



The Provision of Telehealth for Mental Health Care in Aotearoa: Evaluation for Individuals with Severe Mental Illness

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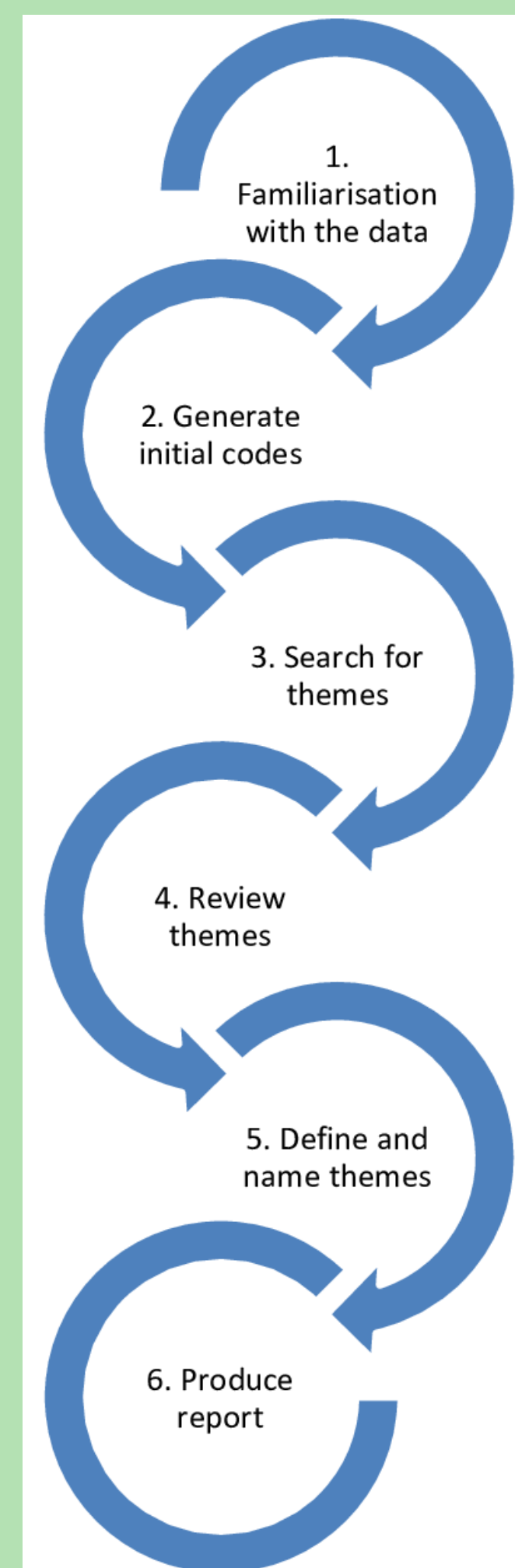
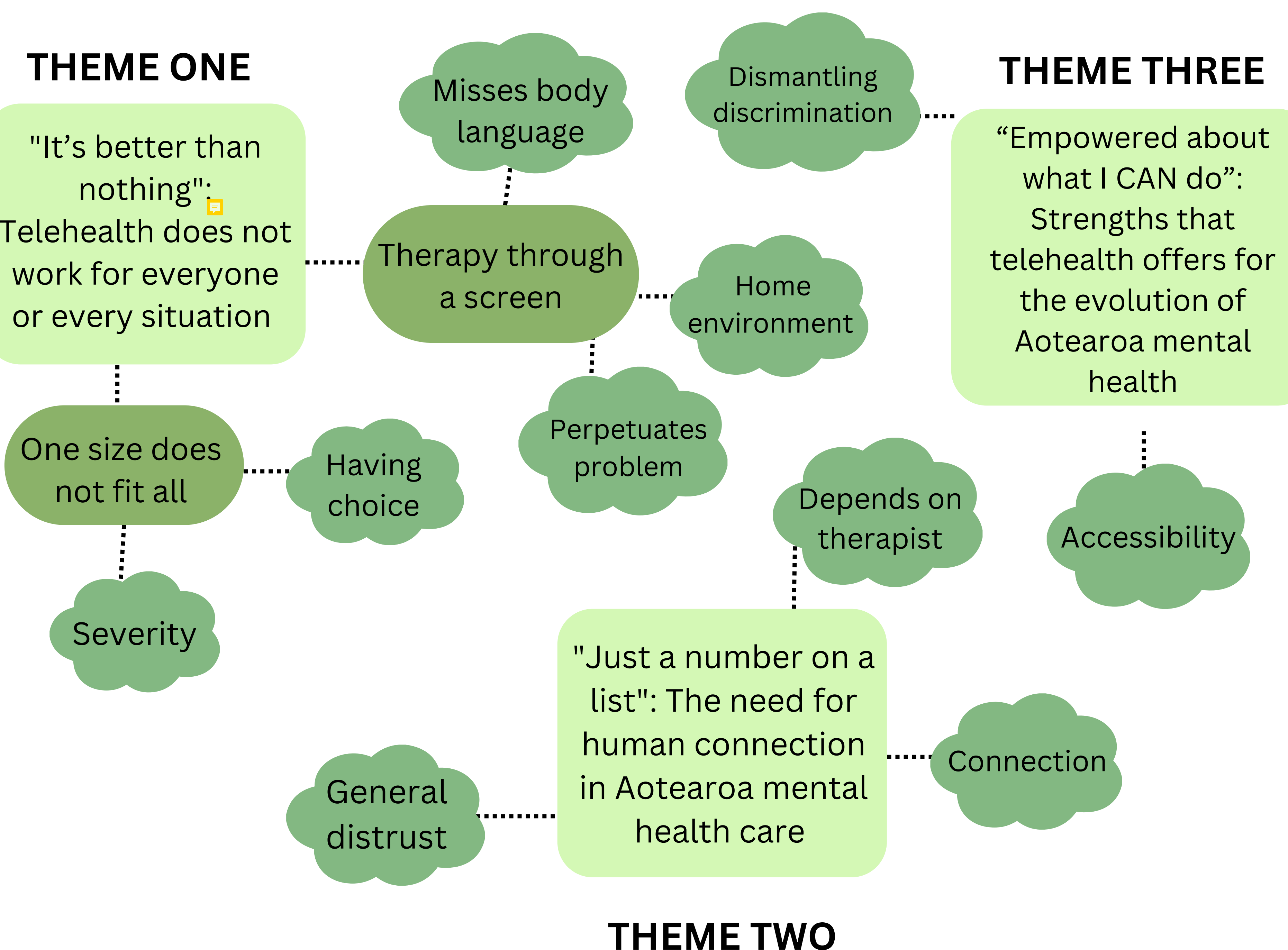


