


Volume 14, 8 December 2014

Publisher: Igitur publishing

URL: <http://www.ijic.org>

Cite this as: Int J Integr Care 2014; WCIC Conf Suppl; [URN:NBN:NL:UI:10-1-116637](https://nbn-resolving.org/urn:nbn:nl:ui:10-1-116637)

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Conference Abstract

e-Gears as new tools for enhancing eMental Health interventions in people centered integrated care

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Abstract

Internet and mobile phone technologies are used by most citizens, and are a powerful way for delivering accessible and affordable interventions to the population level. In fact, during the last years, it has been an explosion on the development of evidence-based e-resources (e.g. apps for monitor mental health, ehubs for Mental Wellbeing, internet forums for people with mental health problems, webs with basic education about mental health...). However, people may feel lost with such amount of information, not knowing which one to use, or just using the first they find, which may not be the best.

To overcome this problem we propose to develop an "e-Gear tool". e-Gear can be defined as an e-tool for connecting e-resources. Following the gear or cogwheel metaphor, it will help the user to connect, select and integrate the available e-resources that are more adjusted to their mental health profile. The level of complexity may vary from a very basic e-Gear, just connecting the e-resources, or a more sophisticated one that will allow users to manage all the resources (e.g. which ones have been used, what are the favorites, to monitor their mental health status, etc.). In addition, users can use this web to communicate with their health and social providers, sharing their data and promoting integrated care.

The main component of the e-gear would be a profiling algorithm. This will help us to know the specific profile of each one of the users, matching them with specific e-resources.

In this communication, we will discuss the utility of an e-gear for the prevention of mental disorders in the context of personalized integrated care, based on our previous experience in developing risk algorithms and eTools.

Keywords

eHealth; person-centred care; eGear
