

Psych on the net? The future of e-mental health

Program

International Conference | May
on the Use of the Internet | 14-16
in Mental Health | 2009

Douglas Mental Health University Institute,

6875 LaSalle Blvd.
Montreal, (Quebec), H4H 1R3
Canada

www.douglas.qc.ca/internet-mental-health

Douglas
INSTITUT MENTAL HEALTH
UNIVERSITAIRE EN UNIVERSITY
SANTÉ MENTALE INSTITUTE

 **McGill**


CIHR IRSC
Canadian Institutes of Health Research
Instituts de recherche en santé du Canada



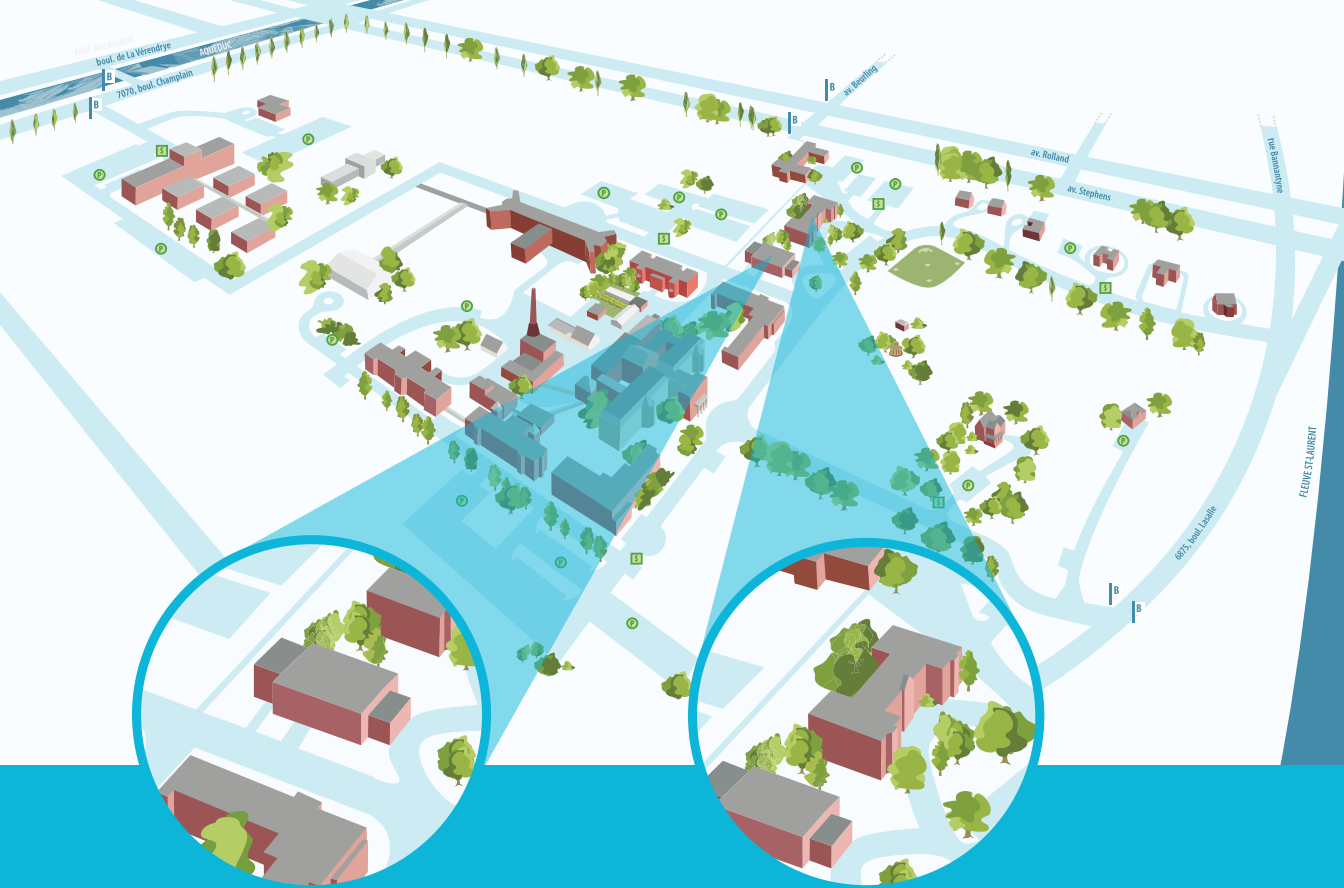
Santé et Services sociaux Québec




Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

Canada

DOUGLAS HALL

- Plenary lectures
- Workshop sessions
- Poster sessions
- Lunches

DOBELL PAVILION

(Bowerman room and Salle du comité de régie)

- Workshop sessions

GETTING TO THE DOUGLAS INSTITUTE

By car

- Take AUT-15/AUT-20 toward Pont Champlain/U.S.A.
- Before you reach the bridge, take Exit 62 de la Vérendrye blvd toward Verdun
- Continue on de la Vérendrye blvd.
- Turn left on Woodland
- Turn right on Bannantyne St. (becomes Lasalle blvd.)
- Entrance is on your right

By metro

Station: **De L'Église**

- Take bus **58** Wellington West
- Exit at second Douglas entrance on Lasalle blvd.

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IS THE INTERNET THE FUTURE OF PSYCH-HEALTH?

Dear colleague

I am delighted to welcome you to the “International Conference on the Use of the Internet in Mental Health”. The theme of the conference is Psych on the net? The future of e-mental health. It also my pleasure to host the “NATO Advanced Research Workshop” on How the Internet Can Help After a Traumatic Event? Both these meetings promise to bring insight to the burgeoning field of e-health and open possible novel avenues of care. We anticipate that this conference, set in one of the world’s most unique and cosmopolitan cities, will be stimulating and invigorating.

