

## Review

# Guided Internet-Delivered Treatment for Depression: Scoping Review

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## Abstract

**Background:** Studies on guided internet-delivered treatment have demonstrated promising results for patients with depressive disorder.

**Objective:** The aim of this study was to provide an overview of this research area and identify potential gaps in the research.

**Methods:** In this scoping review, web-based databases were used to identify research papers published between 2010 and 2022 where guided internet-delivered treatment was administered to participants with depressive disorders, a standardized rating scale of depressive symptoms was used as the primary outcome measure, and the treatment was compared with a control condition.

**Results:** A total of 111 studies were included, and an overview of the studies was provided. Several gaps in the research were identified regarding the design of the studies, treatments delivered, participant representation, and treatment completion.

**Conclusions:** This review provides a comprehensive overview of the research area, and several research gaps were identified. The use of other designs and active control conditions is recommended. Future studies should provide access to treatment manuals, and more replications should be conducted. Researchers should aim to include underrepresented populations and provide reports of comorbidities. Definitions of adequate dosage, reports of completion rates, and reasons for treatment dropout are recommended for future studies.

*(JMIR Ment Health 2022;9(10):e37342) doi: [10.2196/37342](https://doi.org/10.2196/37342)*

**KEYWORDS**

web-based therapy; computer-assisted therapy; internet; digital interventions; major depression; mental health; mobile phone

## Introduction

### Depressive Disorder and Treatment Over the Internet

The number of people with access to the internet is considerable and increasing also in low-income countries [1]. As the number of people with access to the internet is sizable, internet-delivered

treatment has the potential to reach more patients, be easily accessible, and be less time-consuming for the therapist per patient than more resource-intensive face-to-face therapies [2-4]. The COVID-19 pandemic has also demonstrated that situations might arise when face-to-face therapy can be less available, thus suggesting the benefits of internet-delivered treatments [5].

# Delivered From Depression

**Michal Rosen-Zvi**



## **Delivered From Depression:**

**Delivered from Depression** Walter Hallam,1999-03-01 Are you troubled and discouraged by depression loneliness and guilt Are you in bondage to the hidden bruises of the spirit Do you struggle against feelings of mourning and grieving and you don t even know why Jesus Christ is the answer You can be forever freed from depression The Bible outlines a specific plan to freedom and deliverance This exciting book leads you in a step by step fashion from depression to victory **How God**

**Delivered Me from What the Doctor Diagnosed as Depression , From Depression to Deliverance** Carole Adkins,2003-11-13 Depression The chemical imbalance in the brain that attacks the very soul Yet as late as 1974 the American Psychiatric Association listed in their diagnostic manual strong religious belief as a disorder Is depression exclusively a chemical imbalance And as recently as today many pastors in the religious community discourage their parishioners from seeking medical help Is depression exclusively a spiritual attack From Depression to Deliverance is a spiritual companion to your doctor s advice demonstrating that depression is an attack on the mind body and spirit Thus in order to win this battle we have to attack it on all three fronts embracing both the scientific and spiritual communities You are not alone in this battle So join us on this pilgrimage from a psychiatrist s office to the great outdoors with a few church sermons on the way from mourning to joy from torment to peace from darkness into God s wonderful light **Freed from**

**Depression** Andrew Kowach,2016-03-07 I had been depressed since I was a teen and the older I got the worse it became Over the years my depression was relentless and every day it consumed more of my health and life Eventually I became so ill that my life was reduced to just trying to stay alive each day My depression didn t take my life though because God intervened This book describes my descent into the depths of depression my life in the darkness and my journey out Christian depression depressed Christian **The Routledge International Companion to Emotional and Behavioural**