INTRODUCTION

- Individuals with severe mental illness (SMI) experience significant disparities in the delivery of health care
- The development of telehealth is intended to enhance the delivery of health care services
- Service-user perspectives on mental health care is vital
- XXXX ADD ANOTHER POINT?

RESEARCH AIM

Investigate SMI experiences and opinions of using telehealth services for their mental health care in Aotearoa New Zealand (A/NZ)



METHOD

115 participants between 18 to 50 who have experienced moderate to severe mental health difficulties

- Targeted advertisement on Facebook
- Online survey (Qualtrics)
- Three themes related to the opinions and experiences of telehealth for severe mental health were generated

DISCUSSION

- Mixed responses to the efficacy of telehealth as a severe mental health service
- Identified novel opportunities telehealth brings to A/NZ mental health care system
- Recognised areas for development to make telehealth a viable option for individuals with severe mental health difficulties
- Responses relate to wider literature on the efficacy of telehealth for mental health conducted outside of A/NZ

"For privacy reasons I spoke to the psychologist in my bedroom and that made me feel weird. **I don't want him in my bedroom!**"

"I also experienced psychosis for some of the covid lockdown periods so being on the phone only **added to my sense of disconnection, isolation and paranoia.**"

"I've never used it/don't know what it is, but I do know **NZs mental health system and it absolutely sucks**"

"Being able to **reach more** rural and lower socioeconomic communities."

"I think it could be a **very productive and positive move for New Zealand's mental health system.** I would hope this could possibly mean more people can receive care and cut down on the long wait times we have for people trying to receive mental health care."