Practitioner	5.6.3	What are the risks of mental health apps?	information and access
Are there any risk factors to consider when engaging with apps?	Risks	Patient safety - app safety	risks assessment, endorsement		Apps			Carer	Practitioner			
Are the services and sources I use verified?	Risks	Patient safety - general	accreditation				Service User			5.7.1	Will an accreditation scheme for digital tools and services improve safety and outcomes for people using them? Who should be responsible for accrediting digital tools and services?	policy and quality
Could using digital technology be trusted and safe by the user?	Risks	Patient safety - general	accreditation				Service User	Carer	Practitioner			
have they been approved by a certain body like NICE	Risks	Patient safety - general	accreditation						Practitioner			
How can a user know about the quality of e-mental health applications and services?	Risks	Patient safety - general	accreditation		Apps/ Ehealth				Practitioner			
how do we know they are safe and work well	Risks	Patient safety - general	accreditation						Practitioner			
How do you know a service is provided by qualified mental health personnel?	Risks	Patient safety - general	accreditation				Service User	Carer				
how do you know the technology is safe and/or effective?	Risks	Patient safety - general	accreditation				Service User					
How would it be regulated?	Risks	Patient safety - general	accreditation				Service User		Practitioner			
In an environment of increasing access to web-based treatment platforms, who will insure quality and efficacy of the implemented programmes, locally and nationally?	Risks	Patient safety - general	accreditation		Online				Practitioner			
Is there/should there be some kind of accreditation for forums and sites encouraging the sharing of problems and encouraging support?	Risks	Patient safety - general	accreditation		Forums	Support	Service User	Carer				
Should mental health apps be regulated?	Risks	Patient safety - general	accreditation		Apps				Practitioner			
What standards are in place to ensure that we adhere to both the ICO principles and the more recent GDPR in the development of both apps and online software? I am aware that "anything goes" seems to be the norm amongst counsellors and psychotherapists. I would be happy to help with working on these as this is my role at ACTO (Standards and Ethics Officer).	Risks	Patient safety - general	accreditation		Apps/ Online	Counselling/ Therapy	Service User		Practitioner			
Where does the risk lie when using digital technology? I.e. if directing clients to an online source for say peer support, how do we know this is being managed well and that people aren't at risk	Risks	Patient safety - general	accreditation		Online	Peer support			Practitioner			
Who ensures that any software is full proven and is correct for the people who will use it?	Risks	Patient safety - general	accreditation				Service User					
Who monitors the technology?	Risks	Patient safety - general	accreditation						Practitioner			
Will apps need to adhere to the NICE guidelines and will there be a new set of guidelines?	Risks	Patient safety - general	accreditation		Apps		Service User					
Will it be audited/checked for suitability or can anyone just create an app and get it out there?	Risks	Patient safety - general	accreditation		Apps		Service User		Practitioner			
Will this be regulated / monitored	Risks	Patient safety - general	accreditation					Carer	Practitioner			
As a form of regulatory body to make sure that all advise is correct but teams "buying in to" approved apps/digital tech company promotes auditing of apps/tools&appropriateness of what's being shared	Risks	Patient safety - general	accreditation		Apps				Practitioner			
Have digital interventions been subjected to adequate safety assessment?	Risks	Patient safety - general	accreditation						Practitioner			
How will the competence in use of technology and delivery of health care be monitored ,and evaluated and governed,	Risks	Patient safety - general	accrediting practitioners						Practitioner	5.7.2	Do health and social care staff need to be assessed as competent in the use of digital interventions for mental health? Will this improve safety and outcomes?	interim prioritisation
Many counsellors and psychotherapists seem to think that if you have a computer and you've used Skype that's all there is to working online. Those of us with years of training to work and supervise online know differently. What work is currently underway to ensure a standard for therapeutic work? I would liken it to my driver's licence which actually allows me to drive a tractor and some lorries, but ethically I wouldn't dream of doing so as I wouldn't have a clue what I'm doing and might cause great harm.	Risks	Patient safety - general	accrediting practitioners		Online/ Skype	Counselling/ Therapy	Service User		Practitioner			
Should I really use online services online or can it make my OCD worse?	Risks	Patient safety - general	cause harm	Anxiety (OCD)	Online		Service User			5.7.3	Can using online services for Obsessive Compulsive Disorder do more harm than good?	interim prioritisation
