

Digital Therapeutics for Mental Health Care: Benefits and Barriers

Digital therapeutics (DTx) deliver evidence-based software interventions to treat, manage, or prevent a disease or condition¹



✔ Benefits of DTx



For patients²

- Possibility for improvement in access to care
- Potential for fewer side effects
- Opportunity for discreet care for those who would otherwise avoid treatment due to stigma
- May improve patients' engagement in their care and empower them in self-management



For HCPs³

- May deliver novel treatments that can impact patients' clinical outcomes
- Potential to expand their ability to care for patients
- Opportunity to close gaps in care between appointments
- May serve as a bridge to other treatments

⚠ Barriers of DTx



For patients⁴⁻⁶

- Lack of access to a computer, smartphone, tablet, or internet
- Uncomfortable with or uninterested in using technology
- Concerns with sharing personal information over the internet
- Commercial and noncommercial insurance plans are starting to cover DTx, but coverage remains a challenge



For HCPs^{4,7}

- Unfamiliarity with DTx
- Perception that DTx will create more work and responsibilities for them and their staff
- Data privacy concerns
- Challenges with reimbursement

HCP, healthcare professional.

1. Digital Therapeutics Alliance. Digital Health Technology Ecosystem Categorization. November 2019. Accessed June 20, 2023. https://dtxalliance.org/wp-content/uploads/2019/11/DTA_Digital-Industry-Categorization_Nov19.pdf. 2. Duerr HA. *Psychiatric Times*. 2022;39(10):14-15. 3. Digital Therapeutics Alliance. Accessed June 21, 2023. <https://dtxalliance.org/value-of-dtx/clinicians/>. 4. Whitelaw S, et al. *Eur Heart J Digit Health*. 2021;2(1):62-74. 5. Behavioral Health Business. October 26, 2022. Accessed June 21, 2023. <https://bhbusiness.com/2022/10/26/clarity-on-digital-therapeutics-reimbursement-could-lead-to-more-behavioral-health-adoption/>. 6. Managed Healthcare Executive. May 19, 2023. Accessed June 16, 2023. <https://www.managedhealthcareexecutive.com/view/reimbursement-challenges-associated-with-pdts>. 7. Secker-Johnson R, et al. February 2, 2022. Accessed June 21, 2023. <https://www.zs.com/insights/barriers-to-broad-dtx-adoption-and-ways-to-overcome>.

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