



Effective mHealth for stress prevention and management in times of sparse health care resources

Ursula Meidert, Selina Egger & Verena Klamroth-Marganska
Research and Development Institute of Occupational Therapy

Introduction:

The current COVID pandemic caused much disruption to work and family lives. For many, it added additional stress to an already stressful lifestyle that is prevalent in our society (de Quervain et al. 2020).

Stress can be detrimental to both physical and mental health (Candola, 2010), many people are seeking help and support from health practitioners. Due to pandemic restrictions, entire populations were prevented from seeking professional help and were left to deal with the situation on their own. Therefore, alternative ways to release stress and prevent stress-related symptoms are needed for times when professional help is scarce or unavailable.

Objectives:

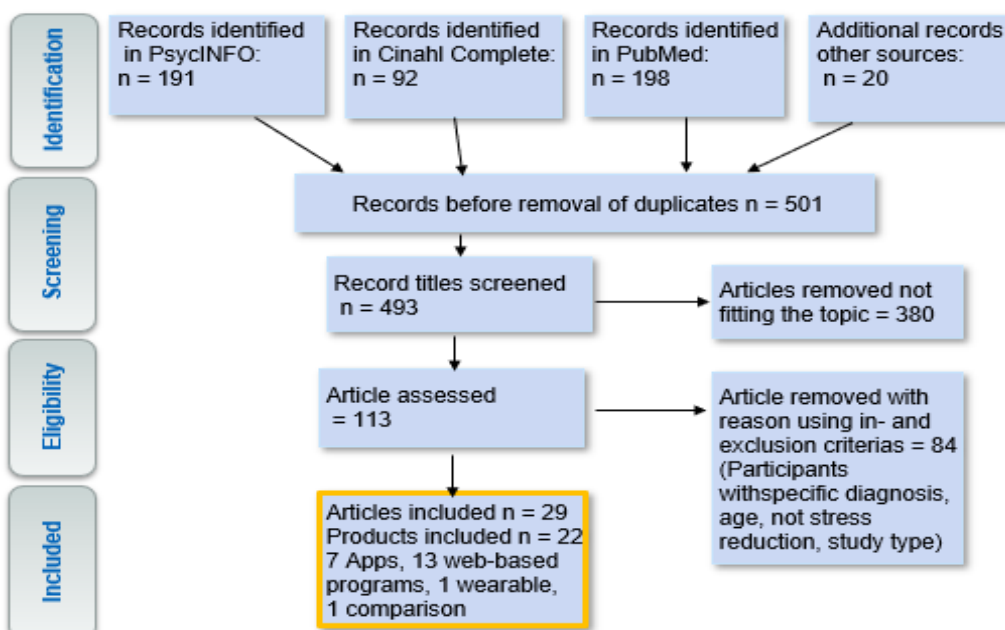
Project aim was:

- 1) To identify effective web- and app-based interventions to reduce mental and physical symptoms of stress and
- 2) To explore their use in situations where traditional health care is not at hand.

Method:

A systematic literature review was conducted in PubMed, PsycINFO, and CINAHL Complete. Articles published 2015 - 2020, focusing on healthy adults, and demonstrating efficacy in reducing stress or/and stress-related symptoms were included.

Results:



Products for self-administration:

Mindfulness-based, stress-reduction techniques	<ul style="list-style-type: none"> 7Mind Meditation Headspace Breathe Spire Stone SMART-OP 	<ul style="list-style-type: none"> Loving Kindness Stress free now Be Mindful Hello Mindcare Mindfulness & Compassion 	<ul style="list-style-type: none"> Florescer
Coping and resilience	<ul style="list-style-type: none"> GET.ON STRESS Be Mindful iSMI SMART-OP 	<ul style="list-style-type: none"> HealthyPast 50 program IBSM Florescer 	
Psycho-education	<ul style="list-style-type: none"> Headspace IBSM Florescer 	<ul style="list-style-type: none"> HealthyPast 50 program SMART-OP 	
Behavioral adaptation/change	<ul style="list-style-type: none"> BREATHE iSMI SMART-OP 	<ul style="list-style-type: none"> Hello Mindcare HealthyPast 50 program 	

Products with contact to a professional:

Life coaching	<ul style="list-style-type: none"> Hello Mindcare Beratung hilft
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Conclusions:

- ❖ There is a variety of products for immediate stress release and for stress-reduction on the long run
- ❖ They can be used either to support or replace conventional interventions
- ❖ Most products can be self-administered, only two products have an interface with trained personnel
- ❖ Products have a very low threshold and are readily available
- ❖ Products are suitable for times of crisis but also for mental health promotion in less stressful times

Contact:

Ursula Meidert, MA
Research and Development Occupational Therapy
ZHAW Zurich University of Applied Sciences
ursula.meidert@zhaw.ch