



Behavioral Health Tech Review

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QUARTERLY NEWS HIGHLIGHTS

MOBILE APPLICATIONS

From Glow Caps to Cell Scopes, Mobile Health Future Is Near

June 4, 2012 (*Healthcare IT News*)

The future is getting closer for emerging mobile technologies to take a critical role in engaging consumers to make better health decisions, and in equipping providers with tools to obtain more data from their patients to improve outcomes. A “super” convergence of technology and market trends is opening up new ways to coordinate care and manage personal health, said Mike Wisz, a health IT consultant...[More](#)

The Real Promise of Mobile Health Apps

July 10, 2012 (*Scientific American*)

The use of cell phones and wireless sensors to gather and access health data has grown quickly in recent years. Popular mHealth apps are used for counting calories, gauging nutrition, tracking workouts, calculating body mass index and quitting smoking. These worthy efforts pale next to the potential of mHealth to aid in medical research and health care...[More](#)

TELEHEALTH

3 Future Trends for Telehealth

June 22, 2012 (*Becker's Hospital Review*)

While both telemedicine and telehealth offer great benefits to physicians and patients, telehealth has become one of the most promising evolutions in the health care landscape. The ability to conduct remote visits with patients and monitor their recovery improves access to quality care by removing traditional barriers to healthcare delivery such as distance, mobility and time constraints...[More](#)

Veterans, Rural Physicians Reap Benefits of Virtual Technology

July 17, 2012 (*AAFP News*)

According to VA Undersecretary for Health Robert Petzel, M.D., the Specialty Care Access Network-Extension of Community Health Outcomes (SCAN-ECHO) initiative allows primary and specialty care physicians to combine their efforts. “Despite the reach and high quality of our health care services . . . one of our biggest challenges is that many millions of our patients live in rural and highly rural areas,” Petzel said during a press conference. “It’s difficult to bring specialty care, and best practices in specialty care, into these rural areas...[More](#)

INNOVATIVE TECHNOLOGY FOR HEALTHCARE

New Generation of Virtual Humans Helping to Train Psychologists

August 3, 2012 (*American Psychological Association*)

New technology has led to the creation of virtual humans who can interact with therapists via a computer screen and realistically mimic the symptoms of a patient with clinical psychological disorders, according to new research presented at the American Psychological Association’s 120th Annual Convention...[More](#)

Testing Treatments in a Virtual World

2012 (*The University of Sheffield*)

Imagine if your GP or consultant were able to show you, through a computerised model of yourself, the effects of potential treatments on your body. That’s the vision of the Institute for Biomedical Imaging and Modelling (INSIGNEO), a new research institute set up by our University and Sheffield Teaching Hospitals NHS Foundation Trust...[More](#)

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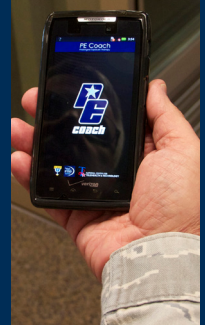
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First Mobile App for Prolonged Exposure PTSD Therapy

The Department of Defense (DoD) and the Department of Veterans Affairs (VA) have released a new smartphone mobile application to help service members and their healthcare providers in the treatment of post-traumatic stress disorder (PTSD).



PE Coach, developed by the National Center for Telehealth & Technology (T2), is the first mobile app designed specifically to enhance Prolonged Exposure (PE) therapy.

Through both imaginal exposure to memories and live exposure to typically avoided situations, PE treatment allows those who suffer from PTSD to process their memories and modify their behaviors. PE Coach provides users with ‘hip-pocket’ access to the elements necessary for effective PE treatment participation. These elements include session scheduling; digital audio recording capability for easy playback after sessions; tools to support patient tasks between sessions; and visual displays of symptom reduction over time.

PE Coach is available for both iOS (Apple) and Android mobile devices. More information about the app is at www.t2health.org/apps/pe-coach.

To read what Assistant Secretary of Defense for Health Affairs Dr. Jonathan Woodson has to say about PE Coach, [click here](#)...

