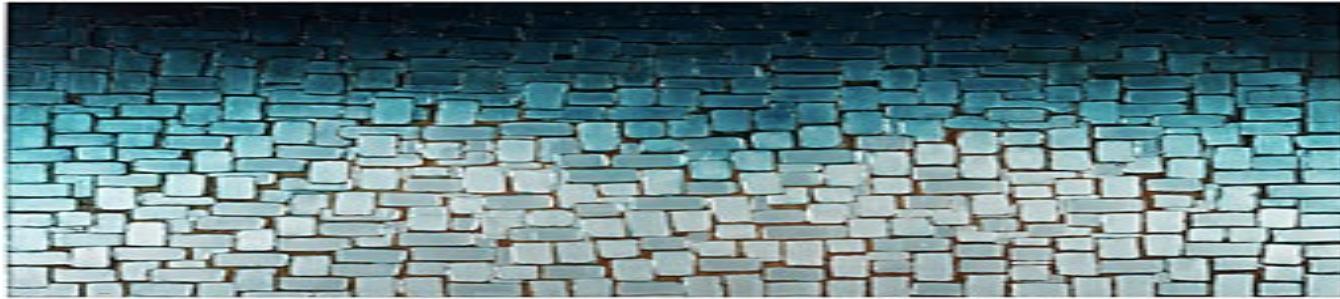


APPLICATIONS MOBILES DANS LE DOMAINE DES ADDICTIONS: DÉFIS ET OPPORTUNITÉS

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1. Addiction Medicine, Lausanne University and Lausanne University Hospital
2. Centre de recherche de l'institut universitaire en santé mentale de Montréal, Canada
3. Department of psychiatry and addiction, Montreal University, Canada

Image: Joelle Cababanne



OPPORTUNITÉS

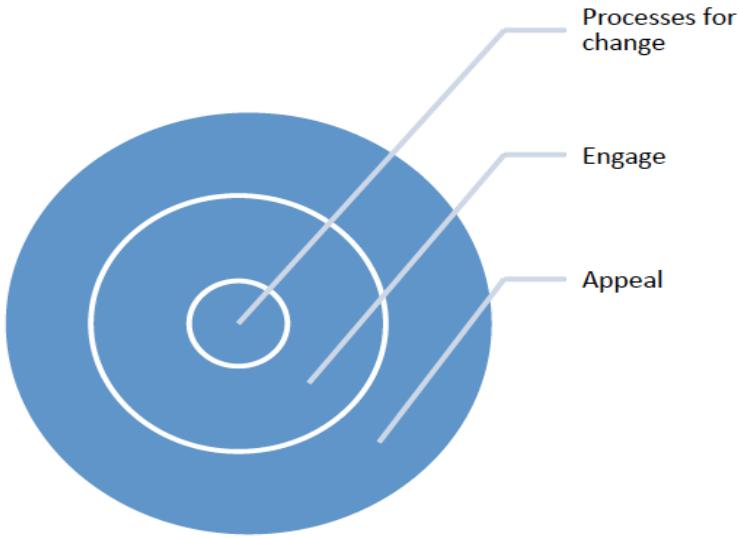
Atteindre



Faciliter le changement

- Services mobiles
- Dans le milieu
- Bon endroit,
- Bon moment





r



APPEAL

UTILISATION DES APPS DE SANTÉ MENTALE EN POPULATION GÉNÉRALE

Demographics		check MH		Treat MH	
		No	Yes	No	Yes
total		1692(85)	297(15)	1734(87)	255(13)
Age					
19-35		512(30) ^a	179(60) ^a	543(31) ^a	148(58) ^a
36-60		707(42) ^a	95(32) ^a	715(41) ^a	87(34) ^a
61-76		473(28) ^a	23(8) ^a	476(28) ^a	20(8) ^a
Sex					
male		848(50) ^a	117(39) ^a	869(50) ^a	96(38) ^a
female		831(49) ^b	175(59) ^a	853(49) ^b	153(60) ^a
non-binary		13(1) ^c	5(2) ^a	12(1) ^c	6(2) ^a

N: 1989

Data are shown as n(%).

