BEHV 2020 INTRODUCTION TO DIGITAL MENTAL HEALTH

Credit Points 10

Coordinator Monica Lamelas (https://directory.westernsydney.edu.au/search/name/Monica Lamelas/)

Description This subject introduces students to the emerging field of digital mental health. Digital mental health services, including telehealth, web-based counselling services and mobile phone apps, are increasingly being adopted in the practice of psychology and other health disciplines. This subject describes the uses of digital mental health for health promotion, prevention and treatment of mental illnesses. Benefits and limitations of digital delivery of mental health services are described in the context of the broader public mental health system, with a focus on young people and smartphone apps. An assessment framework for mental health smartphone apps will be introduced to support students' critical evaluation of the quality and integrity of smartphone apps. Students will also apply their understanding of digital mental health to a real-world project.

School Psychology

Discipline Behavioural Science, Not Elsewhere Classified.

Student Contribution Band HECS Band 4 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 2 subject

Learning Outcomes

After successful completion of this subject, students will be able to:

1. Evaluate the main features and applications of digital mental health within the stepped care model and the e-spectrum model. (Mapping onto CLO1,2 APAC Graduate Attributes 1.1i, 1.1iii, 1iv, 1.3)

2. Critically evaluate smartphone apps using the American Psychiatric Association's App Evaluation framework, distinguishing accessible, safe and engaging apps. (Mapping onto CLO1,4,5,6 APAC GA 1.1xi, 1.2, 1.3)

3, Create an industry case study on mental health and wellbeing using mental health services. (Mapping onto CLO2,6,7,8 APAC GA 1.1iii, 1,2, 1.3, 1.5, 1.6)

4. Reflect on using digital services to support mental health and wellbeing, in the context of usability and safety. (Mapping onto CLO7,8 APAC GA 1.1iii, 1.4)

Subject Content

1. Introduction to Digital Mental Health (DMH)

2. Application to Workplace Project I

3. Mental Health Promotion and Prevention Using Digital Mental Health Tools

4. Application to Workplace Project 2

5. Treatment Using Digital Mental Health Tools

6. Application to Workplace Project 3

7. Evaluating Quality, Safety and Usability of Smartphone Apps A

8. Application to Workplace Project 4

9. Evaluating Quality, Safety and Usability of Smartphone Apps B

10. Application to Workplace Project 5

11. Future Directions

Special Requirements

Essential equipment

Access to smartphone to download and use mental health apps.

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Short Answer	2 x 250 word discussion posts	30	N	Individual	Y
Presentatio	500 words	20	N	Individual	N
Reflection	500 words	20	N	Individual	N
Report	1,500 words	30	N	Individual	N

Teaching Periods

WSU Online TRI-2 (2025)
Wsu Online
Online
Subject Contact Monica Lamelas (https://directory.westernsydney.edu.au/search/name/Monica Lamelas/)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV2020_25-OT2_OW_2#subjects)

Spring (2025)
Online
Online
Subject Contact Paul Strutt (https://directory.westernsydney.edu.au/search/name/Paul Strutt/)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=BEHV2020_25-SPR_ON_2#subjects)