

Clinician Perceptions of Computer Based Cognitive Behavioural Therapy: Knowledge, Acceptability, and Use.

Student Researcher: Sarah L. Dalgleish

Supervisor: Dr Helen Correia

Ethic approval Number: 2012-146

Computer-based Cognitive Behaviour Therapy (cCBT) is a demonstrated effective intervention for the treatment of mild to moderate depression and anxiety. Despite this, practicing psychologists continue to demonstrate some reluctance to integrate the technology into their practice. This is especially pertinent given recent attempts by the Australian Psychological Association (APS) to provide psychologists with information and evidence about available CCBT programs. In this study, Australian psychologists participated in surveys and interviews exploring their perceptions of cCBT, including their knowledge, acceptance, and use of cCBT. Based on survey responses, whilst most participants had some awareness of CCBT, there was limited specific knowledge about available programs, and only 30% reported using cCBT in practice. Members of the APS were more likely than non-members to report having heard announcements about cCBT programs, but, despite having access to guidelines and reports, they were no more likely than non-members to report having read outcome evidence or relevant ethical guidelines. In exploring perceptions of self-guided compared to human-supported cCBT, there was a perception that overall, there were more problems using self-guided compared to human-supported computer-based CBT programs. The diffusion of innovation theory also provided some explanation for intended use of cCBT, with the factors of relative advantage and compatibility showing significant associations with intentions to use self-guided cCBT.