**Difficulties** Ted Cole,Harry Daniels,John Visser,2012 The Routledge Companion to Emotional and Behavioural Difficulties is an invaluable resource for students and professionals developing their knowledge of this complex area *WHO recommendations on maternal and newborn care for a positive postnatal experience* ,2022-03-29 This guideline aims to improve the quality of essential routine postnatal care for women and newborns with the ultimate goal of improving maternal and newborn health and well being It recognizes a positive postnatal experience as a significant end point for all women giving birth and their newborns laying the platform for improved short and long term health and well being A positive postnatal experience is defined as one in which women newborns partners parents caregivers and families receive information reassurance and support in a consistent manner from motivated health workers where a resourced and flexible health system recognizes the needs of women and babies and respects their cultural context This is a consolidated guideline of new and existing recommendations on routine postnatal care for women and newborns receiving facility or community based postnatal care in any resource setting Report of the Chief of Ordnance United States. Army. Ordnance

Department,1905 The Mirror Margaret Safo (Mrs.),2005-03-19 **Treating and Preventing Adolescent Mental Health Disorders** Dwight L. Evans,Edna B. Foa,Martin E. Franklin,Raquel E. Gur,Kyle Kampman,Christine Yu Moutier,Maria A. Oquendo,Daniel Romer,Moira A. Rynn,Martin E. P. Seligman,Robyn Sysko,B. Timothy Walsh,2025-12-05 This is an open access title available under the terms of a Creative Commons Attribution Non Commercial No Derivatives 4 0 International license CC BY NC ND 4 0 It is free to read at Oxford Academic and offered as a free PDF download from OUP and select open access locations Sponsored by the Adolescent Mental Health Initiative of the Annenberg Public Policy Center APPC of the University of Pennsylvania and the Annenberg Foundation Trust at Sunnylands Trust the third edition of *Treating and Preventing Adolescent Mental Health Disorders* provides a significant update since the second edition in 2017 It addresses the current state of knowledge about the major mental health disorders that emerge during adolescence including how the COVID 19 pandemic affected adolescent mental health Here experts on adolescent anxiety schizophrenia substance use disorders depression and bipolar disorders eating disorders and suicidal behavior thoroughly define each disorder outline and assess available treatments discuss prevention strategies and suggest a research agenda based on what we know and don t yet know about these various conditions The volume also incorporates chapters on gambling Internet addiction and positive youth development which addresses how we can fully prepare young people to be happy and successful throughout their lives Concluding chapters discuss overarching issues regarding the behavioral and mental health of adolescents including overcoming the stigma of mental illness and the research policy and practice context for the delivery of evidence based treatments Integrating the work of eminent scholars in both psychology and psychiatry this work will be an essential volume for academics and practicing clinicians and will serve as a wake up call to mental health professionals and policy makers alike about the state of our nation s response to the needs of adolescents with mental disorders *Mental Illness: New Insights for the Healthcare Professional: 2012 Edition* ,2012-12-10 *Mental Illness New Insights for the Healthcare Professional 2012 Edition* is a ScholarlyPaper that delivers timely authoritative and intensively focused information about Mental Illness in a compact format The editors have built *Mental Illness New Insights for the Healthcare Professional 2012 Edition* on the vast information databases of ScholarlyNews You can expect the information about Mental Illness in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of *Mental Illness New Insights for the Healthcare Professional 2012 Edition* has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com> *Deliverance from Depression, Fear and Stress* Franklin Sellers,2016-11-16 Pastor Sellers addresses a taboo topic for the Church community Depression Stress and Fear Depression is the number one cause of suicide