Will the programming be overseen and checked by qualified mental health professionals.	Risks	Patient safety - general	clinical oversight				Service User			5.7.4	How can users check if digital interventions have been developed with qualified practitioners?	policy and quality

programming errors that could lead to incorrect diagnosis and direction	Risks	Patient safety - general	errors				Service User			5.7.5	What type of errors occur when digital interventions use algorithms and machine learning? What is the extent of these errors?	generic
Do we need to be developing national and local guidelines on the use of digital technologies in mental health care?	Risks	Patient safety - general	guidelines for adoption/implementation						Practitioner	5.7.6	Will guidelines on the use of digital technologies in mental health improve safety and outcomes?	generic
What are developers doing to prevent hacking?	Risks	Patient safety - general	hacking				Service User			5.7.7	What are the risks associated with hacking when using digital technologies and how can developers reduce the chance of being hacked?	policy and quality
Can we keep people safe?	Risks	Patient safety - general	keeping safe				Service User	Carer	Practitioner	5.7.8		
How can we ensure our patient safety when using the internet?	Risks	Patient safety - general	keeping safe		Internet				Practitioner			
How can we stay safe	Risks	Patient safety - general	keeping safe				Service User					
How do you make sure a person is kept safe when using digital tech - working on a one-to-one basis can pick up more than the written word	Risks	Patient safety - general	keeping safe					Carer				
Is digital technology "safe" for mental health problems?	Risks	Patient safety - general	keeping safe				Service User	Carer				
Is it a safe effective and secure platform to deal with mental health issues?	Risks	Patient safety - general	keeping safe						Practitioner			
Is it safe?	Risks	Patient safety - general	keeping safe				Service User	Carer	Practitioner			
Is technology safe for treating mental health?	Risks	Patient safety - general	keeping safe				Service User					
How could safety on this issue, be incorporated into digital therapeutic programmes?	Risks	Patient safety - general	keeping safe			Therapy			Practitioner			
How difficulties are managed safely	Risks	Patient safety - general	keeping safe						Practitioner			
If I join a mental health support group online, how can I know I am safe?	Risks	Patient safety - general	online groups - safety		Online	Support	Service User			5.7.9		
Who mediates the site?	Risks	Patient safety - general	online groups - moderation				Service User					
Who monitors sites to check the comments are appropriate.	Risks	Patient safety - general	online groups - moderation				Service User					
Once you make a service mostly digital, if it doesn't work, will there be a way back?	Risks	Patient safety - general	reverting to non-digital				Service User		Practitioner			
Question 3: How can exploitation of vulnerable people by unscientific and untested digital technology be monitored and reduced to a minimum?	Risks	Patient safety - general	safeguarding - avoiding exploitation						Practitioner	5.7.10		
How to determine whether client is in danger	Risks	Patient safety - general	safeguarding - alerts						Practitioner			
How will it be monitored ?	Risks	Patient safety - general	safeguarding - alerts				Service User	Carer				
People may use electronic media to tell professionals/researchers about emergencies. What duty is there for professionals/researchers to act on these and at one timescale? A particular problems comes at nighttime.	Delivery	Improving access to services					Service User		Practitioner			
Is it a safe way to assess risk?	Risks	Patient safety - general	safeguarding - assessing risk				Service User		Practitioner			
Surely it is easier to "hide" things than face-to-face during therapy - as the therapist cannot use body language and other cues?	Risks	Patient safety - general	safeguarding - assessing risk			Therapy	Service User	Carer				
I know that when I am unwell I am very good at hiding how ill I am. If I was using digital contacts instead if being engaged with a person, how would I be kept safe?	Risks	Patient safety - general	safeguarding - keeping safe				Service User		Practitioner			
What types of content help (I love Flowy) and the Mind resources, early risers club on twitter gives a positive start to the day, some nasty self-destructive threads out there. How / whether to curate?	Risks	Patient safety - general	safeguarding - keeping safe		Social media		Service User		Practitioner			
How will digital technology address the problem of people who may access a site in crisis e.g. in a suicidal frame of mind?	Risks	Patient safety - general	safeguarding - suicide	Suicide	Online	Crisis management			Practitioner			
How accurate digital information is?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement				Service User					