Figures with the same exponent in each column are significantly different ($p < .05$)

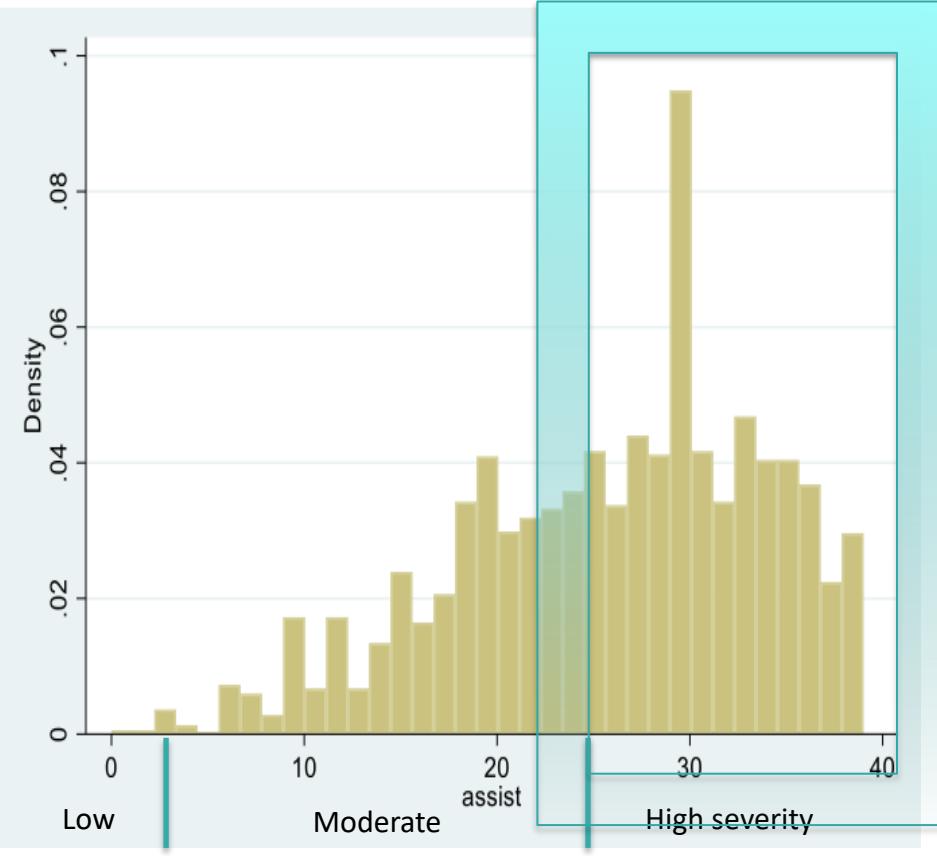


DIMENSIONS ASSOCIÉES À L'USAGE DES APPS

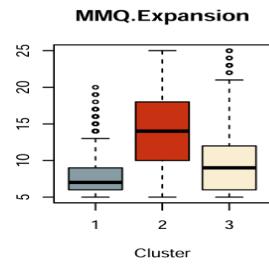
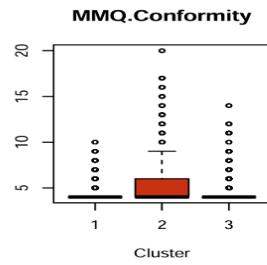
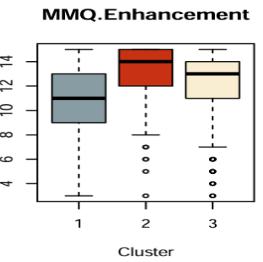
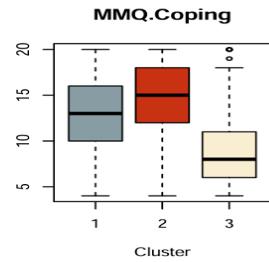
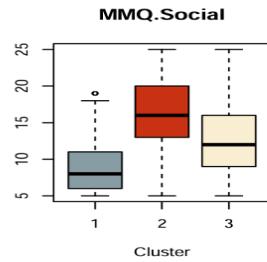
Latent classes	Covariates	b	OR	SE	p
Health App Use (HAU)	COVID-19 impact on smartphone daily use duration	.321	1.378	20.819	<.001*
	Experienced social problems due to problematic smartphone use	.531	1.701	24.379	<.001*
	Diagnosed mental health condition	1.053	2.865	33.954	<.001*

APPEAL?

