Abstracts of the 2021 Technology, Mind, & Society Conference

Psychologist Use and Attitudes Toward Mobile Applications
Shania N. Terry, BA, (Rowan University)
Danielle Schweitzer, BA, (Rowan University)
Juliana D’Onofrio, MA, (Rowan University) and
Jim A. Haugh, Ph.D., (Rowan University)

Mobile health provides technology users with apps intended to assist with health-related goals. The Pew Research Center (2012) found that one-fifth of cell phone users reported using a health-related app. Currently, the literature does support the potential of apps to enhance face-to-face therapy sessions and decrease mental health symptomatology (Levin et al., 2017). Despite this promise and widespread use, little is known about how often psychologists use apps in their clinical practice and their attitudes toward app use. The present cross-sectional survey aimed to understand psychologists’ attitudes regarding apps. A survey was administered to two samples: psychologists licensed in New Jersey (S1; N=217) and a nationally representative group of psychologists (S2; N=599). Results indicate that most psychologists believed that apps can aid clients in overcoming mental health problems (67%; 77%). Additionally, most psychologists reported that their clients would recognize the value of using apps (61%; 57%). However, few psychologists use apps in their clinical practice (13%; 14%). Overall, few psychologists reported that they were familiar with the app research literature (2%; 3%) and most were unaware of resources that may be used to make informed clinical decisions about apps (82%; 78%). Findings suggest that though psychologists are interested in using apps in their clinical practice, many may not know how to effectively incorporate them.