How can we be assured of the quality incl evidence base of products such as apps given the rapid development	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement		Apps				Practitioner			
How can we ensure that the information regarding mental health provided through digital technology is accurate and not just opinion based?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement				Service User	Carer				
How do we ensure information is accurate and credible?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement				Service User	Carer	Practitioner			
How regularly is the digital information, on the system going to updated?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement				Service User					
how will information in the systems be checked to ensure it is accurate and up to date	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement						Practitioner			
How would it be monitored? Kept up to date?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement				Service User					
Is it a totally safe source for help or information?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement					Carer	Practitioner			
Is the advice given (website) safe?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement		Online				Practitioner			
Is the advice given are evidence based?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement						Practitioner			
Information being given is evidenced based and reliable.	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement						Practitioner			
Will it be audited/checked for suitability or can anyone just create an app and get it out there?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement		Apps		Service User		Practitioner			policy and quality
Will it encourage less helpful online material that is difficult to regulate?	Risks	Patient safety - information quality	assessment of the accuracy and safety of technology, and endorsement		Online				Practitioner			
Am I likely to get contradicting information and advice when using technology to find out more about any given mental health problem?	Risks	Patient safety - information quality	providing service users with access to accurate and up to date information that is easy to understand					Carer	Practitioner			
Can an app or website be created with key information about mental health which is regularly updated?	Risks	Patient safety - information quality	providing service users with access to accurate and up to date information that is easy to understand		App/ Online		Service User					

How do I know it will work for me?	Outcomes	Effectiveness	General							Practitioner
How do we avoid getting caught up in the hype cycle for digital health?	Outcomes	Effectiveness	General					Service User	Carer	Practitioner
how do we know they are safe and work well	Outcomes	Effectiveness	General							Practitioner
how do you know the technology is safe and/or effective?	Outcomes	Effectiveness	General					Service User		
How does it help?	Outcomes	Effectiveness	General					Service User	Carer	Practitioner
How does it work?	Outcomes	Effectiveness	General					Service User		
How does technology help people with mental health illnesses?	Outcomes	Effectiveness	General					Service User		
How does using digital technology help with mental health problems?	Outcomes	Effectiveness	General					Service User	Carer	Practitioner
how effective are they	Outcomes	Effectiveness	General					Service User		Practitioner
How effective is it?	Outcomes	Effectiveness	General					Service User		
How effective is it?	Outcomes	Effectiveness	General					Service User		
How effective is it?	Outcomes	Effectiveness	General					Service User		
How far can digital technology be used to provide therapeutic and other clinical supports to people with mental ill-health	Outcomes	Effectiveness	General			Therapy/ support			Carer	Practitioner
How helpful are digital technologies for those with severe and enduring mental health problems and how can they be made more accessible to them?	Outcomes	Effectiveness	General							Practitioner
How is its effectiveness monitored?	Outcomes	Effectiveness	General					Service User		
How many and what types of digital resources are actually helpful rather than detrimental to someone's mental health?	Outcomes	Effectiveness	General					Service User		Practitioner
How will I know it's helping?	Outcomes	Effectiveness	General					Service User		
How will it be more effective for helping people improve their mental health than current methods?	Outcomes	Effectiveness	General					Service User		
how will they help	Outcomes	Effectiveness	General					Service User		Practitioner
How would it work	Outcomes	Effectiveness	General						Carer	
How would we know if digital technology was making a difference?	Outcomes	Effectiveness	General							Practitioner
Is there any evidence that digital technology has a role to play in any aspect of mental illness?	Outcomes	Effectiveness	General					Service User		
Their effectiveness - WHO, WHAT for and WHEN	Outcomes	Effectiveness	General					Service User	Carer	
