



Digital Interventions for the Treatment and Prevention of Mental Health Disorders

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Message from the Guest Editor

Meeting the demands for treatment and prevention of mental health disorders (MHDs) is a major public health challenge. MHDs are considered to be the leading cause of the burden of disease in both high-income and low-to-middle-income countries. Despite the existence of effective treatments, a substantial proportion of people suffering from MHDs go untreated. Structural as well as individual and social barriers are important in choosing to seek treatment. Internet- and mobile-based interventions (IMIs) may minimize barriers to treatment and increase access to evidence-based treatments. Several randomized controlled trials and meta-analyses have demonstrated that IMIs can be effective for various MHDs with outcomes that are comparable to face-to-face interventions. However, more research is warranted to fully determine the potential of IMIs to substantially reduce the immense disease burden of MHDs at the population level. In addition, despite the promising results of IMIs, it still is an enormous challenge to close the gap from research to implementation into routine care.





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Message from the Editor-in-Chief

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