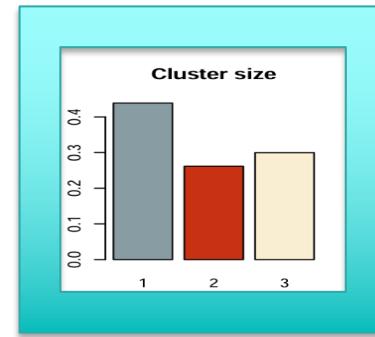
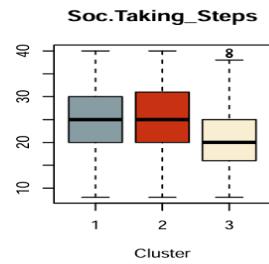
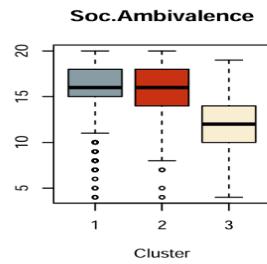
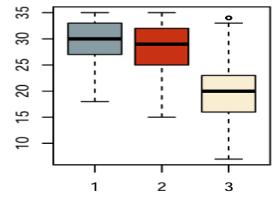
- N > 70 000 Downloads Stop-cannabis
- N > 400 000 Downloads Stop-tabac



N = 3982
41% Femmes
Age: 26; SD: 9.35



Soc.Recognition





CHANGEMENT ?