The Internet has become a common and prevalent resource for everyone, including those working in mental health. Individuals with mental illnesses, and their loved ones, now turn to the Internet to find information on their disorders, to share their emotions, or to express themselves through personal blogs. Mental health professionals are also taking ownership of this new tool to improve their practice. Various initiatives in this field have already been developed, such as information dissemination, online diagnoses, post-immediate care after a mass casualty event, e-psychotherapy, Internet-based research and academic training. During the “Use of the Internet in Mental Health” conference we will discuss these recent advances as well as look to the future of the Internet and its influence on mental health practices.

This theme is broad and we have divided the conference into concurrent workshops, with topics ranging from the types of available online information to concrete examples of successful paradigms and teaching solutions. During the NATO Advanced Research Workshop we will discuss how the Internet can help after a traumatic event, from prevention of negative sequelae and to treatment via virtual therapy.

We are extremely pleased with the caliber and experience of our experts – more than 60 delegates, from throughout the globe will be presenting. Whether you are a sociologist, philosopher, clinician, researcher or a professional in health systems management, and information technology, we expect you will find this conference enlightening and meaningful. Welcome to Montreal and we thank you for your participation.

Enjoy,



Alain Brunet, PhD
Conference President

ORGANIZING COMMITTEE

Alain Brunet, PhD,
Associate Professor, Department of Psychiatry,
McGill University, Researcher, Douglas Institute

Christophe Herbert,
Clinical psychologist [France], Research Coordinator, Douglas Institute,
Editor-in-chief *The International Journal Of Victimology*

Stéphanie Lassonde,
Head, Communication and Public Affairs Department, Douglas Institute

Marie-Gabrielle Ayoub,
Interactive communication manager, Douglas Institute

Karl Jarosiewicz,
Senior Manager, Interactive Content and Solutions, McGill University

Adam Finkelstein,
Manager, Teaching Technologies, McGill University

Lindita Cacchi,
Director, International Progress

Genc Burazeri MD, MPH,
Public Health Department,
Faculty of Medicine, University of Tirana, Albania

