FUTURE RESEARCH DIRECTIONS- TECHNOLOGY

Alicia Heapy, PhD

Yale University

Pain Research Informatics, Multimorbidities, and Education (PRIME) Center of Innovation

VA Connecticut Healthcare System

- What is the effectiveness of these interventions relative to in-person care
- Which technologies are best
- Which treatments or treatment components are most important/effective
- What level of therapist contact is necessary

FUTURE RESEARCH DIRECTIONS-QUALITY[1]

[1]McGuire et al (2017). McGuire et al. (2017). Translating e-pain research into patient care, *Pain,* 158, 190-193.

- Investigate how treatments work
  - High-intensity longitudinal data collection means better assessment of process factors
    - Temporal sequencing of change[2]
    - Causal factors related to change[2]
    - Mediators[2]
    - Common mechanisms[2]
    - Development of new treatments or adaptation of existing ones

FUTURE RESEARCH DIRECTIONS-HOW DOES TREATMENT WORK

[2] Edwards et al. (2016) The role of psychosocial processes in the development and maintenance of chronic pain, *The Journal of Pain, 17,S2, T70-T92.*

- Use of hybrid implementation/effectiveness trials
- Identification of barriers and facilitators at all levels
    - Patient/Provider/System
- Examine best ways to integrate treatments with existing care
    - Stepped care
    - Supplemental
    - Maintenance/booster
- Test implementation strategies that complement technology
    - Messaging, marketing and education
    - Self-referral
    - Referral alerts
    - Therapist training

FUTURE RESEARCH DIRECTIONS-IMPLEMENTATION

Folker et al. (2018) Implementing internet-delivered cognitive behavioral therapy for common mental health disorders, Internet Interventions, 11, 60-70. Hill et al. (2018) Navigating the development and dissemination of internet CBT for anxiety disorders : A consensus statement Internet Interventions, 12, 1-10