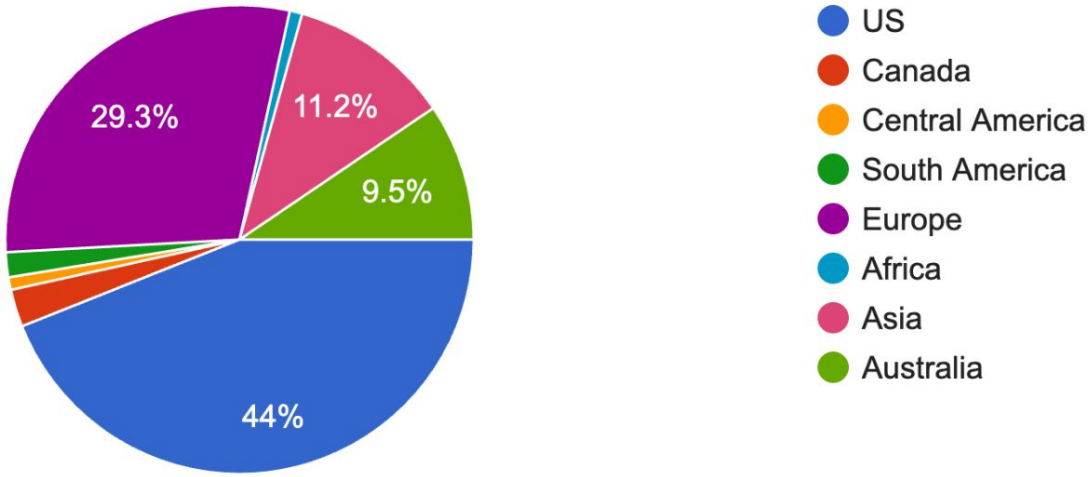
THE SOCIETY OF DIGITAL PSYCHIATRY

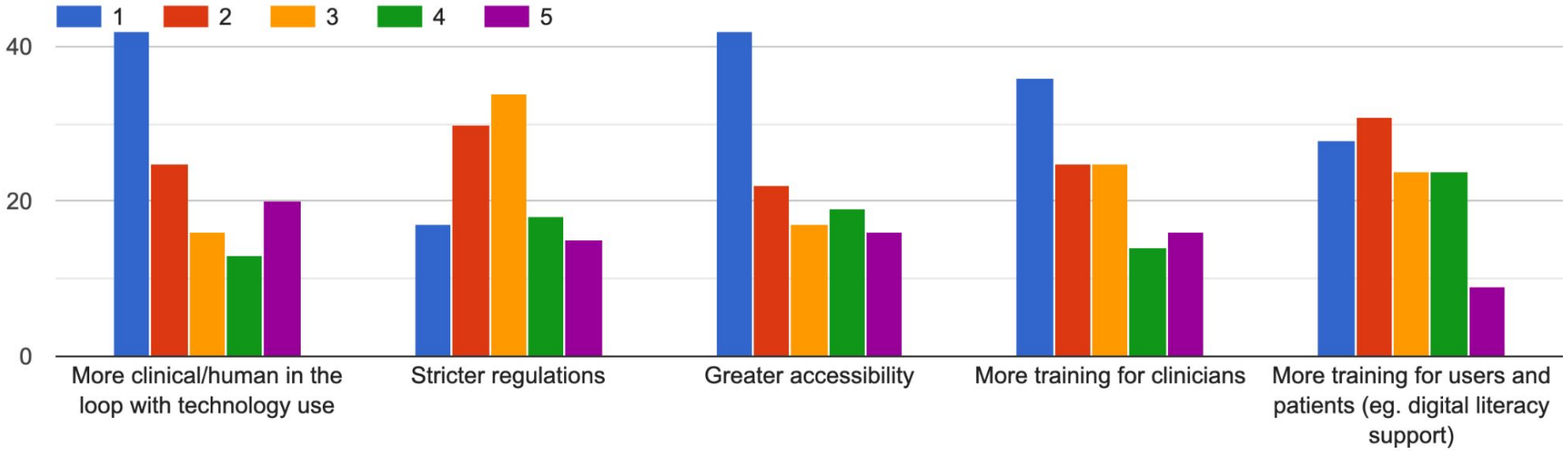
In partnership with JMIR Mental Health

Membership Survey Results

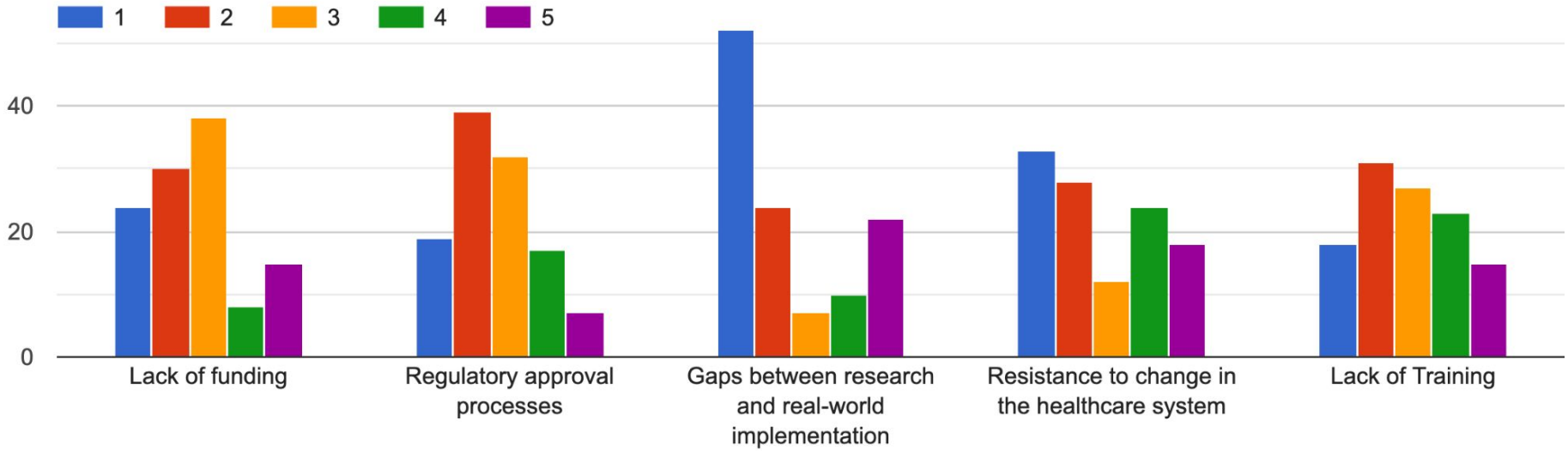
Where our members are from



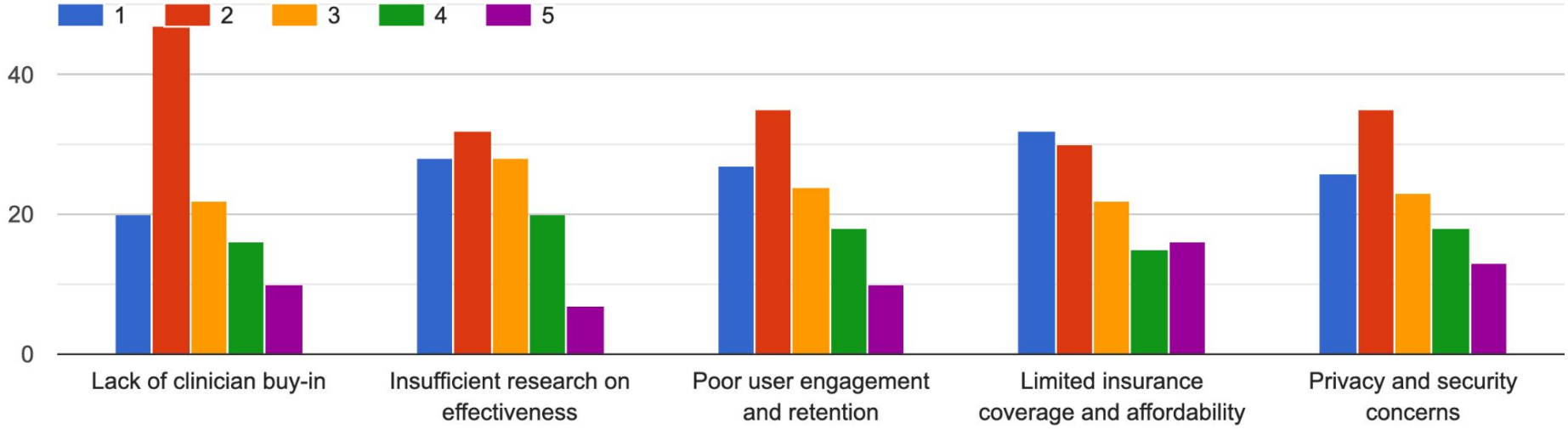
Rank the following in order of importance for improving digital mental health interventions (1 being the most important and 5 being the least important.)



What are the biggest challenges in the current digital mental health field? (1 being the most significant challenge and 5 being the least significant.)



Which factor is most responsible for the underutilization of digital mental health tools? (1 being the most responsible and 5 being the least)



What role does policy play in shaping the future of your work?
(Key points from individual responses summarized)

1. **Funding and Reimbursement**
   Policy determines what research gets funded and which digital tools are reimbursed, directly impacting sustainability and growth.

