

# Disseminating Online Evidence-based Mental Health Resources

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## Aim

This study aimed to improve the dissemination of mental health information by (a) compiling online, free, evidence-based mental health resources, (b) developing a standardized screening protocol, and (c) characterizing resources by topic and content.

## Methods

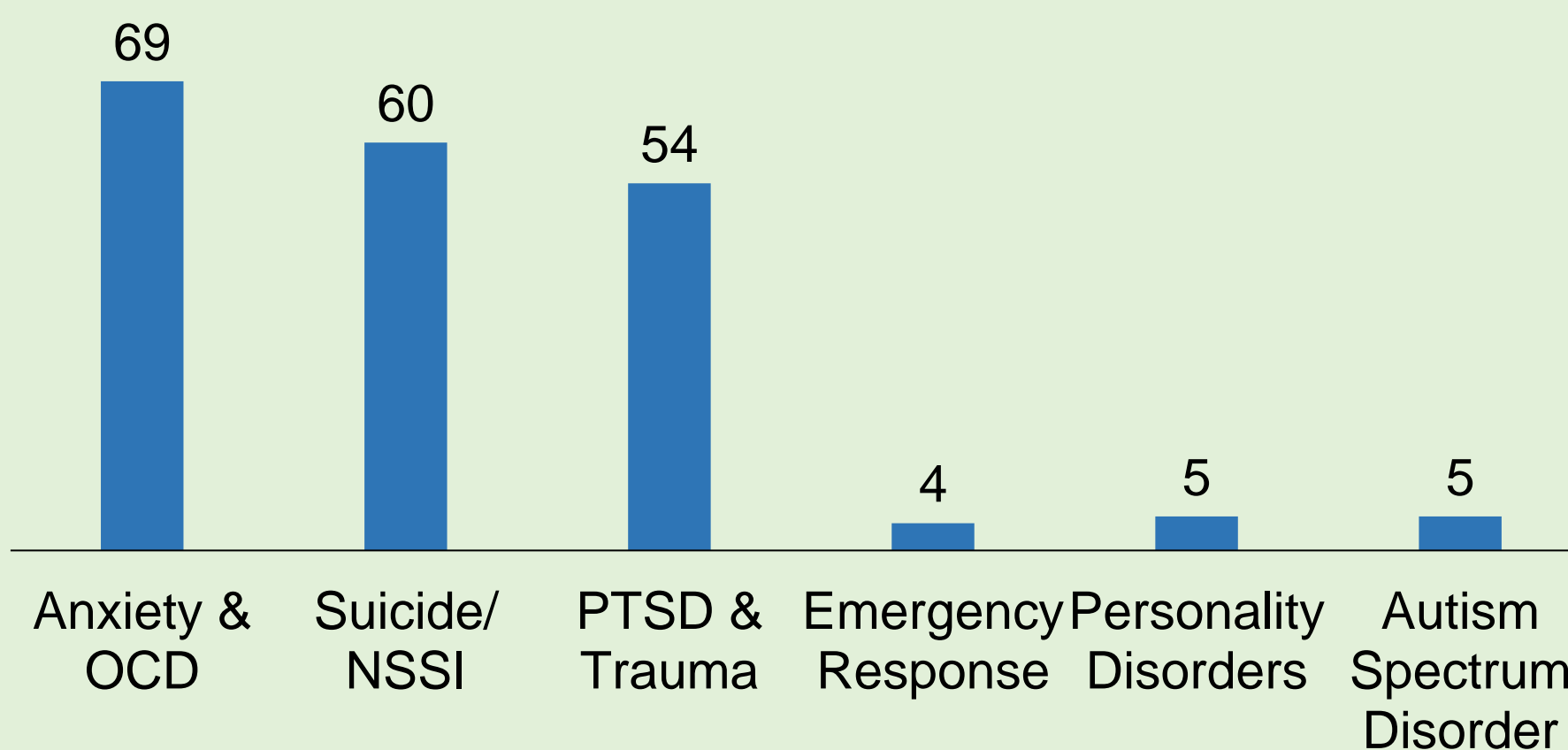
$N = 475$  resources were nominated by mental health professionals ( $n = 185$ ) and our team ( $n = 290$ ).

Resources were double-screened to determine resources were (a) online, (b) free, (c) evidence-based.