A-CHESS

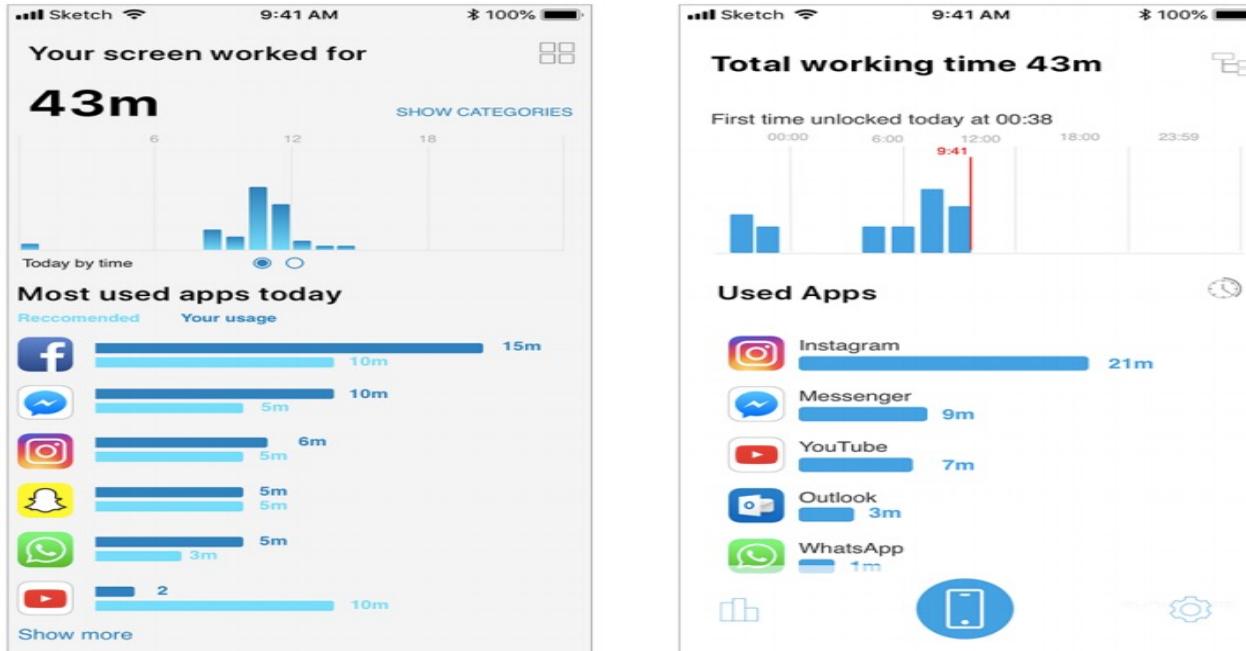


Gustafson et al. 2014; Lecomte et al. 2020; Bomparis et al. 2022



LA TECHNOLOGIE CONTRE ELLE-MÊME?

FEEDBACK: TEMPS D'ÉCRAN



Tool category	Nb of participants using the tool	Nb participants that considered the tool effective*
Tools to reduce screentime	913(46)	155(17)
Tools to calculate screentime	676(34)	115(17)
Tools to block app	179(9)	23(13)
Tools make the smartphone less distracting	115(6)	17(15)