What are the lived experiences and perspectives of individuals with mental health problems who have used digital technologies as part of their therapeutic treatment?	Outcomes	Effectiveness	General			Therapy				Practitioner
How did this benefit them?	Outcomes	Effectiveness	General							Practitioner
Were there any problems encountered?	Outcomes	Effectiveness	General							Practitioner
What advantages does digital technology have on mental health?	Outcomes	Effectiveness	General						Carer	Practitioner
What are the best treatment methods of care delivered by technology	Outcomes	Effectiveness	General			Treatment				Practitioner
What are the most important things to consider in deciding whether technology will help?	Outcomes	Effectiveness	General					Service User	Carer	Practitioner
what are the most important variables to measure and monitor?	Outcomes	Effectiveness	General					Service User		
What are the outcomes for people who use digital solutions in addition to standard care approaches	Outcomes	Effectiveness	General						Carer	Practitioner
What benefit will it provide to me?	Outcomes	Effectiveness	General					Service User		
What benefits are there in using this technology?	Outcomes	Effectiveness	General					Service User		
What can digital technologies for mental health problems actually do? Are they effective for managing mental health?	Outcomes	Effectiveness	General							Practitioner
What can digital technology offer me?	Outcomes	Effectiveness	General							Practitioner
what conditions does it work for?	Outcomes	Effectiveness	General							Practitioner
What could digital technology do to help?	Outcomes	Effectiveness	General					Service User		
What if using the technology does not make a difference to me?	Outcomes	Effectiveness	General						Carer	
What impact will the technology have?	Outcomes	Effectiveness	General					Service User		
What is the best technology and for whom with mental health problems.	Outcomes	Effectiveness	General							Practitioner
What is the effect on people using digital technology for MH? (QoL measurement or otherwise)	Outcomes	Effectiveness	General					Service User	Carer	Practitioner
Is the technology a solution looking for that problem or is there another solution? How do we know?	Outcomes	Effectiveness	General					Service User	Carer	Practitioner
What kinds of technology and what ways of using it are most useful/beneficial for different conditions?	Outcomes	Effectiveness	General					Service User		Practitioner
What kinds of technology work best and for whom?	Outcomes	Effectiveness	General					Service User		Practitioner
What services models are effective?	Outcomes	Effectiveness	General							Practitioner
What technology will be the most cost effective for mental health?	Outcomes	Effectiveness	General							Practitioner
What type of digital technology is helpful for whom amongst those with mental health problems?	Outcomes	Effectiveness	General							Practitioner
What type of technology can help the mental health community?	Outcomes	Effectiveness	General					Service User		
What will that individual's outcomes be?	Outcomes	Effectiveness	General							Practitioner
What will the added benefit be in terms of real-life outcomes?	Outcomes	Effectiveness	General							Practitioner
Which patient groups (problem/diagnosis, age, gender, race) are digital interventions least effective for (so that in person resources can be directed towards this group)	Outcomes	Effectiveness	General							Practitioner
Which patients can make best use of digital tech ie who can/can't engage easily?	Outcomes	Effectiveness	General							Practitioner
Who are they most effective for and will these people be selectively targeted to receive these approaches and others receive care more appropriate to their needs?	Outcomes	Effectiveness	General							Practitioner
Who do they work best for?	Outcomes	Effectiveness	General					Service User		Practitioner
Whom can they help?	Outcomes	Effectiveness	General					Service User		Practitioner
Why do I want this tool / ap?	Outcomes	Effectiveness	General			App		Service User		
Why does digital technology help people with Mental Health Problems?	Outcomes	Effectiveness	General					Service User		
Will a digital intervention really make a difference?	Outcomes	Effectiveness	General					Service User		Practitioner
Will digital technology only benefit particular mental health problems?	Outcomes	Effectiveness	General					Service User	Carer	
Will it improve my mood?	Outcomes	Effectiveness	General					Service User		
Will it really help me?	Outcomes	Effectiveness	General					Service User		
Do they do what they say they will (i.e. how strong is the evidence base), and for what % of people?	Outcomes	Effectiveness	Personalised					Service User		
Would it be helpful?	Outcomes	Effectiveness	General					Service User		
How effective are digital therapies for depression?	Outcomes	Effectiveness	General - depression	Depression		Therapy				Practitioner
