



## Resources and References for the DCoE November 2014 Psychological Health Webinar

### Integrating Technology into DoD Efforts to Promote Psychological Health

#### Resources

The American Psychological Association's Task Force on Telepsychology identified unique opportunities and challenges that technology brings to the provision of clinical care and published "[Guidelines for the Practice of Telepsychology](#)" in 2013.

The mission of the [National Center for Telehealth and Technology \(T2\)](#), a component center of DCoE, is to lead the development of telehealth and technology solutions for traumatic brain injury (TBI) and psychological health to improve the lives of the nation's warriors, veterans and their families. Mobile applications include:

- [T2 Mood Tracker](#)
- [Breathe2Relax](#)
- [PTSD Coach](#)
- [Virtual Hope Box](#)
- [CBT-i Coach](#)
- [Concussion Coach](#)

#### References

Anderson, C., & Wolff, M. (2010, August 17). The web is dead. Long live the internet. *Wired Magazine*. Retrieved from: [http://www.wired.com/2010/08/ff\\_webrip/all](http://www.wired.com/2010/08/ff_webrip/all)

Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review*, 84, 191-215.

Carey, B., & Markoff, J. (2010, July 10). Students, meet your new teacher, Mr. Robot. *New York Times*. Retrieved from: [http://www.nytimes.com/2010/07/11/science/11robots.html?pagewanted=all&\\_r=0](http://www.nytimes.com/2010/07/11/science/11robots.html?pagewanted=all&_r=0)

Committee on the Assessment of Ongoing Efforts in the Treatment of Posttraumatic Stress Disorder, Institute of Medicine of the National Academies. (2012). *Treatment for Posttraumatic Stress Disorder in Military and Veteran Populations: Initial Assessment*. The National Academies press, Washington DC.

Drew, D. E. (2010). *STEM the tide: Reforming science, technology, engineering, and math education in America*. Baltimore, MD, USA: The Johns Hopkins University Press.

Few, S. (2006). *Information dashboard design: The effective visual communication of data*. Sebastopol, CA, USA: O'Reilly Media, Inc.

Fox, S., & Rainie, L. (2014, February 27). The Web at 25 in the U.S. *Pew Research Internet Project*. Retrieved from: [http://www.pewinternet.org/files/2014/02/PIP\\_25th-anniversary-of-the-Web\\_022714\\_pdf.pdf](http://www.pewinternet.org/files/2014/02/PIP_25th-anniversary-of-the-Web_022714_pdf.pdf)



- Fox, S. & Duggan, M. (2013, January 15). Information triage. *Health Online 2013*. Pew Research Internet Project. Retrieved from: <http://www.pewinternet.org/2013/01/15/information-triage>
- Fox, S., & Duggan, M. (2012, November 8). Mobile Health 2012. *Pew Internet & American Life Project*. Retrieved from: [http://www.pewinternet.org/files/old-media//Files/Reports/2012/PIP\\_MobileHealth2012\\_FINAL.pdf](http://www.pewinternet.org/files/old-media//Files/Reports/2012/PIP_MobileHealth2012_FINAL.pdf)
- Free, C., Phillips, G., Felix, L., Galli, L., Patel, V., & Edwards, P. (2010). The effectiveness of M-health technologies for improving health and health services: a systematic review protocol. *BMC Research Notes*, 3(1), 250. doi: 10.1186/1756-0500-3-250
- Handley-Cousins, S. (2014). PTSD and the civil war. The Opinion Pages, The New York Times, August 13, 2014, accessed on September 2, 2014 at: [http://opinionator.blogs.nytimes.com/2014/08/13/ptsd-and-the-civil-war/?\\_php=true&\\_type=blogs&\\_r=0](http://opinionator.blogs.nytimes.com/2014/08/13/ptsd-and-the-civil-war/?_php=true&_type=blogs&_r=0)
- Horoho, P. G. (2012, March 8). Written statement of Lieutenant General Patricia D Horoho the Surgeon General of the United States Army and Commander, US Army Medical Command: Testimony for Committee on Appropriations Subcommittee on Defense. Retrieved from: <http://appropriations.house.gov/uploadedfiles/hhrg-112-ap02-wstate-phoroho-20120308.pdf>
- Institute of Medicine (2012). Further Steps Needed to Reduce Stigma and Expand Access to Substance Abuse Screening and Care in Armed Forces. <http://iom.edu/Reports/2012/Substance-Use-Disorders-in-the-US-Armed-Forces/Press-Release-MR.aspx>
- Johnson, B. (2010, October 27). The web is reborn. *MIT Technology Review Magazine*. Retrieved from: <http://www.technologyreview.com/featuredstory/421418/the-web-is-reborn>
- King, D.B., Viney, W., and Woody, W.D. (2013). *A History of Psychology: Ideas and Context*, Fifth Edition, Pearson.
- Kuhn, E., Eftekhari, A., Hoffman, J. E., Crowley, J. J., Ramsey, K. M., Reger, G. M. & Ruzek, J. I. (2014). Clinician perceptions of using a smartphone app in Prolonged Exposure Therapy. *Administration and Policy in Mental Health*, 41 (6), 800-807 DOI 10.1007/s10488-013-0532-2
- Lella, A., Lipsman, A., & Dreyer, K. (2014, April 2). 2014 U.S. Digital Future in Focus. *comScore*. Retrieved from: <https://www.comscore.com/Insights/Presentations-and-Whitepapers/2014/2014-US-Digital-Future-in-Focus>
- Lella, A., & Lipsman, A. (2014, August 21). The U.S. Mobile App Report. *comScore*. Retrieved from: <http://www.comscore.com/Insights/Presentations-and-Whitepapers/2014/The-US-Mobile-App-Report>
- Maheu, M. M., Pulier, M. L., McMenamin, J. P., & Posen, L. (2012). Future of telepsychology, telehealth, and various technologies in psychological research and practice. *Professional Psychology: Research and Practice*, 43(6), 613.
- Mee, A. (1898, September). The pleasure telephone. *The Strand Magazine*. Retrieved from: <http://earlyradiohistory.us/1898pls.htm>



Pew Research Internet Project: Mobile Technology Fact Sheet. 2014; <http://www.pewinternet.org/fact-sheets/mobile-technology-fact-sheet/>. Accessed March 13, 2014.

Pollina, D. A., & Barretta, A. (2014). The effectiveness of a national security screening interview conducted by a computer-generated agent. *Computers in Human Behavior*, 39, 39-50.

Premack, D. (1959). Toward empirical behavior laws: I. Positive reinforcement. *Psychological Review*, 66(4), 219.

Prensky, M. (2001). Digital natives, digital immigrants part 1. *On the horizon*,9(5), 1-6.

Yoshida, K. K. (1993). Reshaping of self: a pendular reconstruction of self and identity among adults with traumatic spinal cord injury. *Sociology of Health & Illness*, 15(2), 217-245.

Shaw, M. (2013, March 21). Putting the future in focus. *comScore*. Retrieved from: <https://www.comscore.com/Insights/Presentations-and-Whitepapers/2013/Putting-the-Future-in-Focus>

Singh, M. P. (2006). *Quote unquote: A handbook of famous quotes*. Darya Ganj, New Dehli: Lotus Press

Wilson, T. D., Reinhard, D. A., Westgate, E. C., Gilbert, D. T., Ellerbeck, N., Hahn, C., ... & Shaked, A. 2104. Just think: the challenges of the disengaged mind. *Science*, 345, 75-77.