

Unter dem Ehrenschutz des LHM von Salzburg Dr. Wilfried Haslauer

4a Fact File
Committee on Public Health (SANT)

The question of digital technology's impact on EU citizens' mental health

Digital technology has become an increasingly big part of our personal and professional lives, as well as of our health care systems. Developments and technologies such as social media, electronic health records, apps, Artificial Intelligence (AI), telehealth and games all bring new opportunities and risks to mental wellbeing and the mental health care field. The impact of these risks and opportunities is likely to be unevenly distributed across the population.

How can the EU provide the necessary measures to minimize negative impact of digital technology and promote positive opportunities in an equal and inclusive way?

Your CP team

CP	Sophia Zwantschko	NOE	068110269898	Sophia.zwantschko@bgklosterneuburg.at
CoCP	Sofia Guimaraes	NOE	068184383544	Sofia.guimaraes@bgklosterneuburg.at
CP Sec	Nanci Shao	OOE	06767416881	nancishao@gmail.com
CIE	Ivy Stadler	NOE	06607347008	Ivy.stadler@bgklosterneuburg.at
CIE	Lukas Komptscher	TI	06601160191	lkompatcher@tsn.at

Key Terms:

Digital Technology:

1. Health Apps: Mobile applications designed to track, monitor, or improve health, including mental health apps that provide meditation, therapy, or mood tracking.
2. Telemedicine/Telehealth: The remote diagnosis, treatment, and monitoring of patients using telecommunications technology, including video consultations for mental health care.

Unter dem Ehrenschutz des LHM von Salzburg Dr. Wilfried Haslauer

4a Fact File

Committee on Public Health (SANT)

3. Internet of Things (IoT): A network of interconnected devices that collect and exchange data, such as wearable devices tracking mental health indicators like stress levels or sleep patterns.

Mental Health

1. Digital Burnout: Exhaustion caused by excessive use of digital devices, leading to mental strain and decreased productivity or well-being.
2. Social Isolation: A lack of meaningful social interactions, which can be exacerbated by heavy reliance on virtual communication or digital platforms.

Social Media and Behavior

1. Cyberbullying: Harassment, intimidation, or abuse that occurs through digital platforms like social media, significantly affecting mental health.
2. Digital Detox: A deliberate break from digital devices and platforms to reduce mental fatigue and improve well-being.

Policy and Regulation

1. GDPR (General Data Protection Regulation): EU legislation that governs the collection, use, and protection of personal data, ensuring privacy and security in digital health applications.
2. Data Privacy: The protection of personal information collected and stored digitally, especially sensitive health-related data.

Inequalities in Access

1. Digital Divide: The gap between those who have access to digital technologies and the internet and those who do not, often influenced by socioeconomic status, geography, or education.
2. Rural vs. Urban Access: Differences in availability and quality of digital infrastructure and services between urban areas and rural regions.
3. Socioeconomic Disparities: Inequities in access to digital resources based on income, education, or employment status.

Positive Impacts of Technology

Unter dem Ehrenschutz des LHM von Salzburg Dr. Wilfried Haslauer

4a Fact File

Committee on Public Health (SANT)

1. E-Mental Health: The use of digital tools, such as apps and online platforms, to provide mental health care, therapy, and support remotely.
2. Mobile Mental Health Apps: Smartphone applications offering tools for stress reduction, mood tracking, meditation, or access to counseling services.
3. AI for Early Detection: The use of artificial intelligence to analyze patterns in behavior, speech, or data to identify early signs of mental health issues like depression or anxiety.

Ethical Considerations

1. Algorithmic Bias: Unfair outcomes resulting from biases embedded in AI systems, potentially leading to inequities in digital mental health care.
2. Ethics in AI and Health: Guidelines and principles to ensure AI use in health care respects patient rights, fairness, and transparency.
3. Informed Consent in Digital Health: The process of ensuring users understand and agree to the collection and use of their data in digital health tools.

