

eGuru: Mobile App for CBT

Market Need

In Canada and the United States, almost half of adults will experience a mental illness during their lifetime. Among all mental illnesses, national prevalence data indicate that nearly 40 million people in the United States (18%) experience an anxiety disorder alone in any given year. Despite the strong evidence for its effectiveness, Cognitive Behavior Therapy (CBT) remains underutilized in clinical settings internationally due to the limited availability of comprehensive training programs and qualified CBT mental health professionals. There is a need to explore low-cost, evidence-based interventions that can be delivered with minimal resources. One such option is CBT based self-help, or guided self-help, which have a strong evidence base for depression and anxiety disorders. Self-help interventions can be delivered digitally and have been found to be effective and to minimize healthcare costs. There is a growing evidence base for the efficacy of mobile health interventions internationally. However, the full potential of technology in this area remains to be realized.

Technology Description

Our researchers have developed a digital health intervention to administer CBT through a mobile app. eGuru includes a suite of tools that can address a variety of problems ranging from anger to psychotic symptoms and is based in an existing CBT based self-help intervention that has been field-tested in randomized clinical trials. The app will provide help for a variety of problems such as; anger, stress, depression, anxiety, fears and phobias, psychosis etc.

Stage of Development

The development of the initial prototype of the app is complete. Currently, the app is available on Android play store only. An iOS version is under development. The content of the app has been developed from validated paper-based self-help and guided self-help CBT interventions. The app will be studied in a small pilot study to test its efficacy and usability. The app can be used as a bridge between the therapist and the patient between the appointments and can help the patients stay on track for the treatments. It can also provide the patients with CBT-based therapies at the comfort of their homes while they are waiting for the appointment.

Advantages

- Unique and validated content that is followed in clinical practice
- Availability to all users through both Android and iOS app stores
- Engages patients and helps them get CBT with ease
- Modular app to help people requiring CBT in a personalized manner

Notable Publication(s)

<http://www.eguru4life.com/>

FOR MORE INFORMATION CONTACT

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