Tools to improve sleep time and quality	702(35)	147(21)
Tools to reduce notification	973(49)	185(19)
Tool to remove app from smartphone home screen	291(15)	81(28)
Tool to delete app from smartphone	574(29)	126(22)

N= 1989

*Among the nb of participants using the tool; n(%).





BARRIÈRES



ENGAGEMENT?

ENGAGEMENT?

Figure 3. PTSD Coach use and maintenance up to one year after initial download.

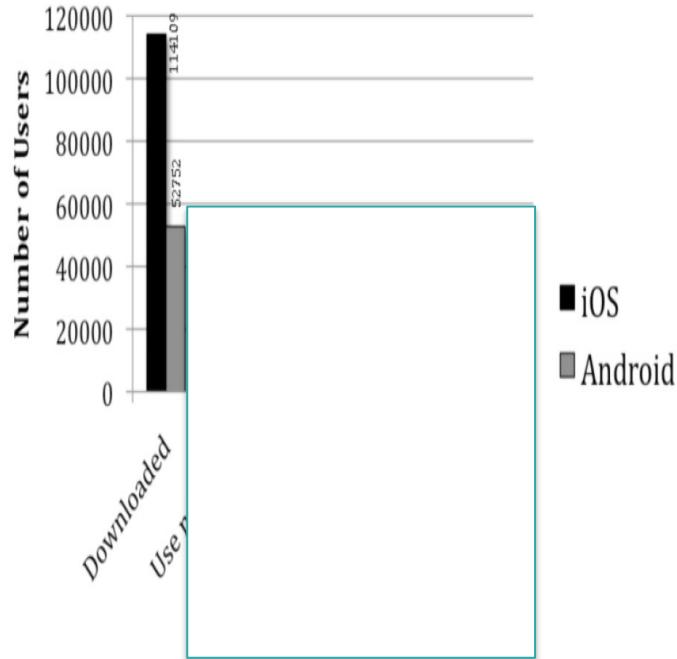
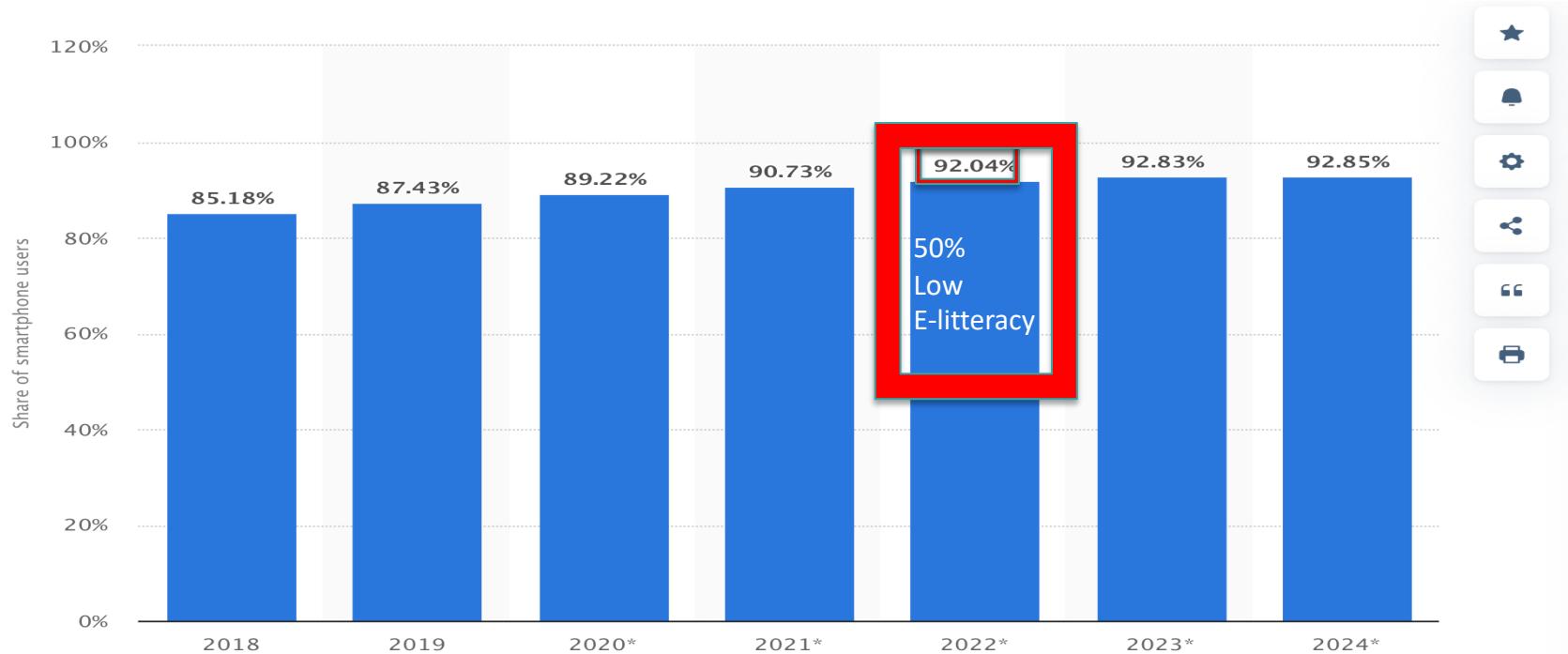


