

Attitudes towards Telemedicine in Psychiatry and Psychotherapy (ATIPP)

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Background

In the field of psychiatry and psychotherapy, there are now a growing number of Web-based interventions, mobile phone apps, or treatments that are available via remote transmission screen worldwide. Many of these interventions have been shown to be effective in studies but still find little use in everyday therapeutic work. However, it is important that attitude and expectation toward this treatment are generally examined, because these factors have an important effect on the efficacy of the treatment.

Objective

This study aimed to create and evaluate a questionnaire to measure attitudes towards telemedicine in psychiatry and psychotherapy (ATIPP) and to explore and compare the attitudes of healthcare professionals and nonprofessionals.

Methods

In a three-step process, the questionnaire, which is available in three versions (laypeople, physicians, and psychologists), was developed. Afterwards, it was evaluated by four groups: population-representative laypeople, outpatients in different faculties, physicians, and psychotherapists.

We interviewed 1000 people via telephone and used the ATIPP to measure their attitudes towards telemedicine. The telephone sample is representative for the German population (age, gender...).

	Participant	cronbach's alpha
Laypeople	1000	,849
Outpatients	455	,80
Physicians	92	,827
Psychotherapists	37	,855

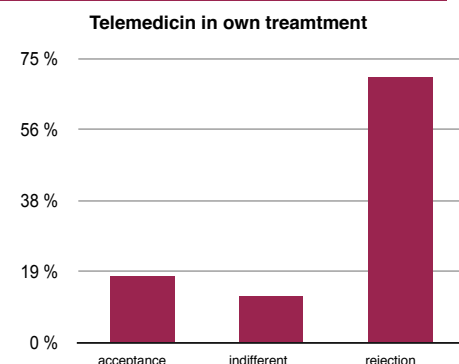
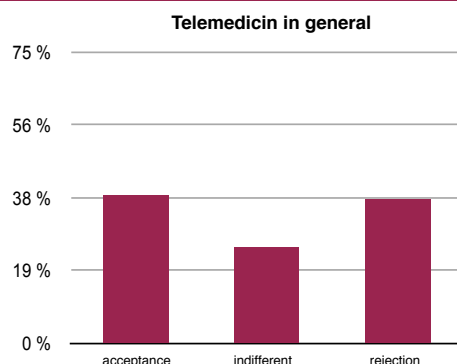
We also interviewed 455 outpatients in the waiting areas of different doctor's offices.

Results

1/3 approves of telemedicine but only 1/5 would use it.

There are no differences in the acceptance of telemedicine between the genders or between people who live in a city and people who live in smaller towns.

There are differences between different age groups.



To help promoting the use of online interventions in the future, an analysis of the differences in opinions and attitudes towards eMental-Health interventions between health care professionals and non-professionals is necessary. We examined 92 physicians, 37 psychotherapists and 1455 randomly recruited non-professionals

Laypeople are more critical towards telemedicine

Physicians are open minded to telemedical interventions

Therapists in general are very critical

Discussion

- The ATIPP was found to be useful and reliable for measuring the attitudes toward the Web-based interventions in psychiatry and psychotherapy. Um die Bereitschaft bei allen potentiellen Nutzern zu steigern, müssen diese mehr über die Wirksamkeit von Telemedizin informiert werden.
- There is generally a good acceptance of telemedicine, physicians have a higher acceptance than laypeople. However therapists are generally sceptical towards telemedicine.
- There seem to be different expectations towards telemedicine and different needs between the examined groups. These expectations and needs should be considered during the development of new telemedicine offers.

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