

Implementation and Evaluation of an App Prototype for Identifying Appropriate Psychoeducational Modules through Questionnaires: A Comparative Study between Digital and Paper-Based Assessments

Thema:

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Hintergrund

A recent study conducted in 29 countries has shown, that by the age of 75 half of the population will have or is experiencing one or more mental disorders [1]. Meeting this high demand is a considerable challenge - for example, the World Health Organization estimates that only 29% of people with psychosis are in treatment [2]. Even in an industrialized nation like Germany, the average waiting time for therapy, as reported by the BPTK, ranges from 3 to 9 months [3]. Since in today's digital age, mobile applications have become increasingly popular [4] and accessible tools for various purposes, the question arises if mobile applications can help in treating mental health issues. Unfortunately, many mental health apps available for users to download, are not developed or evaluated by professionals [5]. Although the efficacy of some Apps could not be proven, the general concept of

mental Health Apps seems to be promising [6, 7]

Researchers at the Privaten Hochschule Göttingen (PFH) aim to create an evidence-based Mental Health App. Designed to meet scientific standards and offer effective support to patients, the app is planned to be transdiagnostic and therefore caters to a range of symptoms. In the app, people should be able to do questionnaires and get assigned psychoeducational modules based on their answers. In this thesis, a prototype for that purpose should be developed, and compared to paper questionnaires.

Zielsetzung der Arbeit

This thesis explores designing, implementing, and evaluating a mobile application prototype dedicated to psychological assessments and assigning the right psychoeducational modules. The study aims to investigate potential differences between utilising the digital app versus traditional paper-based questionnaires. This should provide insights into the advantages or disadvantages of adopting apps in psychological assessments.

The goal is to create a working app prototype, that uses a questionnaire provided by the PFH Göttingen, which assigns the user psychoeducational modules, based on their answers. Depending on the selected modules, the user gets specific questionnaires, that measure the extent of the disorder. This prototype will then be used in a user study that compares the results to whether the questionnaire was filled out in the app or on paper. The findings of the study will be analysed to show if there is a difference in the outcome of the digital app and paper-based questionnaires.

Konkrete Aufgaben

- Conducting a literature review to ground the research
- Analysing and specifying user requirements through expert interviews
- Developing the prototype
- Conducting a user study with a prototype app and paper questionnaire
- Evaluating the results

Erwartete Vorkenntnisse

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Weiterführende Quellen

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