



Behavioral Health Tech Review

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QUARTERLY NEWS HIGHLIGHTS

MOBILE APPLICATIONS

Mobile Will Be Essential to Meeting MU Stage 2, Improving Care Coordination

November 1, 2012 (*MobiHealthNews*)

We've heard talk for years about patient engagement, but not a whole lot of real progress. Mobile technologies are about to change that, with a substantial boost from Stage 2 of the "meaningful use" EHR incentive program.....[More](#)

19% of Smartphone Users Have Health Apps, Pew Report Finds

November 8, 2012 (*iHealth Beat*)

About 19% of U.S. adult smartphone users have applications to help them monitor or manage their health, according to a report from the Pew Internet & American Life Project, *MobiHealthNews* reports (Dolan, *MobiHealthNews*, 11/8)....[More](#)

VIRTUAL APPLICATIONS

Virtual Reality Could Help People Lose Weight, Fight Prejudice

November 6, 2012 (*ScienceDaily*)

Internet-based interactive games and social media outlets have become intertwined with the physical realities of millions of people around the world. When an individual strongly identifies with the cyber representation of themselves, known as an avatar, the electronic doppelganger can influence that person's health and appearance, according to a University of Missouri researcher's study. Harnessing the power of the virtual world could lead to new forms of obesity treatment and help break down racial and sexual prejudices....[More](#)

Video Games Train Troops To Find, Mark IEDs

September 12, 2012 (*Defense News*)

The hand-held detector edition of Improvised Explosive Device Gaming and Modeling Environment, I-GAME, is a laptop-based virtual trainer that troops can use to practice proper dismounted IED-clearing procedures....[More](#)

TELEHEALTH

Telehealth's Chance to Revolutionize Health Care

October, 2012 (*Governing*)

If states can get out of the way, advances in telehealth could lead to savings by reducing unnecessary hospitalizations and catching chronic problems early.....[More](#)

VA Telehealth Program to Grow at Brisk Clip

November 1, 2012 (*Governing*)

The U.S. Department of Veterans Affairs, which used telehealth to connect with an estimated 460,000 veterans in the past year, is looking to double that number in the coming year with an aggressive campaign that includes new and expanded services. The VA's program, instituted in 2003, recorded 1.3 million consultations in the past year, according to Adam Darkins, MD, the VA's chief consultant for telehealth services.....[More](#)

INNOVATIVE TECHNOLOGY FOR HEALTHCARE

Artificial Intelligence's Role in Health Care

November 1, 2012 (*Physician's Money Digest*)

While not a solution for the looming physician shortage in the United States, IBM's super smart computer, Watson, is going to medical school. The New York Times' Bits blog reported that the question-answering computer, which defeated two all-time Jeopardy! champions, will work with the Cleveland Clinic Lerner College of Medicine of Case Western Reserve University. The purpose of this training would be to provide assistance to physicians so they could "cope better with the rapid pace of incoming new research," according to NYT....[More](#)

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The "Behavioral Health Tech Review" is published quarterly by the National Center for Telehealth & Technology (T2) to inform senior military leaders, healthcare providers, and T2 collaborators about existing and new innovative technologies which support the treatment of behavioral health patients. For more information about "Behavioral Health Tech Review" or to submit a story idea or comment, please e-mail us at AskUs@t2health.org or connect on Facebook and Twitter.

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T2 Mood Tracker Boasts Expanded Capabilities

The Department of Defense (DoD) has recently upgraded one of its most popular mobile applications, the T2 Mood Tracker.



t2 mood tracker

First released in 2010 by the National Center for Telehealth & Technology (T2), the updated T2 Mood Tracker retains all of its original functions (touch-screen mood rating, notation capabilities, time-lapse graphs, etc.) while now providing users with greater freedom.

In addition to offering users enhanced graphing capabilities, the new version of the app can generate PDF reports to print or email to health care providers. For smartphones on the Android platform, a backup database now saves all data on a Secure Digital card in order to transfer results easily to a new phone or save results on a back-up phone; smartphones running on iOS maintain the same back-up functionalities which have been there since the original version of T2 Mood Tracker was released. Users also have the ability to locate psychological health support networks in their respective regions via the app's Outreach Center link.

T2 Mood Tracker is available for both iOS (Apple) and Android mobile devices. More information about the app is at www.t2health.org/apps/t2-mood-tracker.

