Background

Adolescent anxiety epidemiology:
- Anxiety disorders are the most common mental health disorders of adolescence.
- 1 in 3 adolescents will meet criteria for an anxiety disorder by 18.

Prevalence of mental health apps:
- Apps designed to help treat adolescent anxiety.
- 1 in 5 Americans admits to using these apps.

Benefits of Apps:
- Lack of confidence in modality.
- Privacy and confidentiality.
- Accessible on smartphone.

Why are providers not recommending now?
- Lack of knowledge about apps.
- Concern for privacy and confidentiality.
- Risk of patient data breach.

Methodology

- Questionnaire distributed to providers via REDCap, twitter and the University of Colorado Dept. of Family Medicine Newsletter.
- Treatment is available 24/7.
- Survey/survey distributed to providers via REDCap, twitter and the University of Colorado Dept. of Family Medicine Newsletter.

Provider Survey

<table>
<thead>
<tr>
<th>If I were to recommend apps such as Headspace or SuperBetter to my adolescent patients with anxiety in the next month, I think...</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neither</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. ... it would promote higher quality of care.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2. ... it would help reduce anxiety symptoms more quickly.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>3. ... my patients would welcome that advice.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>4. ... it could help me get the most out of my time with patients.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>5. ... most of my colleagues would agree with that decision.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6. ... my patients would find the app is easy to understand.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>7. I intend to recommend apps such as Headspace or SuperBetter for my adolescent patients with anxiety in the next month.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

RESULTS

- No Statistically significant results achieved. p values >0.05 for all data collected.

Discussion

Expectations:
- Would have expected increase in intention to recommend based on previous literature showing knowledge surrounding apps is a significant barrier to provider recommendation.

Lack of statistical significance related to:
- Small sample size.
- Small effect of intervention.
- Inherent difficulty in measuring changes on Likert scale.

Future Directions:

- Gain more participants by offering incentives for survey completion.
- Increase participants by surveying providers for any age of patient.
- Improve video quality/obtain expert video production consultation.
- Use 7-point Likert scale instead of 5-point for increased sensitivity.

Reference

4. Byamugwika, J., Beker, E., Glaudel P. (Current Knowledge and Adoption of Mobile Health Apps Among Australian General Practitioners: A Survey Study).