How does mental health affect how we can use technology? i.e. low concentration and ability to process decisions affects some people with depression. My own experience and with for others (personally and professionally) is things can be MUCH too complex in a 'bad' patch (following company's on an app or reading a large paragraph) but not have enough info when less low (my therapist would give me really simple fact sheets, I'd ask for book recommendations or academic info but he insisted on only directing me to single page, very simple fact sheets or videos).	Outcomes	Effectiveness	General - depression	Depression	Video	Therapy	Service User	Carer		
Is there any evidence that digital technology can be used to treat depression or other mental illnesses?	Outcomes	Effectiveness	General - depression	Depression		Treatment	Service User			
how effective is online mental health support	Outcomes	Effectiveness	General - online support		Online	Support	Service User	Carer		Practitioner
How will online therapy work?	Outcomes	Effectiveness	General - online support		Online		Service User			
How will it help in a crisis	Outcomes	Effectiveness	General - crisis				Service User	Carer		Practitioner
Is it a safe effective and secure platform to deal with mental health issues?	Outcomes	Effectiveness	General - safety							Practitioner
How does mental health affect how we can use technology? i.e. low concentration and ability to process decisions affects some people with depression. My own experience and with for others (personally and professionally) is things can be MUCH too complex in a 'bad' patch (following company's on an app or reading a large paragraph) but not have enough info when less low (my therapist would give me really simple fact sheets, I'd ask for book recommendations or academic info but he insisted on only directing me to single page, very simple fact sheets or videos).	Outcomes	Effectiveness	General - depression	Depression	Video	Therapy	Service User	Carer		6.1.1
Are online therapies able to offer the same outcomes as face to face therapy?	Outcomes	Effectiveness	vs face to face		Online	Therapy	Service User	Carer		Practitioner
Are online therapies more effective in young people as opposed to face to face interventions?	Outcomes	Effectiveness	vs face to face		Online	Therapy	Service User			Practitioner
Are they better than face-to-face interactions?	Outcomes	Effectiveness	vs face to face				Service User			
Can CBT be reliably delivered through technology alone?	Outcomes	Effectiveness	vs face to face			CBT	Service User			Practitioner
Can it deliver equal efficacy to face to face interventions?	Outcomes	Effectiveness	vs face to face							Practitioner
Can technology be more effective at helping me overcome my mental health issues than a real person who is sat in front of me?	Outcomes	Effectiveness	vs face to face							Practitioner
Can they be as effective as face-to-face relationships, e.g. picking up on body language, etc.	Outcomes	Effectiveness	vs face to face				Service User			
Do they have anything close to the efficacy of face-to-face/traditional approaches?	Outcomes	Effectiveness	vs face to face							Practitioner
How do technological treatments/interventions compare with traditional treatments/interventions for different mental illnesses in terms of effectiveness?	Outcomes	Effectiveness	vs face to face			Treatment	Service User			
How do these technologies compare to more 'traditional' interventions?	Outcomes	Effectiveness	vs face to face				Service User	Carer		Practitioner
How effective is it compared to face to face support or other kinds of support for mental health?	Outcomes	Effectiveness	vs face to face			Support	Service User			Practitioner
How effective online support groups can be as compared to real life face to face support groups to improve outcomes in persons who self-harm?	Outcomes	Effectiveness	vs face to face	Self-harm	Online	Support				Practitioner
Is online therapy as effective as face to face therapy	Outcomes	Effectiveness	vs face to face		Online	Therapy	Service User			Practitioner
Is there any evidence that using technology for mental health is actually better or at least not inferior to face to face delivery?	Outcomes	Effectiveness	vs face to face				Service User			Practitioner
When delivering an evidence-based intervention that works face to face with the help of technology, what makes it translate?	Outcomes	Effectiveness	vs face to face				Service User			Practitioner
Are apps really effective in helping people manage mental health symptoms (eg CBT apps, mindfulness apps etc)?	Outcomes	Effectiveness	Apps		Apps	Mindfulness/ CBT	Service User			Practitioner
Can we get some clear examples of what apps currently work well	Outcomes	Effectiveness	Apps		Apps					Practitioner
do online apps improve people's health	Outcomes	Effectiveness	Apps		Online/ Apps		Service User	Carer		Practitioner

At what point in the care pathway (e.g. crisis intervention, prevention, engagement, treatment, maintenance, recovery) are digital interventions most safe and effective?

interim prioritisation

How do certain mental health conditions (e.g. depression) affect how users engage with technology?

interim prioritisation

Are therapies (e.g. cognitive behavioural therapy) delivered via digital technology as effective as those delivered face-to-face?