Table 3. Predictors of the number of times the app was opened, ranked in decreasing order of importance

Predictors	%IncMSE
Intention to quit smoking assessed after 1 month	44.31
Cigarettes/day measured at 1-month follow-up	39.96
Perceived helpfulness of the app measured after 1 month	27.09
Experiment group (treatment vs. control)	25.89
Having quit smoking after 1-month follow-up	14.97
Current use of any smoking cessation app, as self-reported at 1-month follow-up	9.98
Number of years smoking	9.72
Age	8.31
Cigarettes/day measured at baseline	5.94
Number of minutes before the first cigarette of the day	3.63
Use of nicotine medications after 1 month	3.12
Depression	3.08
Use of heated tobacco product as self-reported after 1 month	2.99
Use of e-cigarettes at baseline	2.44
Use of e-cigarettes as self-reported after 1 month	2.23
Country (Switzerland vs. France)	0.77
Use of nicotine medications at baseline	0.61
Use/smoke other tobacco products at baseline	0.57
Use of heated tobacco product as self-reported after 1-month follow-up	0.49
Sex	0.03

%IncMSE, percent increase in mean squared error, a statistical measure indicating the level on the predictor variable importance in the regression machine learning algorithm.

INEQUITÉS DIGITALES

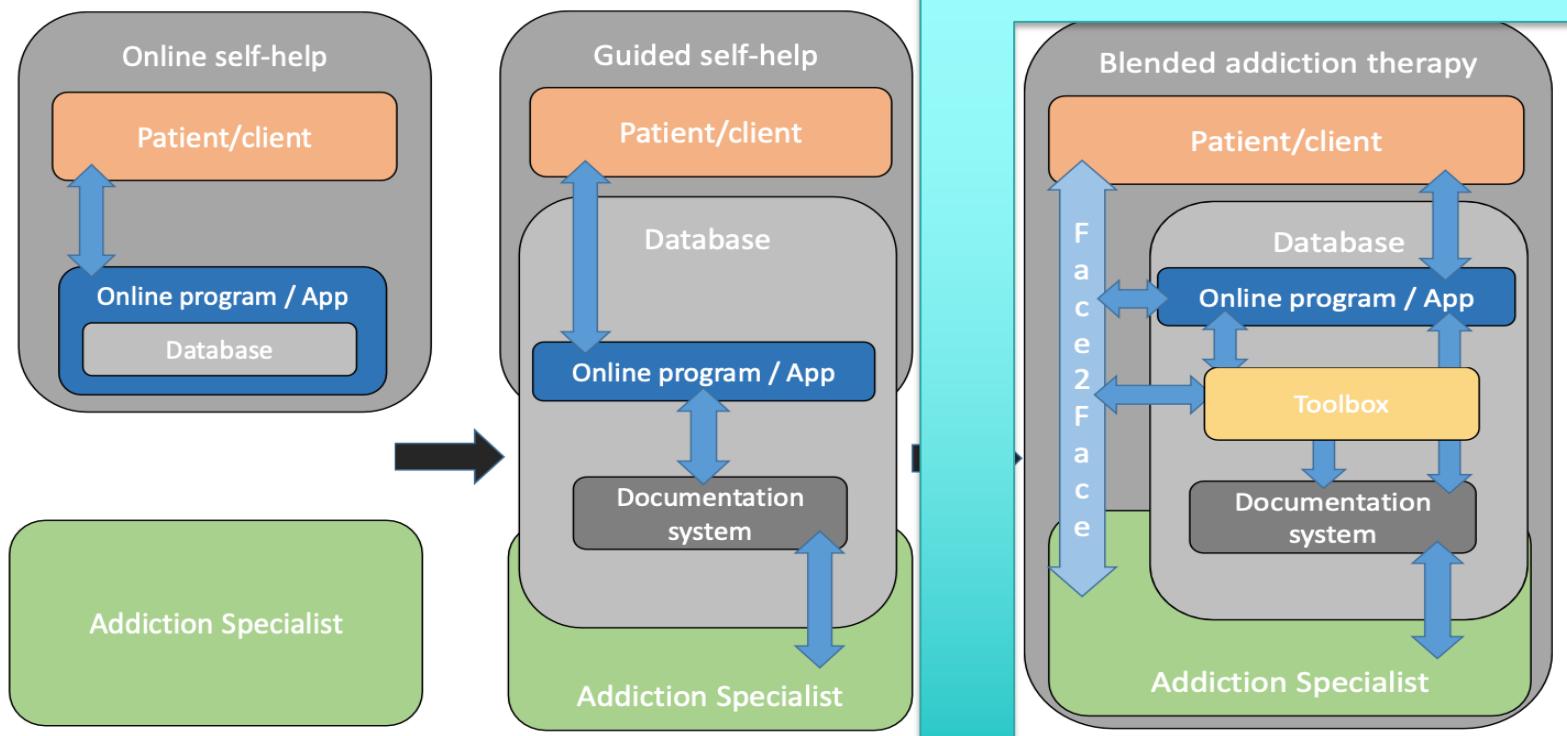


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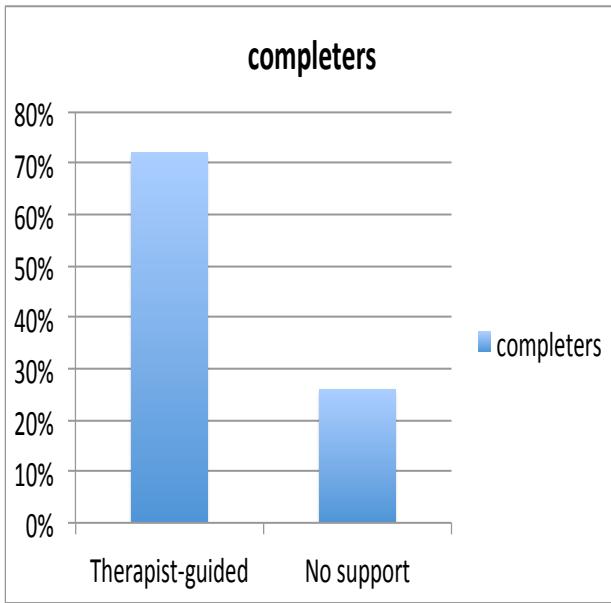


FUTUR?