2. **Regulation and Safety**
   Policies ensure digital tools meet privacy, safety, and ethical standards — but some note that regulation often lags behind innovation.

3. **Implementation and Clinical Use**
   Policy shapes how digital tools are integrated into healthcare and education, influencing adoption and practice standards.

4. **Equity and Access**
   Policy is essential for promoting equitable access to digital mental health services and addressing broader societal impacts.

5. **Research Priorities and Innovation**
   It guides research direction and affects the viability of new technologies, though some feel current policies favor novelty over real-world utility.

6. **Policy Gaps and Frustrations**
   Several respondents cited outdated, unclear, or missing policies as barriers, limiting impact or delaying progress.

Where do you see the field in the next 5 years?
(Key points from individual responses summarized)

1. **AI Integration**: Expect widespread use of AI and LLMs in screening, personalization, and clinician support—with a focus on explainability and regulation.

2. **Mainstream Adoption**: Gradual integration into healthcare settings (e.g., primary care, schools), with blended models combining tech and human care.

3. **Market Consolidation**: Fewer, more evidence-based tools; clearer lines between clinical and wellness apps.

4. **Slow but Steady Progress**: Adoption remains challenged by regulation, reimbursement gaps, and clinician buy-in.

5. **Equity and Access**: Focus on expanding digital care in underserved regions with provider shortages.

6. **Policy-Driven Change**: Advances depend on supportive policy, funding, and standardized oversight.

7. **Youth and Engagement**: Greater youth involvement in design and increased emphasis on implementation science.

What's an outdated belief in your field that needs to be challenged or rethought?
(Key points from individual responses summarized)

1. **Digital care is inferior:** Many assume digital interventions are less effective or less personal than in-person care.
2. **AI will replace clinicians:** There's a fear that AI is meant to replace humans, not support them.
3. **Mental health can't go digital:** Some believe mental health care isn't compatible with technology or that patients won't engage.
4. **In-person is always better:** Face-to-face treatment is still seen as the gold standard, despite strong outcomes from virtual models.
5. **Tech should work alone:** Tools are expected to function without human oversight, undervaluing clinician involvement.
6. **Only traditional providers belong:** There's resistance to interdisciplinary contributions beyond psychology and psychiatry.
7. **Measuring equals understanding:** Detection is often prioritized over meaningful action or intervention.
8. **Only traditional evidence counts:** Real-world data and agile methods are still undervalued.
9. **Tech is too hard or unsafe:** Digital tools are seen as too complex, risky, or burdensome to adopt.
10. **Access gaps can't be fixed:** Digital inequity is often viewed as inevitable rather than solvable.

How can leaders in your industry ensure innovation doesn't come at the cost of ethical responsibility?
(Key points from individual responses summarized)

1. **Clear Guidelines & Standards**: Establish and adhere to ethical frameworks, including transparency, data security, and privacy protections.
2. **Regulation & Oversight**: Ensure regulation keeps pace with technology; institutions must provide tools and frameworks to ethically build AI tools.
3. **Collaboration**: Involve clinicians, researchers, and lived-experience experts throughout the development, evaluation, and policy-making processes.
4. **Inclusive Design**: Incorporate input from diverse populations and underrepresented groups in every stage of product development.
5. **Patient-Centered Focus**: Prioritize patient safety, equity, and privacy in design and testing, ensuring solutions serve diverse populations without causing harm.
6. **Evidence-Based Research**: Conduct rigorous research and ensure products are backed by evidence before widespread adoption.
7. **Monitoring & Accountability**: Set up systems for monitoring AI tools' effectiveness, implementing proper conflict of interest disclosures, and involving ethics boards in development.
8. **Ethical Leadership**: Leaders must ensure innovation aligns with both clinical efficacy and ethical responsibility, even if it means slowing progress.
9. **Education & Training**: Provide ongoing education and ethical training for all stakeholders involved in digital health development.

Where do you see the greatest training needs within your organization?
(Key points from individual responses summarized)

1. **Digital Health Literacy**: Educating clinicians on digital health tools.
2. **AI Training**: Understanding AI's potential, limitations, and ethical use.
3. **Cultural Shift**: Bridging the gap between clinicians and digital health adoption.
4. **Collaboration**: Strengthening partnerships between clinicians, tech developers, and researchers.
5. **Digital Mental Health**: Integrating digital therapeutics into mental health care.
6. **Ethics & Privacy**: Training in cybersecurity, privacy, and ethical guidelines.
7. **Implementation**: Effectively integrating digital tools into healthcare workflows.
8. **Leadership**: Promoting continuous learning and interdisciplinary collaboration.
9. **Practical Application**: Ensuring effective use of digital tools in clinical settings.
10. **Clinician Engagement**: Encouraging clinician buy-in and confidence in digital tools.

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