Elena Saimon, BA,
Administrative Assistant, Douglas Institute

Romualdo Barillaro,
Audio-visual Technician, Douglas Institute

Gilbert Groleau,
Chief, Information technology, Douglas Institute

SCIENTIFIC COMMITTEE

Alain Brunet, PhD,
Associate Professor, Department of Psychiatry,
McGill University, Researcher, Douglas Institute

Christophe Herbert,
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Karl Jarosiewicz,
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Adam Finkelstein,
Manager, Teaching Technologies, McGill University

Genc Burazeri, MD, MPH,
Public Health Department,
Faculty of Medicine, University of Tirana, Albania

GENERAL INFORMATION

Registration

Registration for the Conference will be possible 45 minutes before the Welcome Address on the first day as follows:

Thursday May 14
Douglas Hall main foyer 8:00 a.m.

Meeting location

The International Conference on the Use of the Internet in Mental Health will be held in the recently renovated Douglas Hall, and in the Dobell Pavilion at the Douglas Mental Health University Institute. Please see agenda for details.

Douglas Mental Health University Institute
6875 LaSalle Blvd
Montreal, (Quebec), Canada
Phone: 514 761-6131 ext. 2375
Guest fax: 514 762-3049

Continuing Medical Education

This event is approved for up to 17.25 CME study credits by the Centre for Continuing Medical Education ("CME"). The Centre for CME, Faculty of Medicine, McGill University is fully accredited by the Committee on Accreditation of Canadian Medical Schools and through the (CACMS) is accredited to award AMA PRA category 1 credit.

This event is an Accredited Group Learning Activity as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

Through a reciprocal agreement, The Centre for CME, Faculty of Medicine, McGill University designates this activity for AMA Physicians Recognition Award, Category 1 credit up to the maximum number of credit hours noted above.

Each physician should claim only those hours of credit that he/she actually spent at the educational activity.

Language of conference

The International Conference on the Use of the Internet will be bilingual in both French and English. Simultaneous translation will be available for sessions in the Douglas Hall.

Smoking policy

Smoking is prohibited in buildings at the Douglas Institute and must be conducted away from the entrances.

Attire

Attire for the Conference is business casual.

Parking

Parking is available onsite the fee is \$3/day.

Message centre

A message centre will be located next to the registration desk in the Douglas Hall. Messages for registrants will be alphabetically ordered.

Computers and Business Centre

Computers will be available for registrant use in the Douglas Hall. Additional business needs such as copying, faxing, printing, etc. is available at the Hotel St. Paul.

Business Centre 24-hours/day.

Wi-Fi will be available at the Douglas hall and the Hotel St. Paul.

Poster set up and removal

The poster session will be held on Friday, May 15 at 10:00 a.m. in the Douglas Hall. Posters may be mounted starting Thursday, May 14 at noon and should be removed no later than Saturday, May 16 at 12.00 p.m.

Hotel St. Paul

Hotel St. Paul is located at the gateway of Old Montreal, a vibrant and historical district.

Features of the Hotel:

- Free deluxe continental breakfast buffet
- Complimentary Internet in guestrooms and public areas
- Complimentary 24-hour business center
- Turndown service nightly with chocolates

355 McGill Street, Montreal H2Y 2E8

Tel.: 514 380-2222 or 1 866 380-2202

Email: reserve@hotelstpaul.com

Cocktail dinner

Thursday, May 14

A cocktail dinner will be held on Thursday May 14, at the McCord Museum. Here, participants will have a unique opportunity to socialize with experts and their peers and tour the museum (included in fee). **Simon Bignell** from the University of Derby (UK) will discuss the "Psychology on Second Life".

The McCord Museum has a collection of 1,375,000 objects, images and manuscripts, reflecting social history and material culture of Montreal, Quebec and Canada.

