

## Departmental Seminar

# Low-Intensity Psychological Interventions for Common Mental Disorders

4:00 p.m. – 5:00 p.m. | January 20, 2017 (Friday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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#### Abstract

In recent years, there is a trend toward the integration of low-intensity psychological interventions into service provision as a way of increasing access to psychological treatments for common mental illnesses in primary health settings worldwide. In view of the structural constraints and cultural barriers of the existing mental health system, such as long waiting period for follow-up, stigma for mental illnesses, and deviation from traditional weekly in-person sessions, it is believed that low-intensity psychological interventions can be a feasible alternative to provide mental health prevention and/or treatment services to the community.

The speaker will present three feasible approaches of low-intensity psychological interventions, namely stepped care approach, self-help approach and transdiagnostic approach. Stepped care model is considered as one of the possible solutions to reduce the existing health care burden. Within the stepped care model, evidence-based psychological treatments are distributed to different steps. It starts with less intensive treatments such as self-help treatments to more intensive treatments involving individual therapy provided by clinical psychologists. Self-help intervention is recommended as the least restrictive entry step of the stepped care model. Psychological interventions delivered by the Internet and smartphone application serve to increase the access to mental health care, and potentially reduce the societal cost and waiting time. In addition, the application of transdiagnostic self-help interventions for insomnia on mental illnesses will be discussed.

~All are Welcome~