Online-Self-help – Guided Self-help – Blended Therapy



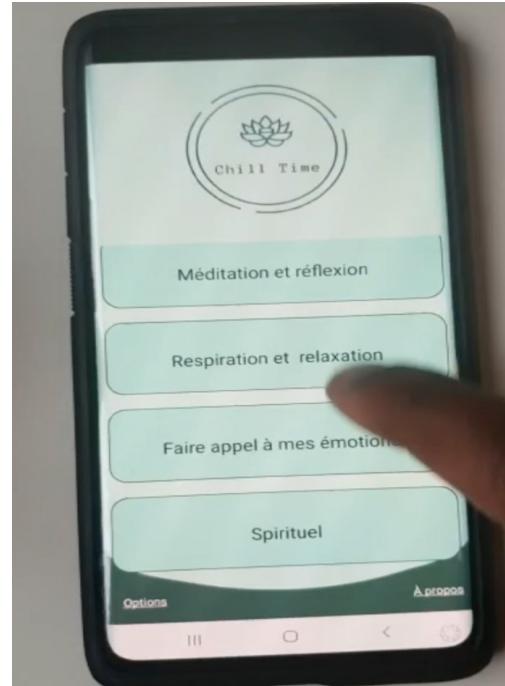
CHALLENGE DE L'ENGAGEMENT



- Pairs
- Support Social

CIBLES ?

- Interventions spécifiques
- Transdiagnostiques (Régulation des émotions))
- Chill Time
- Stop-alcool, Stop-cannabis, Stop-tabac
- Stop-jeu





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+ Track Medication

+ Track Sleep

+ Track Symptoms

+ Productivity

+ Physical Health

+ Psychoeducation

+ Journaling

+ Mindfulness

+ Deep Breathing

+ Picture Gallery/Hope Board

+ iCBT or Sleep Therapy

+ CBT

+ ACT

+ DBT

+ Peer Support

+ Coach/Therapist Connection

+ Biodata

+ Goal Setting/Habits

+ Physical Health Exercises

+ Bbot Interaction

+ Bio Feedback with Sense Data

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A series of pragmatic and interactive lessons designed to develop functional skills for accessing and utilizing the promise of digital health.

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RESSOURCES FRANCOPHONES

- Ressources non exhaustives
- Ne remplacent jamais le thérapeute
- Pensez à explorer spécifiquement une ressource spécifique par rapport à vos besoins et ceux de votre patient

RESSOURCES FRANCOPHONES

- <https://www.esantementale.ca/Ottawa-Carleton/Looking-for-a-Mental-Health-App-or-Website/index.php?m=article&ID=52627>
- Egalement:
 - Grateful (IOS). (journal de gratitude)
 - Aloe Bud (IOS). (bien-être; auto-compassion)
 - +Fort (harcèlement scolaire)
 - **Chill Time** (regulation des émotions)
 - PsyAssistance (humeur-plan de sécurité)
 - **Apap.** (amorçage Preconscient)
 - DBT Coach
 - RespirRelax
 - Emoteo (Mindfulness)
 - **Muzzz** (sommeil)
 - Stop-smoking, stop-tabac, **cannacoach**, stop-alcool, stp-cannabis



Anne Chatton



Louise Penzenstadler



Sophia Achab



Magali Dufour



Tania Lecomte



Lucia Romo



Cora Von Hammerstein



Amandine Luquiens



Stéphanie Baggio



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Lucien Rochat



Joël Billieux



Jean-François Etter



Ueli Kramer



Antoine Pennou



Charles Bonsack





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