

Self-applied transdiagnostic intervention via the Internet to treat anxiety, depression and post-trauma stress

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Anxiety and mood disorders have been identified as the main causes of psychological disability due to their high prevalence, morbidity, and comorbidity in the world and in Mexico; coupled with the impact of the COVID-19 pandemic that has increased its incidence and/or exacerbation and that not all people receive the required intervention.

The reasons that explain it are: limited access to mental health services, fear of social stigma, due to geographical issues that separate them from health centers, due to time issues, due to the high cost of treatment, which makes it inaccessible and unaffordable both for the user and for the public health system. The transdiagnostic perspective, whose intervention is directed at two or more specific disorders, has been shown to contribute to overcoming the drawbacks related to comorbidity between disorders that prevent the person from fully recovering. On the other hand, the use of technology makes it possible to provide psychological care supported by the internet, which has managed to be effective, efficient and can be key to guaranteeing access to those who are inaccessible to interventions. This is how the project arises: efficacy, acceptability and moderation of clinical change of a transdiagnostic intervention through a telepsychology platform for the treatment of emotional disorders and those derived from stress and trauma, which will allow training mental health professionals in this intervention, and It will effectively disseminate it to the vulnerable population. The Project is financed by the National Council of Science and Technology [CONACyT, Mexico].

REFERENCIA

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