McCord Museum

690 Sherbrooke Street West

Montréal (Québec)

(www.musee-mccord.qc.ca)

There is an additional cost of \$50 to participate in this event.

SCHEDULE AT A GLANCE

Thursday, May 14

8:00 a.m.	Registration
8:45 a.m.	Welcome remarks
9:00 a.m. - 10:10 a.m.	Plenary lectures (2)
10:10 a.m. - 10:50 a.m.	Health break - Dedications
10:50 a.m. - 12:10 p.m.	Concurrent workshops (3)
12:10 p.m.	Lunch
1:10 p.m. - 2:10 p.m.	Plenary lectures (2)
2:10 p.m. - 3:30 p.m.	Concurrent workshops (3)
3:30 p.m. - 3:45 p.m.	Health break
3:45 p.m. - 4:40 p.m.	Concurrent workshops (3)
6:30 p.m. - 9:30 p.m.	Dinner cocktail – McCord Museum

Friday, May 15

8:15 a.m.	Welcome remarks
8:30 a.m. - 10:00 a.m.	Plenary lectures (2)
10:00 a.m. - 10:45 a.m.	Health break – Poster session
10:45 a.m. - 12:00 p.m.	Concurrent workshops (3)
12:00 p.m. - 1:15 p.m.	Lunch

NATO ADVANCED RESEARCH WORKSHOP

1:15 p.m. - 2:15 p.m.	Plenary lectures
2:20 p.m. - 3:15 p.m.	Concurrent sessions (3)
3:15 p.m. - 3:30 p.m.	Health break
3:30 p.m. - 4:25 p.m.	Concurrent sessions (3)
4:30 p.m. - 5:30 p.m.	Concurrent sessions (2)

Saturday, May 16

NATO ADVANCED RESEARCH WORKSHOP (cont.)

8:30 a.m.	Plenary lecture
9:30 a.m.	Health break
9:50 a.m. - 11:20 a.m.	Concurrent sessions (4)
11:25 a.m. - 12:25 p.m.	Plenary lecture (1)

THURSDAY MAY 14, 2009

Time	Session	Title
08:00 a.m.		Registration
08:45 a.m.		Welcome remarks
09:00 a.m. 09:20 a.m.	Plenary (Douglas Hall)	Using Blogs as support tools Michelle Blanc (Canada, Analyweb inc.)
09:20 a.m. 10:10 a.m.	Plenary (Douglas Hall)	From Netscape to Twitter: 15 Years of Mental Health Online John Grohol (USA, PsychCentral.com)
10:10 a.m. 10:50 a.m.	HEALTH BREAK Dedications	
10:50 a.m. 12:10 p.m.	Workshop A Online information: How discerning are web users? (Douglas Hall)	How to ensure quality (mental) health information on the internet: The HON Code Judith Patterson (Canada/Switzerland, Health On the Net Foundation)
		Six questions for the evaluation of evidence-based content of mental health-related websites Yasser Khazaal (Switzerland, Geneva University Hospitals)
		Do websites answer parent's questions about anxiety treatment choices? Kristin Reynolds (Canada, University of Manitoba)
	Workshop B Online information for finding help: Does it work? (Bowerman Room)	The NCTSN Knowledge Bank: A collaborative tool and showcase for Network expertise Cybele Merrick (USA, Dartmouth College)
		eMentalHealth.ca: bringing mental health information to all Michael Cheng (Canada, University of Ottawa)
		How can the Internet empower mental health information consumers? Jacqueline Zimmer (USA, networkofcare.org)
	Workshop C Online information: Is psycho-education empowering? (Salle du comité de régie)	The brain at all levels: An example of sharing mental health knowledge on the internet Bruno Dubuc (Canada, The brain from top to bottom)
		Promoting mental health in the Web 2.0 era Marie-Gabrielle Ayoub and Stéphanie Lassonde (Canada, Douglas Institute)
		mindyourmind.ca: On-line Innovations Enhance Practice Christine Garinger and Heather Miko-Kelly (Canada, mindyourmind.ca)
12:10 p.m. 01:10 p.m.	LUNCH Douglas Hall	
01:10 p.m. 02:10 p.m.	Plenary (Douglas Hall)	The Provision of Online Mental Health Services: Ethical and Legal Issues and Recommendations for Practice Jeffrey Barnett (USA, APA)
	Plenary (Douglas Hall)	Developing guidelines for Canadian psychologists who deliver online services: Bumps and pathways Carole Sinclair (Canada, CPA)