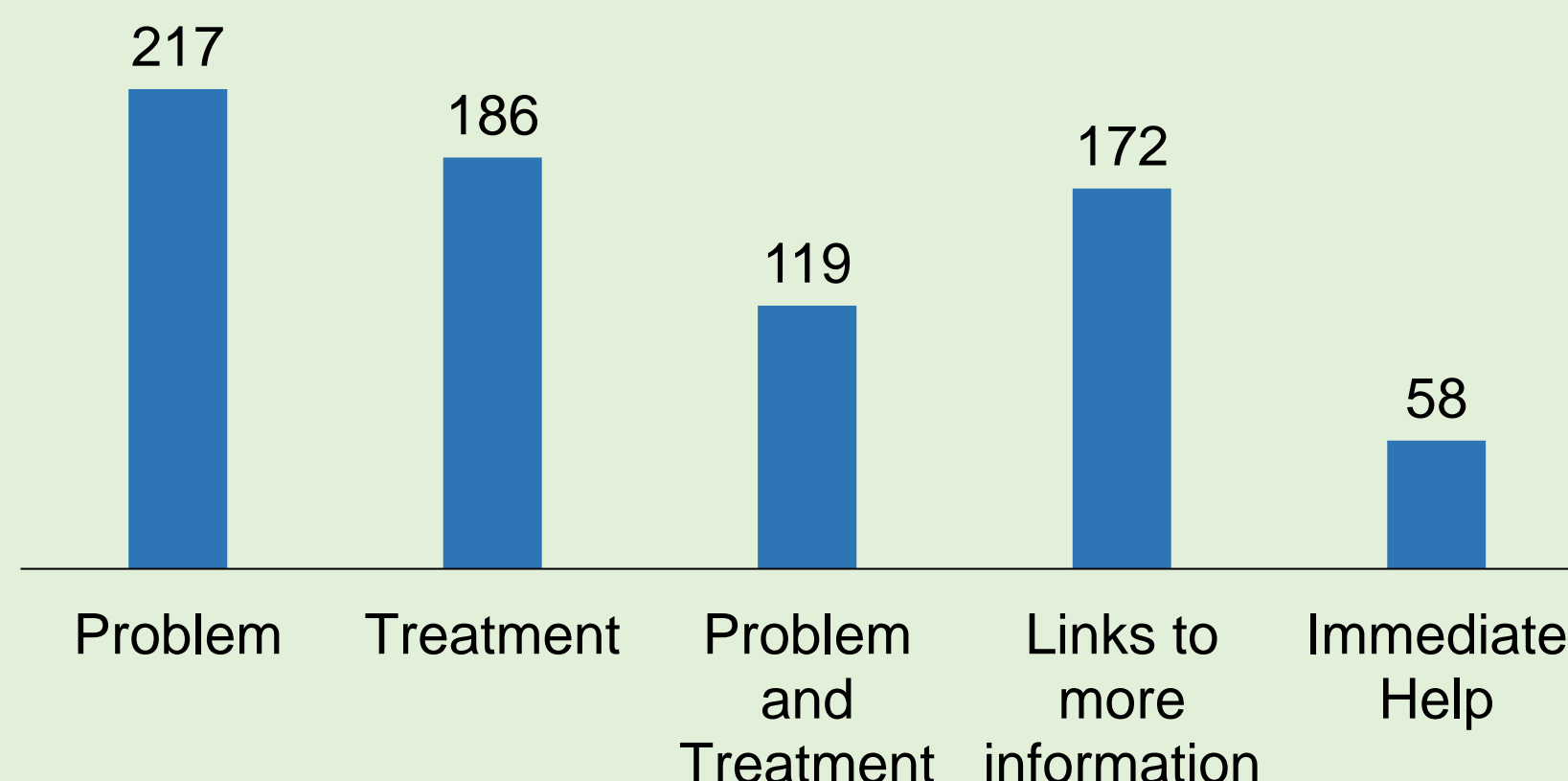
- 70 resources were excluded for not being:
  - free ( $n = 26$ ; inter-rater agreement: 94%)
  - online ( $n = 21$ ; inter-rater agreement: 95%),
  - evidence-based ( $n = 19$ ; inter-rater agreement: 92%).

$N = 405$  mental health resources were double-coded to determine primary topic and content.

Resources typically covered **anxiety and OCD**, **suicide/NSSI**, and **PTSD**, and were least likely to cover **emergency response**, **personality disorders**, and **autism spectrum disorder**.



Resources commonly provided information about the **problem**, available **treatments**, and/or **links** to more information.



## Conclusions

There are many online, free, evidence-based mental health resources covering a wide spectrum of topics.

These findings raise the issue of information overload being recreated.

**Limitations** include:

- Selection bias

**Future Directions** include:

- Synthesizing the current list of mental health resources by eliciting stakeholder feedback.
- Determining common features within positively rated mental health resources.
- Improving the utilization of positively rated mental health resources by linking them to assessment results

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Scan this QR code for more information about this study.