interim prioritisation

Does mood tracking using apps help to make talking therapy more effective?	Outcomes	Effectiveness	Apps		Apps	Monitoring/ therapy	Service User	Carer	Practitioner			
Does the app have options that will provide immediate benefits? I.E will using this app help to decrease anxiety and depression in a short amount of time? I'm more likely to use something regularly if I see it helps my mental health issues quickly.	Outcomes	Effectiveness	Apps	Anxiety/ depression	Apps		Service User					
How do you get clinical sign off/ evidence of an app's impact if mental health problems and more specifically rates of suicide can not be quantified in the same way as other fields can - for several ethical reasons and as it's a matter of life and death? It is difficult to measure how many lives have been directly saved from app usage. There can't be 'placebo' experimental testing with apps for mental health as you can't run the risk of someone's condition deteriorating in any way. We have undertaken research into app usage, but haven't been able to get this piece of work published in a reputable journal for the above reasons - no clinical evidence of the app directly reducing rates of suicide. However we do have lots of qualitative feedback showing the app is having a positive impact and keeping people alive.	Outcomes	Effectiveness	Apps	Suicide	Apps		Service User	Carer				
My questions on this would be: how are mobile apps already being used in mental health care and what is the evidence base for their use?	Outcomes	Effectiveness	Apps		Apps				Practitioner			
What apps for mental health and wellbeing work effectively?	Outcomes	Effectiveness	Apps		Apps				Practitioner			
What are the most clinical effective free (and paid for) apps?	Outcomes	Effectiveness	Apps		Apps			Carer	Practitioner			
What mental health apps are useful and effective for whom and what kinds of mental health problems?	Outcomes	Effectiveness	Apps		Apps		Service User	Carer	Practitioner			
While some clients use digital apps, there is no organisational experimental designed way of objectively measuring the effectiveness of the apps used. Is there an objective tool that measures the effectiveness of digital apps and other digital products?	Outcomes	Effectiveness	Apps		Apps				Practitioner			
Will apps be monitored to see how effective they are?	Outcomes	Effectiveness	Apps		Apps		Service User		Practitioner	6.1.3	How effective, safe and reliable are mobile apps (offering, for example, mindfulness, cognitive behavioural therapy (CBT), mood-tracking and monitoring) for common mental health problems (e.g. suicide and self-harm, depression, anxiety)?	interim prioritisation
How can people's online activity help them with their mental health problems?	Outcomes	Effectiveness	Online		Online		Service User		Practitioner			
How could online therapeutic work be made more engaging and more effective?	Outcomes	Effectiveness	Online		Online	Therapy			Practitioner	6.1.4	Can internet-based digital technologies (e.g. online therapy, self-help technologies) use	information and access
How can we create the level of robust evidence needed to persuade decision makers without compromising the natural interaction of people online in in vitro controlled environments?	Outcomes	Effectiveness	Evidence		Online		Service User		Practitioner			
How do I know if it is evidence-based and effective?	Outcomes	Effectiveness	Evidence						Practitioner			
have they been approved by a certain body like NICE	Outcomes	Effectiveness	Evidence						Practitioner			
Evidence base	Outcomes	Effectiveness	Evidence					Carer	Practitioner			
Evidence-based - does this technology have scientific evidence that it works?	Outcomes	Effectiveness	Evidence						Practitioner			
Does it really make a difference, what with the conflicting research for and against using it for mental health problems?	Outcomes	Effectiveness	Evidence				Service User		Practitioner			
Does it have proven effect and if so, for whom (participant characteristics, etc.)?	Outcomes	Effectiveness	Evidence				Service User		Practitioner			
At what point do we have enough evidence to incorporate these technologies into clinical practice.	Outcomes	Effectiveness	Evidence						Practitioner			
How do we know which ones are evidence based and appropriately managed?	Outcomes	Effectiveness	Evidence						Practitioner			
How robust is it clinically in terms of something that I can advise clients to access in order to support their mental health?	Outcomes	Effectiveness	Evidence			Support			Practitioner			
How will I know if the digital program meets UK standards for efficacy, safety and reliability?	Outcomes	Effectiveness	Evidence				Service User		Practitioner			
Is it evidence based?	Outcomes	Effectiveness	Evidence				Service User		Practitioner			
Is it proven to work?	Outcomes	Effectiveness	Evidence					Carer	Practitioner			