Time	Session	Title
02:10 p.m. 03:30 p.m.	Workshop D The Internet as a research tool (Douglas Hall)	Working the Internet in Studying Trauma David Spiegel (USA, Stanford University)
		The Internet as a research tool: from data collection to online trials Helen Christensen (Australia, Australian National University)
		Practical Considerations in the Use of the Internet in Disaster Research William Schlenger (USA, Duke University Medical Center)
	Workshop E E-therapy: The therapist is in (Bowerman Room)	Cost-effectiveness of Internet-based vs group treatment in sub threshold depression Viola Spek (Netherlands, Tilburg University)
		Performing an Internet-based randomized clinical trial: The JellinekLive alcohol treatment case Matthijs Blankers (Netherlands, University of Amsterdam)
		Legal and ethical issues related to providing Online psychological help Kathleene Derig-Palumbo (USA, MyTherapyNet.com)
	Workshop F E-learning (Salle du comité de régie)	Using virtual environments for teaching-learning process in psych-mental field Edilaine Christina da Silva (Brazil, University of São Paulo)
		Designing learning environments for 21 st century learners Adam Finkelstein (Canada, McGill)
		Teaching and Learning in Online Virtual Worlds Simon Bignell (United Kingdom, University of Derby)
03:30 p.m. 03:45 p.m.	HEALTH BREAK	
03:45 p.m. 04:40 p.m.	Workshop G Electronic patient files; boon to good medicine or privacy? (Douglas Hall)	The electronic patient file in psychiatry: From today until tomorrow Hélène Laberge (Canada, Douglas Institute)
		Integration dimensions apply to the Electronic Medical Record Project Axel Van Leeuw (Canada, Douglas Institute)
	Workshop H Internet going mobile (Bowerman Room)	Social networks utilizing mobile phone technologies during bereavement Deborah Dysart-Gale (Canada, Concordia University)
		MOBUS, a cognitive orthotic for people with schizophrenia: Promise and pitfalls Juliette Sablier (Canada, University of Montreal)
	Workshop I E-therapies (Salle du comité de régie)	Critical elements for effective Cybercounseling: The presence techniques and their impact Lawrence Murphy (Canada, Worldwide Therapy online)
		Online tele-health aid in the field and at home François Lefort (Canada, aideenligne.ca)
06:30 p.m. 09:30 p.m.	DINNER COCKTAIL McCord Museum	Psychology on Second Life? Simon Bignell (United Kingdom, University of Derby)

