

APPLYING QUALITATIVE SYNTHESIS METHODOLOGY TO UNDERSTAND THE EXPERIENCES OF CHILDREN USING TECHNOLOGY-ASSISTED MENTAL HEALTH INTERVENTIONS

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METHODS

This study applied systematic reviewing method of qualitative synthesis - devised by Thomas & Harden (2008).

RESULTS / DISCUSSION

Overall, 14 diverse studies were included. There were 5 key emerging themes: the helpfulness of cCBT for children, the therapeutic process within cCBT for children, the transferability of cCBT, the cCBT gameplay experience, and the limitations of cCBT for children. Significantly, children reported that cCBT was helpful for their mental or physical difficulties and the supporting quotation was illustrative of notable therapeutic and gameplay experiences.

CONCLUSION

These findings underscore the utility of cCBT interventions for a range of mental and physical difficulties for children. Importantly, all data were directly from the experiences reported by children. Additionally, there were interesting considerations indicated by children with respect to the gameplay experience and transferability of cCBT that can help this multidisciplinary field consider future iterations of cCBT.

(Note: At the time of writing, this research is being prepared for submission to the Journal of Medical Internet Research (JMIR)).



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