

## Internet-Based Resources

The evidence base for the mental health benefit of internet programs and apps now includes RCTs. The evidence is showing the benefit of these tools for well-being, resilience and management of anxiety and depression. Optimal use of these tools involves sharing your progress through the program with a therapist or trusted others as, when done independently there is a high dropout rate. Much like starting an exercise routine or self-care plan, we adhere better when we do it with others or update others on our progress and recognize the progress we are making.

One web-based tool for which there is data specific to its benefit for residents, is [MoodGYM](#). The JAMA Psychiatry 2015 article Web-Based Cognitive Behavioral Therapy Intervention for the Prevention of Suicidal Ideation in Medical Interns: A Randomized Controlled Trial is [linked here](#) for your review. In addition, at the 2018 Academy of Child and Adolescent Psychiatry National Conference, a session on challenges and resiliency in residency noted the value of this tool, particularly as one presenter stated, “we (residents) don’t get care when we struggle.”

[MoodGYM](#) addresses core cognitive-behavioral tools to understand our thoughts and emotions and then develop tools to support our wellbeing, which then reduces risks for depression, anxiety and suicidal thinking. There is an annual subscription charge of about \$10 to set up your account. The emerging literature and input at the AACAP conference suggest this is well worth the potential benefit.

[MoodGYM](#) and other computer based programs are not meant to substitute for therapy. Rather they can be used in combination with therapy and may shorten the overall length of the treatment. They can also be used in a proactive manner as part of your self-care plan to build resiliency and reduce risk of mood difficulties during residency. [Here is a resource](#) that reviews many of the current computer based mental health resources for your further consideration.

Additional Resources:

- Depression and mental health apps: [How to tell the good from the bad](#)
- Wellbeing Apps Review: [here](#) is a review conducted in 2/2018 by the fellows and faculty in the Adult Psychology Fellowship Program at MCHS.