FRIDAY MAY 15, 2009

Time	Session	Title
08:15 a.m. 08:30 a.m.	Plenary (Douglas Hall)	Welcome remarks
08:30 a.m. 09:15 a.m.	Plenary (Douglas Hall)	Preventing mental health disorders through the Internet Helen Christensen (Australia, Australian National University)
09:15 a.m. 10:00 a.m.	Plenary (Douglas Hall)	Guided Internet-delivered cognitive behavior therapy for anxiety disorders Gerhard Andersson (Sweden, Linköping University)
10:00 a.m. 10:45 a.m.	HEALTH BREAK Poster session	
10:45 a.m. 12:00 p.m.	Workshop J Blogs, twitters and everything in-between (Bowerman Room)	Social Networking Sites, Clients, and Ethics: Dilemmas and Recommendations Jeffrey Barnett (USA, APA)
		Online social networks and identity development Nicholas Carson (USA, Harvard Medical School)
		Social networking and psychotherapy Marie-Anne Sergerie (Canada, University of Montreal)
	Workshop K Mental health and first line prevention - Online mass Prevention (Douglas Hall)	Internet-Based Expressive Writing for Kidney Transplant Recipients Kyle Possemato (USA, Syracuse University)
		Internet-based depression prevention intervention for adolescents ages 14-21 Benjamin Van Voorhees (USA, University of Chicago)
		The public use of psycho-educational materials online John Grohol (USA, PsychCentral.com)
	Workshop L E-access to treatment (Salle du comité de régie)	Evaluation of an online anxiety disorders consultation Michel Perreault (Canada, McGill University, Douglas Institute)
		Use of the Web to improve access to anxiety disorders treatments Mariko Chartier-Otis (Canada, UQAM, Douglas Institute)
		Recruiting virtual subjects: integrating the Internet into psychiatric research in Taiwan Chao-Cheng Lin (Taiwan, National Taiwan University)
12:00 p.m. 01:15 p.m.	LUNCH Douglas Hall	

NATO ADVANCED RESEARCH WORKSHOP

HOW CAN THE INTERNET HELP AFTER A TRAUMATIC EVENT ?

01:15 p.m. 02:15 p.m.	Plenary (Douglas Hall)	Internetworking after trauma David Spiegel (USA, Stanford University)
02:20 p.m. 03:15 p.m.	Prevention (Douglas Hall)	AfterTheInjury.org: Development of a web-based information and secondary prevention resource for parents of injured children Nancy Kassam-Adams (USA, Children's Hospital of Philadelphia)
	Virtual therapy (Bowerman Room)	Virtual Reality in Mental Health: A window onto the future Naomi Josman (Israel, University of Haifa)
	Intervention (Salle du comité de régie)	Preliminary results of a post-immediate intervention Internet program Joan Mouthaan (Netherlands, University of Amsterdam)
03:15 p.m. 03:30 p.m.	HEALTH BREAK	
03:30 p.m. 04:25 p.m.	Prevention (Douglas Hall)	Post-traumatic stress prevention using the internet Alain Brunet (Canada, Douglas Institute)
	Virtual therapy (Bowerman Room)	Virtual Reality Exposure Therapy for Posttraumatic Stress Disorder Barbara Rothbaum (USA, Emory University School of Medicine)
	Intervention (Salle du comité de régie)	Phase 1 development of a guided self help programme for mild to moderate post traumatic stress disorder Catrin Lewis (United Kingdom, Cardiff University)
04:30 p.m. 05:30 p.m.	Prevention (Douglas Hall)	Online self-evaluation as public mental health tool after large scale disasters: Prospects and limits Stefan Vetter (Switzerland, University of Zurich)
	Virtual therapy (Bowerman Room)	Mental health applications of virtual reality: An overview of outcome and mechanisms Stephane Bouchard (Canada, université du Québec en Outaouais)

SATURDAY MAY 16, 2009

Time	Session	Title
08:30 a.m.	Plenary (Douglas Hall)	The Internet as a vehicle for conducting surveillance and early intervention following exposure to potentially traumatic events William Schlenger (USA, Duke University Medical Center)
9:30	HEALTH BREAK	
09:50 a.m. 11:20 a.m.	Models of mass interventions (Douglas Hall)	Psychosocial services for civil security in Quebec and the Internet Claude Martel (Canada, Quebec, MSSS)
	Keeping the practitioner in the loop (Douglas Hall)	Trauma training online according to the professionals Christophe Herbert (France/Canada, Douglas Institute)
	Models of mass interventions (Bowerman Room)	Prospective e-mental health support in the City of Zagreb: Relevance for the post-disaster support Dean Ajdukovic (Croatia, University of Zagreb)
	Keeping the practitioner in the loop (Bowerman Room)	Disseminating best practices and information in post-trauma care: Towards online training and support for providers serving trauma survivors Joe Ruzek (USA, National Center for PTSD)
11:25 a.m. 12:25 p.m.	Plenary (Douglas Hall)	The psychological role of the Internet in mass disasters: Past evidence and future planning Azy Barak (Israel, University of Haifa)

