



## Network Based Interventions in Psychiatry and Defects: An Overview

Xiu-Hong Piao\*

Department of Traditional Chinese Medicine, Guangdong Pharmaceutical University, Guangzhou, China.

\*Corresponding author: Xiu-Hong Piao, Department of Traditional Chinese Medicine, Guangdong Pharmaceutical University, Guangzhou, China, E-mail: piaohogx1456@nus.edu.sg

Received date: 09 March, 2022, Manuscript No. IJMHP-22-64062;

Editor assigned date: 15 March, 2022, PreQC No. IJMHP-22-64062 (PQ);

Reviewed date: 25 March, 2022, QC No IJMHP-22-64062;

Revised date: 04 April, 2022, Manuscript No. IJMHP-22-64062 (R);

Published date: 11 April, 2022, DOI: 10.4172/2471-4372.1000208.

### Description

Internet and its utilization by all sectors of the society, has unlocked new avenues for mental health professions. It has helped in to reach out the masses to provide services with innovations. It has set a new trend for interventions that are web based, giving birth to various terminologies like web based therapy, cyber-therapy, computer mediated intervention, e-therapy, online therapy etc. From all these terms, 'web-based intervention' comes across as a term which includes almost all aspects of services provided by mental health professionals.

A web-based intervention can be defined as a primarily self-guided intervention program that is executed by means of a prescriptive online program operated through a website and used by consumers seeking health and mental-health related assistance. The definition provides a basis for categorizing web based intervention into web-based education interventions. These programs give access information about a particular problem area (e.g., diagnosis of a disorder/condition, the meaning of specific symptoms, its causes, effects, and treatment) and increase awareness among masses in general. Self-guided web-based therapeutic interventions: They endeavour to create positive cognitive, behavioral and emotional change. The design of the content is comprehensive, presented in a systematic module based format and some programs may also provide an automated feedback support through text, graphics, automated e-mails/SMS etc. The sophistication of the software and the algorithms developed determines the degree to which feedback can be specifically tailored. Human-supported web-based therapeutic interventions: These interventions incorporate a human usually a health/mental health professional or, in some cases; peer supporters to provide support, guidance, and feedback. The feedback may be delayed when given through E-mails and forum postings whereas chat room/instant messaging sessions provide more instant feedbacks. Skype/telephone calls, webcam, and face-to-face meetings all provide the patients with immediate feedback along with virtual or real human contact.

The most important function of web based intervention is to address mental disorders and provide effective treatment for the same. The characteristics that distinguish web based intervention from face to face management for mental disorders are as follows. Non-availability of non-verbal cues While communicating online, there is complete absence of opportunity to observe facial expressions, body language, voice intonations and emotions thereby limiting the communication. Temporal fluidity Synchronous and Asynchronous communication: Synchronous communication refers to communication that occurs at the same time between the client and therapist, giving the scope of scheduling time limited sessions on an appointment basis.

### Symptoms

It creates a sense of pointby point connectedness, enhances feelings of intimacy, presence and interpersonal impact. In asynchronous communication, on the spot replies or interaction does not take place causing time lapses between correspondences. Though it controls and limits spontaneity; it also gives an opportunity to reflect before responding. Disinhibition In the cyberspace, people tend to be more open while sharing their feelings and conflicts, a phenomenon termed as 'Disinhibition effect'. Anonymity and invisibility: The internet allows people have the opportunity to separate their actions from their real world and identity, control the level of disclosure as per their level of comfort and at times maintain anonymity. With no direct way of meeting or interacting on one to one basis gives people the courage to do things that they otherwise would not. Most individuals are able to effortlessly integrate the real and virtual aspects and are comfortable using computers and internet as a modality to network in social circles as well as seek solutions to their psychological conflicts.

### Treatment

Web-based managements have opened entire new sets of possibilities for mental health. With each passing day, mental health professionals are experimenting with newer ways to provide therapy through the internet and its various modalities. Though primarily cognitive behavior therapy has been the main form of therapy that has been adapted into online modules, other therapies need to be used more frequently. The obvious advantages of web based interventions is in terms of easy and open access to professionals, facilitation of openness to discuss areas that may otherwise cause embarrassment or awkwardness, avoiding stigmatization and the freedom to discontinue as and when one wishes to project web based interventions as a promising mode of therapy. With add on characteristics of being economical in terms of time, money and the efforts invested, online therapy has the potential to become a popular help seeking system in the coming future.

Citation: Xiu-Hong Piao (2022) Network Based Interventions in Psychiatry and Defects: An Overview. Int J Ment Health Psychiatry 8:2.