Is there evidence that digital tech works.	Outcomes	Effectiveness	Evidence						Practitioner			
Is this new technology based on evidence based research?	Outcomes	Effectiveness	Evidence						Practitioner			
What are the best examples out there (globally, not just UK)	Outcomes	Effectiveness	Evidence				Service User	Carer	Practitioner			
What are the patentable digital solutions out there for mental health problems?	Outcomes	Effectiveness	Evidence						Practitioner			
What can we learn from other countries about their use of digital technology and the evidence-base generated from this?	Outcomes	Effectiveness	Evidence						Practitioner			
What does research say about the types of technical support for mental health is most useful? Is it chat forums, text support, email or social media?	Outcomes	Effectiveness	Evidence		Email/ Forum/ Social media/ SMS		Service User	Carer	Practitioner			
What evidence is there for how effective it is?	Outcomes	Effectiveness	Evidence				Service User	Carer	Practitioner			
What evidence is there to support it and for which client group?	Outcomes	Effectiveness	Evidence						Practitioner			
What is the evidence base?	Outcomes	Effectiveness	Evidence				Service User	Carer	Practitioner			
What is the evidence for the effectiveness of digital technology for mental health problems, other than user responses, which are also very relevant.	Outcomes	Effectiveness	Evidence						Practitioner			
What is the trial evidence for benefits and hazards of computerised therapy?	Outcomes	Effectiveness	Evidence		Computer	Therapy		Carer	Practitioner	6.1.5	What is the best way for digital technology developers to communicate and make publicly accessible the evidence (e.g. of effectiveness, safety, risks or benefits) of certain technologies (e.g. text message support, email, social media, apps, online and computerised therapies) designed to help manage or treat mental health conditions? Is there a 'gold-standard' of evidence for digital technologies for mental health conditions, and what is the best way to measure their effectiveness for mental health conditions?	Policy and quality
Is there evidence of efficacy, to help encourage wider use?	Outcomes	Effectiveness	Evidence						Practitioner			
How can we benefit from using technology?	Outcomes - effectiveness	Mechanisms of effect and benefit	General (leading to specific - below)				Service User		Practitioner	6.2.1	outcomes in people with mental health conditions who use digital technologies (e.g. mobile applications) for support (e.g. individual therapy)?	generic
How do technological treatments/interventions compare with traditional treatments/interventions for different mental illnesses in terms of effectiveness?	Outcomes - effectiveness	Mechanisms of effect and benefit	General (leading to specific - below)				Service User		Practitioner			
What are the factors that are associated with better outcome in patients who use mobile application based individual therapy?	Outcomes - effectiveness	Mechanisms of effect and benefit	Specific factors		Mobile				Practitioner			
When delivering an evidence-based intervention that works face to face with the help of technology, what makes it translate?	Outcomes - effectiveness	Mechanisms of effect and benefit	Specific factors				Service User		Practitioner	6.2.2	Can evidence-based face-to-face therapies translate to be delivered via digital technologies, and what are the challenges?	information and access
Can we harness a core psychological mechanism of change?	Outcomes - effectiveness	Mechanisms of effect and benefit	Specific factors						Practitioner			
What kinds of process analyses are needed to establish which aspects of technologically mediated mental-health care are valuable, and which are not?	Outcomes	Evaluation	identifying the active ingredients					Carer	Practitioner	6.3.1	What research methods can be used to identify the 'active ingredients' in digital technologies for mental health?	generic
How can we attribute change to digital interventions?	Outcomes	Evaluation	identifying the active ingredients				Service User		Practitioner			
At what point do we have enough evidence to incorporate these technologies into clinical practice.	Outcomes	Evaluation	level of evidence						Practitioner			
How can we create the level of robust evidence needed to persuade decision makers without compromising the natural interaction of people online in in vitro controlled environments?	Outcomes	Evaluation	level of evidence		Online		Service User		Practitioner	6.3.2		
How will I know if the digital program meets UK standards for efficacy, safety and reliability?	Outcomes	Evaluation	level of evidence				Service User		Practitioner			
How will the NHS judge the effectiveness of digital interventions short of full scale randomised controlled trials?	Outcomes	Evaluation	level of evidence						Practitioner			
