



UNIVERSITY OF PITTSBURGH

CENTER FOR

Behavioral Health +
Smart Technology

The HealthTech Weekly

Our 2017 in Review as seen through our
top [@HealthTechPitt](#) Tweets



Health Tech @HealthTechPitt · Nov 9

Computerized cognitive-behavioral therapy #collaborativecare program may lead to improvements in patients with #depression & #anxiety . Ctr. Director, Dr. Rollman, publishes Online Treatment Trial main outcomes paper. #mentalhealth @JAMAPsych @UPMCnews alert.psychnews.org



Health Tech @HealthTechPitt · Sep 21

We're excited to welcome @carologic from IBM Watson to present at our 11/3 conference on A.I. for Behavioral Health! #healthtechpitt #pitt pic.twitter.com/3UgnJmFxfE



Health Tech @HealthTechPitt

Center Faculty and Staff toured @Google Pittsburgh this morning! Thank you @sagipere! for showing us around!



10:29 AM - 15 Dec 2017



Health Tech @HealthTechPitt · Jul 31

Congrats to @pittinnovates and @healthscipitt for record highs in startups, patents and invention disclosures! Raising the bar for 2018! twitter.com/PittInnovates/...



Health Tech @HealthTechPitt · Mar 1

Main Outcomes from our NIMH-funded RELAX Trial in the March issue of #JGIM #NIMH, #SGIM, #ADAA twitter.com/UPMCnews/statu...



Health Tech @HealthTechPitt · Dec 19

Core Faculty Member @carissa_low featured in the @PittsburghPG: 'Walking after cancer surgery can reduce hospital readmission rates, Pitt-based study shows.' post-gazette.com/local/region/2...



Health Tech @HealthTechPitt

At Wash U for kick-off of #pcori -funded #optimum #trial with #WashU #UPMC #ucla #camh and #columbia Follow us for details



12:40 PM - 12 Jan 2017



Health Tech @HealthTechPitt · Oct 12

Excited to be at #ISRII9 @TheISRII learning #mhealth #BEHAVIORALHEALTH pic.twitter.com/ejvcr5OBEI



Health Tech @HealthTechPitt · Dec 13

Latest from @davidcmohr at @cbitshealth Solution-Focused Approach to a Digital Mental Health Revolution ja.ma/2C3tkwP Watch @davidcmohr November '17 @HealthTechPitt keynote here: youtube.com/watch?v=uYYCUU... #mhealth @theisrii



Health Tech @HealthTechPitt

What is #dissemination and #implementation research? #DIsience17

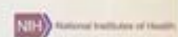
Dissemination and Implementation Research

• **Dissemination research** is the scientific study of targeted distribution of information and intervention materials to a specific public health or clinical practice audience. The intent is to understand how best to spread and sustain knowledge and the associated evidence-based interventions.

• **Implementation research** is the scientific study of the use of strategies to adopt and integrate evidence-based health interventions into clinical and community settings in order to improve patient outcomes and benefit population health.

NH-FR-18-007, Adapted from Lomas (1993)

10th Annual Conference on the Science of Dissemination and Implementation in Health



6:17 AM - 4 Dec 2017



Health Tech @HealthTechPitt · Aug 24

"Little Data, Big Wisdom" @chrisdancy 'Most Connected Human on Earth' Grand Rounds 4p today BST1295 @PittHealthSci @PittPsychiatry #mHealth

Health Tech @HealthTechPitt · Sep 7
Congratulations to our Director, Bruce Rollman, who delivered his inaugural lecture as the UPMC Endowed Chair in Internal Medicine! pic.twitter.com/fyFMgUvxtx

Health Tech @HealthTechPitt · Jul 21
Register here for the 3rd Integrative Conference on Technology, Social Media, and Behavioral Health!
eventbrite.com/e/3rd-integrat... pic.twitter.com/gjJDBh3Fim

Health Tech @HealthTechPitt

Cool infographic! RT if you agree 💡
#creativity #creativeminds #creativethinking @PittInnovates



3:36 PM · 19 Nov 2017

The infographic lists 29 ways to stay creative, including: 1. TAKE BREAKS, 2. GET AWAY FROM THE COMPUTER, 3. TAKE SHORT WALKS, 4. TAKE BREAKS IN THE SHOWER, 5. SING, 6. DRINK COFFEE, 7. LISTEN TO NEW MUSIC, 8. BE OPEN, 9. SURROUND YOURSELF WITH CREATIVE PEOPLE, 10. GET FEEDBACK, 11. COLLABORATE, 12. ASK FOR HELP, 13. DON'T BE AFRAID TO ASK FOR HELP, 14. COUNT YOUR BLESSINGS, 15. GET A LOT OF REST, 16. TAKE RISKS, 17. BREAK THE RULES, 18. DON'T FORCE IT, 19. READ A PAGE OF THE DICTIONARY, 20. CREATE, 21. STOP TRYING TO BE SOMEONE ELSE & PLAYFUL.

Health Tech @HealthTechPitt · Sep 12
Mark Your Calendars! Tuesday, September 26th, Department of Medicine Grand Rounds @RishiManchanda, President & Founder of @HealthBegins pic.twitter.com/g9g8ZrtY1h

Health Tech @HealthTechPitt

Terrific plenary on Tech and Future of Biobehavioral Health #APS2017SPAIN @LeeRitterband @cbitshealth @HebrewU @heleenriper @NinaKupper



2:55 AM · 18 Mar 2017

The image shows a man in a suit speaking at a plenary session. Behind him is a large screen displaying a presentation. In the foreground, four people are standing on a stage, looking towards the speaker.

Health Tech @HealthTechPitt · Apr 15
Excited to be on US-China @cmu summit panel on #MobileHealth #mhealth with ting@atclick @jsetanikio, Eric Xing, & Steve Shapiro #UPMC twitter.com/summit_cmu/sta...

Health Tech @HealthTechPitt · Feb 12
High-tech investments keep coming for Pittsburgh area via @pittsburghpg post-gazette.com/news/transport...

Health Tech @HealthTechPitt

Read @jesseschell interview with Julia H., Ctr. Assoc. Director, and register to hear his keynote Nov. 3rd @cmuetc healthtech.pitt.edu/wp-content/upl...



Jesse Schell, CEO
CEO, Schell Games
Distinguished Professor of Entertainment Technology



1:13 PM · 6 Oct 2017 from Pittsburgh, PA

The image shows a portrait of Jesse Schell, CEO of Schell Games, and the Schell Games logo.

Health Tech @HealthTechPitt · Jun 15
Very cool! #BlackTechPGH #UPMCinnovates @health2pitt #pittsburghnotparis @cityPGH nextpittsburgh.com/business-tech-... via @nextpittsburgh

Visit our [Youtube channel](#) and [Conference website](#) to view keynote speeches, slides, and other Tech news from our 3rd Integrative Conference on Technology, Social Media, and Behavioral Health!

Happy 2018, and thank you to everyone who made this year one of the best!



We hope you are enjoying our weekly newsletter! Please send us (email healthtechpitt@upmc.edu) relevant articles, events, videos, and projects you are working on for us to include in upcoming issues!

—Dr. Bruce Rollman & the HealthTechPitt Team



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Questions? Comments? Suggestions?

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The MailChimp logo is centered within a grey rounded rectangular box. The text "MailChimp." is written in a white, cursive script font.