

30th World

PSYCHIATRISTS AND PSYCHOLOGISTS MEET

October 01-02, 2018 Osaka, Japan

Karify: Digital solution for better mental health**Joris Moolenaar**

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How can technology enable the best possible mental health care in Japan and help reduce stigma? It is by combining technology with psychology to reduce barriers to care and create behavior change. Karify is a digital platform that connects patients to healthcare professionals. In a secure environment, patients have live access to evidence-based interventions and information, are able to communicate with their therapists, can actively share their expectations and needs and do not need to worry by being condemned by others. Karify was developed in co-creation with therapists, patients and researchers. The Netherlands is at the forefront in eHealth research and practice. Karify is implemented in the 10 biggest healthcare organizations and now digitally connects over 100,000 clients to their health professionals. The digital platform is implemented for a variety of mental health problems, including depression, anxiety, eating disorders and substance addiction. Evidence-based used cases in routine care are example of a digital intake procedure, unguided self-help and blended therapy (combining face-to-face and online sessions). Added value in relation to quality of care, health benefit, patient empowerment and efficiency is evaluated with academic partners. Technology can increase the reach/impact of psychologists and psychiatrists. A digital platform can reduce barriers to care and to stigma, make psycho-education widely available and increases the flexibility of mental health care.

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