What is the evidence for the effectiveness of digital technology for mental health problems, other than user responses, which are also very relevant.	Outcomes	Evaluation	level of evidence						Practitioner			
Assessing technologies is difficult since they change so quickly. We tend to evaluate a technology but by the time we publish it is outdated and there is no ongoing development of that specific technology.	Outcomes	Evaluation	methods						Practitioner			
Feasibility work needs to be done about how the process that is needed to sidestep this big barrier to translational medicine. Feasibility research could explore how advances in digital technology could be built into CAMHS therapeutic offerings. So for example, could there be joint NIHR/industry funding that look at iterative on-going development and clinical effectiveness evaluation.	Outcomes	Evaluation	methods						Practitioner	6.3.3	What are the best study designs for evaluating digital technologies for mental health?	generic
How can the above be measured, evaluated and compared?	Outcomes	Evaluation	methods						Practitioner			
How should we be measuring the effect of digital technology for MH?	Outcomes	Evaluation	methods				Service User	Carer	Practitioner			
How to demonstrate effectiveness of online interventions in fast moving digital world	Outcomes	Evaluation	methods		Online				Practitioner			
What are the most effective study designs for technological interventions for patients.	Outcomes	Evaluation	methods/study design					Carer	Practitioner			
What are the most effective study designs to evaluate digital tools for mental health professionals.	Outcomes	Evaluation	methods/study design					Carer	Practitioner			
What is the best method to evaluate digital technology? Rct clearly aren't.	Outcomes	Evaluation	methods/study design						Practitioner			
How can we tell if they made a qualitative difference to someone's well-being (moving beyond Gad/PHQ etc)	Outcomes	Evaluation	qualitative assessment				Service User		Practitioner	6.3.4	What qualitative methods are appropriate to assess how digital technology improves wellbeing?	generic
How will we ensure any efficiency savings are re-invested in NHS talking therapies?	Outcomes	Cost effectiveness	efficiency savings/reinvestment			Therapy			Practitioner			
How can we reduce the burden on health services given the restriction on funding.	Outcomes	Cost effectiveness	efficiency savings/reinvestment						Practitioner			
Will digital technology be used as a cheaper way to fund supporting those and so will specialised service funding be withdrawn?	Outcomes	Cost effectiveness	efficiency savings/reinvestment				Service User		Practitioner	6.4.1	Do digital technologies for mental health reduce costs to the NHS? If so, will this help or hinder access to non-digital services (such as talking therapies) for those that need them?	Duplicate of 2.15.3 DO NOT USE
Are digital mental health services a cheaper substitute for properly well funded therapy and support?	Outcomes	Cost effectiveness	efficiency savings/reinvestment			Therapy	Service User	Carer	Practitioner			
Are there considerations - such as rates of success for different illnesses, cost, or ease of access - that would need to be taken into account when recommending a particular treatment/intervention ahead of (or behind) a traditional treatment/intervention?	Outcomes	Cost effectiveness	general				Service User		Practitioner	6.4.2	What is the evidence of the cost effectiveness of using digital technologies for mental health?	generic
Do computer based therapies actually save money in the long term? In comparison to talking therapy?	Outcomes	Cost effectiveness	general		Computer	Therapy	Service User	Carer	Practitioner			
Does it have any benefits apart from cost effectiveness?	Outcomes	Cost effectiveness	general				Service User		Practitioner			
How can digital technology be integrated alongside care from professionals to best help increase cost-effectiveness of care for conditions such as depression?	Outcomes	Cost effectiveness	general	Depression			Service User	Carer	Practitioner			
What technology will be the most cost effective for mental health?	Outcomes	Cost effectiveness	general						Practitioner			

How do we assess cost-effectiveness in the longer term? For example, if clients don't already own smartphones, is it cost-effective for health services to provide these in certain cases, because the health savings are worth it overall?	Outcomes	Cost effectiveness	provision of devices to enable uptake		Smartphone				Practitioner	6.4.3	Is it cost effective for the NHS to provide equipment for people who don't have their own to enable them to access digital technologies for mental health?	generic
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