



UNIVERSITY OF PITTSBURGH
CENTER FOR
Behavioral Health +
Smart Technology

The HealthTech Weekly

November 17, 2017

Online Treatment Trial's Main Outcomes Paper Published



Online Treatment
for Mood & Anxiety Disorders

JAMA Psychiatry

Online First

NOVEMBER 08, 2017

ORIGINAL INVESTIGATION

Effectiveness of Online Collaborative Care for Treating Mood and Anxiety Disorders in Primary Care: A Randomized Clinical Trial

Bruce L. Rollman, MD, MPH; Bea Herbeck Belnap, Dr Biol Hum; Kaleab Z. Abebe, PhD; et al

Center Director Dr. Bruce Rollman, together with Center Affiliate faculty Drs. Bea Herbeck Belnap, Armando Rotondi, Michael Spring, and colleagues published the main outcomes paper for their NIMH-funded [Online Treatments for Mood and Anxiety Disorders Trial](#).

The Trial demonstrated that providing an online computerized cognitive-behavioral therapy (CCBT) through a collaborative care program was more effective than primary care physicians' usual care for depression and anxiety. However, adding moderated access to an Internet support group provided no additional benefit over the CCBT program alone.

[Read the full article here](#) and see news coverage of the study below!

Pittsburgh Post Gazette

November 13, 2017

[Read the full article here!](#)



Therapy on a computer can help patients with anxiety and depression, Pitt researchers say

UPMC News Release

November 8, 2017

[See the full statement here!](#)

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Best wishes for a Happy Thanksgiving!

—Dr. Bruce Rollman & the HealthTechPitt Team



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