POSTER PRESENTATIONS

For complete poster abstracts visit the full online program at www.douglas.qc.ca/internet-mental-health

What are young adults saying about mental health? A qualitative analysis of Internet blogs

Barnes K, Marcus M, Westra H, Eastwood J, and the Mobilizing Minds Research Group

York University, Canada

JellinekLive results: Outcome of Internet-based self-help for alcohol and cannabis abuse

Blankers M*, Koeter M, Nabitz U, Kersemakers R, Schippers GM

**Amsterdam Institute for Addiction Research (AIAR), Academic Medical Center, University of Amsterdam, Netherlands*

Internet survey of social anxiety disorder and its comorbidity in Chinese populations

Chen J-Y¹, Bai Y-M², Lin C-C³

1 - Department of Psychiatry, Yu-Li Veterans Hospital, Hualien, Taiwan

2 - Department of Psychiatry, Taipei Veterans General Hospital, Taipei, Taiwan

3 - Department of Psychiatry, National Taiwan University Hospital, Taiwan

Les enjeux de l'évaluation participative d'initiatives sociales en ligne

Coulombe S

Université du Québec à Montréal, Canada

Computer-Based CBT for adolescent anxiety with the cool teens CD: Early feedback on multimedia components and program modules

Cunningham MJ*, Wuthrich VM

**Centre for Emotional Health, Macquarie University, Australia*

Using online and face-to-face methodologies in the development of an electronic toolkit examining primary health care, mental health, and the dietitian's role

Davison K

University of Calgary, Department of Community Health Sciences, Canada in consultation with the Canadian Collaborative Mental Health Initiative's Dietitians Group, Canada

Modèle d'intervention Web de Jeunesse J'écoute

Delorme C, Desrochers B

Jeunesse J'écoute, Canada

Use of a website to evaluate quality of work-life and quality of life among community workers: A strategy to prevent mental health problems at work

Dupuis G¹, Martel JP¹,
Lachance J¹, Perrault J²

- 1 - Université du Québec à Montréal, Canada
- 2 - Centre de liaison sur l'intervention et la prévention psychosociales, Canada

The use of video presentation as a medium of counseling

Gazley J

www.asktheinternettherapist.com,
USA

L'intervention en réseau des professionnels et professionnelles : Une nouvelle facette de l'École éloignée en réseau

Gaudreault-Perron J

CEFRIO, Université Laval, Québec,
Québec, Canada

On-line self-help intervention for women with depression: A pilot study

Lara MA, Aguilar A, Fuentes P,
López I, Martín JM

Instituto Nacional de Psiquiatría
Ramón de la Fuente, Mexico

Sexting...is it all about power?

Lipkins S, Levy JM

Eugene Lang College, The New
School, New York, USA

Using the Internet to develop a worldwide network of PTSD researchers and clinicians: The case of Trauma-PTSD.com

Martin M*, Golli M

*Université du Québec à Montréal,
Canada

The National Child Traumatic Stress Network Knowledge Bank: A collaborative tool and showcase for Network expertise

Merrick C,

Dartmouth College, USA

From large-scale health promotion, to point of care knowledge translation and real time health screening and follow up: Maximizing the power of the Internet

Santor DA, Vallerand I, Grandia P

University of Ottawa, Canada

Sleep Locus of Control as a Mediator of Online Treatment for Insomnia

Vincent N¹, Lewycky S²,
Hart Swain K¹, Holmqvist M¹

- 1 - University of Manitoba, Canada
- 2 - University of Calgary, Canada