Death of loved ones and loss of hope is number two Young children are committing suicide at an unprecedented rate Moreover there has been an alarming number of suicide death of men of the Cloth With the feeling of despair and loss of hope among people around the world including religious leaders and their followers it s paramount that awareness of these issues are brought to the forefront at home school and church Dr Sellers states I have had first hand experience with a dear loved one who committed suicide due to depression I had known then what I know now I could have helped her As a Pastor I encounter men women who exhibit signs of depression and express loss of hope By knowing signs symptoms and behaviors of depression I am able to reach them before it s too late I contend that one can be delivered from Depression Fear and Stress with applying Biblical Prescriptions The Journal of Obstetrics and Gynaecology of the British Empire ,1903 **The Child** Richard A. Shweder,Thomas R. Bidell,Anne C. Dailey,Suzanne D. Dixon,Peggy J. Miller,John Modell,2009-09-15 The Child An Encyclopedic Companion offers both parents and professionals access to the best scholarship from all areas of child studies in a remarkable one volume reference Bringing together contemporary research on children and childhood from pediatrics child psychology childhood studies education sociology history law anthropology and other related areas The Child contains more than 500 articles all written by experts in their fields and overseen by a panel of distinguished editors led by anthropologist Richard A Shweder Each entry provides a concise and accessible synopsis of the topic at hand For example the entry Adoption begins with a general definition followed by a detailed look at adoption in different cultures and at different times a summary of the associated mental and developmental issues that can arise and an overview of applicable legal and public policy While presenting certain universal facts about children s development from birth through adolescence the entries also address the many worlds of childhood both within the United States and around the globe They consider the ways that in which race ethnicity gender socioeconomic status and cultural traditions of child rearing can affect children s experiences of physical and mental health education and family Alongside the topical entries The Child includes more than forty Imagining Each Other essays which focus on the particular experiences of children in different cultures In Work before Play for Yucatec Maya Children for example readers learn of the work responsibilities of some modern day Mexican children while in A Hindu Brahman Boy Is Born Again they witness a coming of age ritual in contemporary India Compiled by some of the most distinguished child development researchers in the world The Child will broaden the current scope of knowledge on children and childhood It is an unparalleled resource for parents social workers researchers educators and others who work with children **Current Researches in Anesthesia & Analgesia** ,1951 **Official Gazette of the United States Patent Office** USA Patent Office,1884 **Maternal Postpartum Adjustment Following Vaginal, Planned and Unplanned Cesarean Delivery** Natalia Pascal-Ganellen,1991 **Deliverance From the Power of Depression: (My Personal Journey)** Willie T. Lawson,2020-09-11 This book is the story of a warrior who fought a battle that was months long The battle that tested him and his faith at every step and a battle that only a few can conquer It was a battle with depression

Depression has the power to steal colors from anyone s life and make it black and white When Willie encountered this beast he was not in his best form For him it was as if he was thrown in a dark well with a dead end It seemed impossible for him to escape it at that time He became weak at first but then he saw the light in that blinding darkness it was the light of God He kept following that little light and soon it became a path for him to escape that dark well This is the reason why he decided to write this book to help those suffering from depression for he now knows better how depression can take the life out of a person and only leave a breathing body behind

**British Medical Journal** ,1901      *The Canadian Patent Office Record and Register of Copyrights and Trade Marks* ,1917      **Therapeutic Notes** ,1914

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## **Table of Contents Delivered From Depression**

1. Understanding the eBook Delivered From Depression
  - The Rise of Digital Reading Delivered From Depression
  - Advantages of eBooks Over Traditional Books
2. Identifying Delivered From Depression
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Delivered From Depression
  - User-Friendly Interface
4. Exploring eBook Recommendations from Delivered From Depression

- Personalized Recommendations
  - Delivered From Depression User Reviews and Ratings
  - Delivered From Depression and Bestseller Lists
5. Accessing Delivered From Depression Free and Paid eBooks
    - Delivered From Depression Public Domain eBooks
    - Delivered From Depression eBook Subscription Services
    - Delivered From Depression Budget-Friendly Options
  6. Navigating Delivered From Depression eBook Formats
    - ePub, PDF, MOBI, and More
    - Delivered From Depression Compatibility with Devices
    - Delivered From Depression Enhanced eBook Features
  7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Delivered From Depression
    - Highlighting and Note-Taking Delivered From Depression
    - Interactive Elements Delivered From Depression
  8. Staying Engaged with Delivered From Depression
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Delivered From Depression
  9. Balancing eBooks and Physical Books Delivered From Depression
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Delivered From Depression
  10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
  11. Cultivating a Reading Routine Delivered From Depression
    - Setting Reading Goals Delivered From Depression
    - Carving Out Dedicated Reading Time
  12. Sourcing Reliable Information of Delivered From Depression

- Fact-Checking eBook Content of Delivered From Depression
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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