



UNIVERSITY  
OF MANITOBA

# Using Web Technologies to Strengthen Mental Health Services in Primary Care

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Minds Research Group



CIHR IRSC  
Canadian Institutes of Health Research / Instituts de recherche  
en santé du Canada



**MOBILIZING MINDS**  
pathways to young adult mental health

# Other members of the Mobilizing Minds Research Team (Selected)

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# Funding Organizations

- Canadian Institute of Health Research
- Mental Health Commission of Canada



# Focus of the Team

- Knowledge translation concerning common mental health problems focused on young adults
- Knowledge translation: Getting the right information in the right format to the right people at the right time to inform decisions.



About me.



About you.




Why consider web-based technologies  
in primary care?




- Questions:

- Do you make any use of web technologies in your work? What resources do you use?




How could might web technologies be used to strengthen mental health services in primary care?



## How could might web technologies be used to strengthen mental health services in primary care?

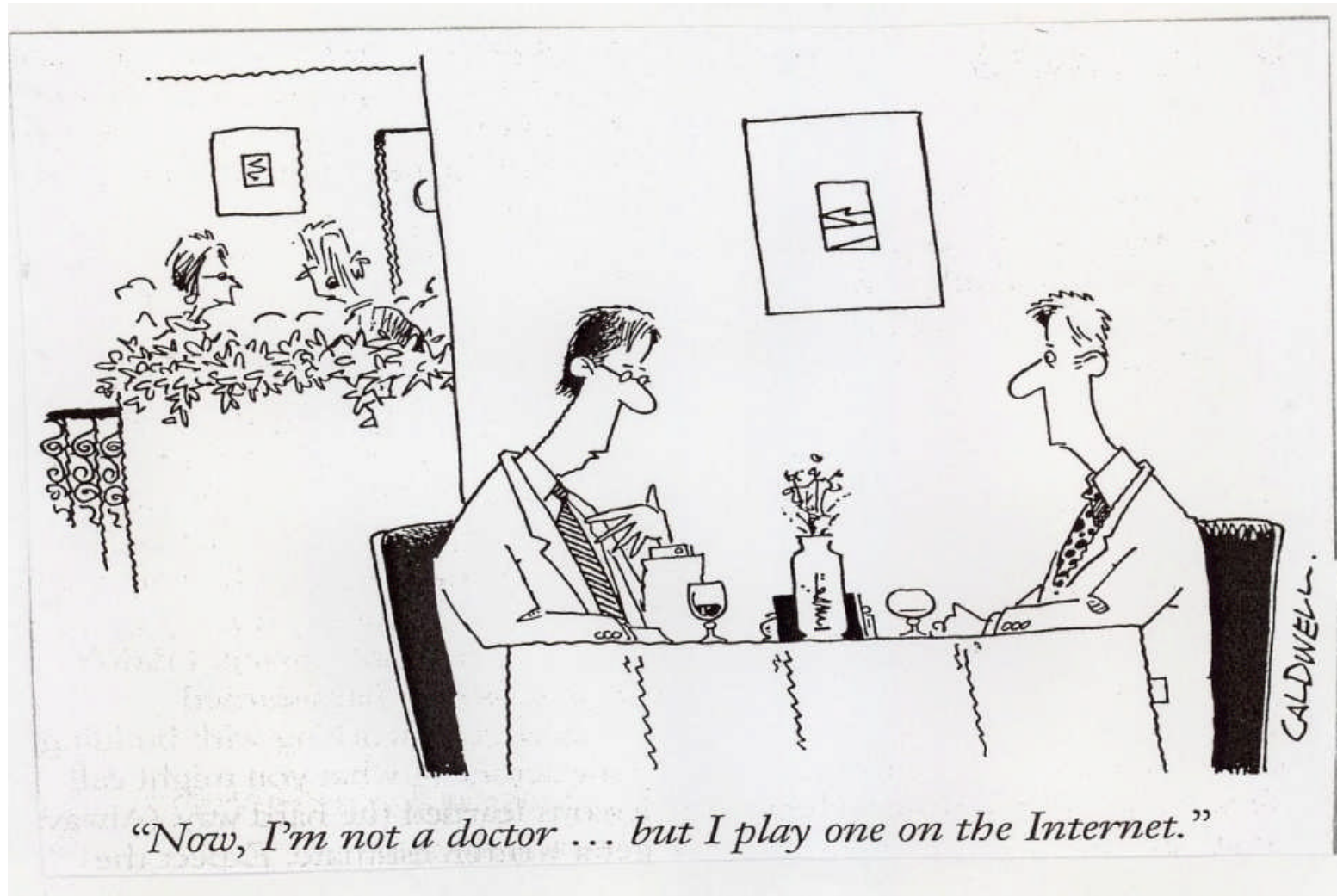
- 1) screening for mental health problems
- 2) providing information concerning treatment options and benefits to patients
- 3) providing information concerning treatment options to health professionals
- 4) providing information to patients concerning self-administered treatments.
- 5) delivery of Web-based treatments



How could might web technologies be used to strengthen mental health services in primary care?

- 6) providing extra resources for traditional interventions
- 7) monitoring progress
- 8)
- 9)

# Use of internet for health information



# Canadian Internet Use Survey (Released May 10, 2010)

	2007	2009
Used internet for personal reasons	73%	80%
Communities of 10,000 +	76%	83%
Communities of less than 10,000	65%	73%
Ages 16 to 24	96%	98%
Ages 45 and older	56%	66%

## Canadian Internet Use Survey (2)

Among those who used Internet at home	2007	2009
Use Internet every day	68%	75%
Have high speed connection	88%	92%
Searched for health information	59%	70%



What are the most popular search methods?

# Consulting Dr. Google

## **Welcome to WrongDiagnosis.com**

Our disease and symptom research center contains Information on over 3,000 different medical conditions with more being added all the time.

### **Research Your Symptoms**


Search for a symptom  
A – Z listing of symptoms  
Search for multiple symptoms

### **Join Our Forums**

I cannot get a diagnosis  
Tell us your medical story  
What is the best treatment?

### **Research Diseases & Conditions**

Search for a disease or condition  
A – Z listing of diseases  
Silent killer diseases



# Discussion / Questions