EFPA's role regarding eHealth
Proposal to Establish a Task Force on eHealth
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The eHealth field is in extreme expansion in Europe and the world. Large cooperation's are investing huge amounts of money in the future of eHealth. Large conferences are being held across the world. Applications can be divided into different groups, depending on their function, content and delivery mode and categorized by user groups. For instance, they can aim for understanding, monitoring, diagnosis, advice, treatment, self-management; address consumption, life-style, particular domains of mental and somatic health; come the format of on-line information, apps for tablets and smartphones etc.; and be targeted at adults, parents and children, teachers and so on.

At the same time we find thousands of apps, and programs online, which are supposed to help you; get to sleep, get less depressed, less anxious, relax, get confident etc. Many of these products are no good. And it is a risk that the consumer is being tricked into believing that psychological methods are of no use.

It is time for psychologists to get involved in activities to survey, monitor, investigate, and evaluate eHealth applications, as well as in efforts to guarantee the quality of applications and guidelines on proper use of eHealth applications. At the same time, exposure should be given to experiences with safe and effective applications. This should preferably be done in international collaboration and together with other health professions.

Common mental disorders are prevalent and depression is estimated to be a leading cause for burden of disease in 2020. Common mental disorders often have an onset before 30 years old and are associated with negative consequences on quality of life, interpersonal relationships, social activity and work-ability.

Furthermore, we know that the majority with common mental disorders prefers psychological treatments to medical treatments. In Europe today there is an unmet need to treatment for persons with common mental disorders. The majority of mental health care services in Europe rely on time-consuming face-to-face interaction. As a consequence, there is a limited access to psychological therapies to persons with common mental disorders.

For the last 15 years internet-based treatments has been suggested as one way to meet the needs of psychological therapies to persons with common mental disorders. Numerous controlled studies, literature reviews and meta-analyses has documented that therapist-guided internet-based interventions are more effective than waiting-lists, more effected than unguided internet interventions and as effective as face-to-face treatment, with attrition in line with face-to-face treatments.

In spite of numerous studies examining predictors of effect from internet-based treatments, we do not have knowledge about who are most likely to benefit from this treatment format. Moreover, we do not know who may benefit from unguided programs, from guided programs and blended therapy with face-to-face and internet interventions.
Even though priority may be given to mental health (mHealth) to address these issues, a broader scope is also natural because of the diffuse imprecise borders with somatic health.

In order to develop a better understanding of the domain and develop a sensible strategy it is proposed that EFPA installs a Task Force in eHealth. The task force should be composed by experts from different member associations, and should

1) Review the relevant eHealth field in Europe and develop an overview of the status in different regions.
2) Describe the state-of-the art according to the literature
3) Inventory research based eHealth applications
4) Chart activities that have been undertaken by the European Commission, and connect EFPA to the eHealth community in EU
5) Develop suggestions on how EFPA and its MAs can take a role in working on documentation of effect, search for predictors, and develop clinical guidelines, education and funding for mental-eHealth.
6) Suggest how this development can happen within the framework of patient confidentiality, ethical guidelines, and security in general.
7) Explore collaboration with other psychology associations world-wide
8) Develop suggestions for EFPA position paper on eHealth.