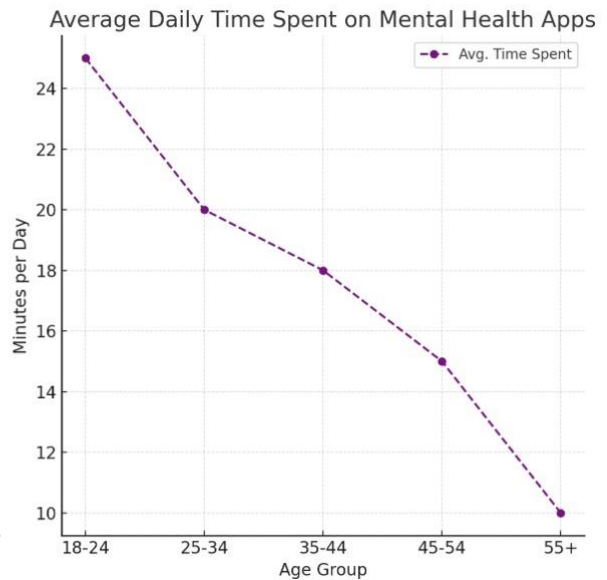
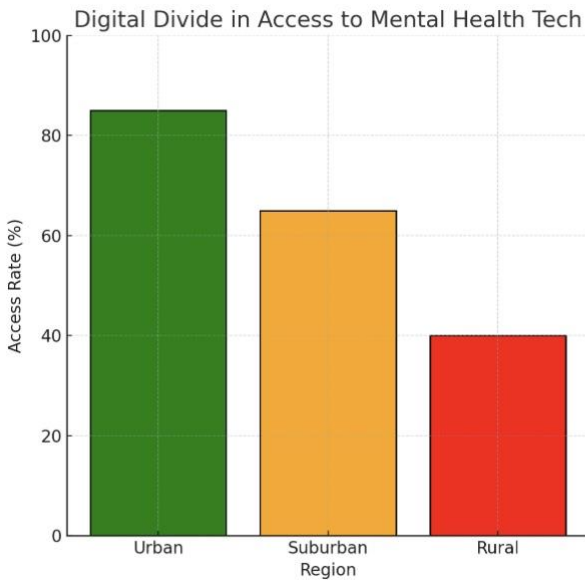
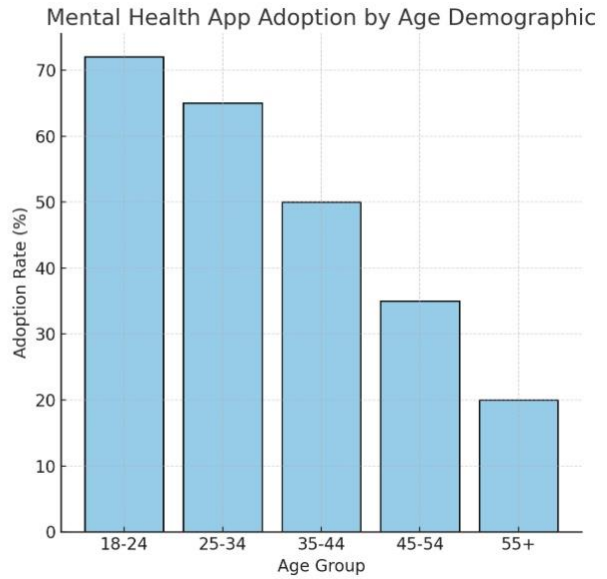
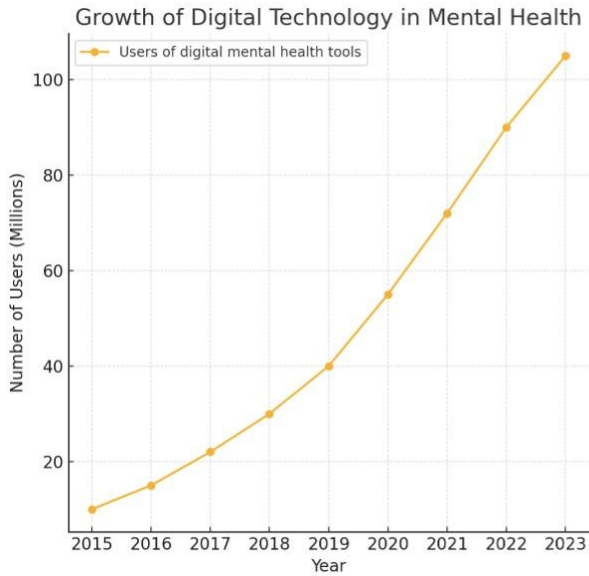
Sub-Questions:

1. How has digital technology in mental health changed over the years?
2. What type of demographic uses mental health apps (age, social class, etc.)
3. In which ways are mental health apps utilized?
4. Do the benefits of AI truly outweigh the drawbacks? If so, please provide examples as to why.

Graphs:

Unter dem Ehrenschutz des LHM von Salzburg Dr. Wilfried Haslauer

4a Fact File Committee on Public Health (SANT)



Unter dem Ehrenschutz des LHM von Salzburg Dr. Wilfried Haslauer

4a Fact File Committee on Public Health (SANT)

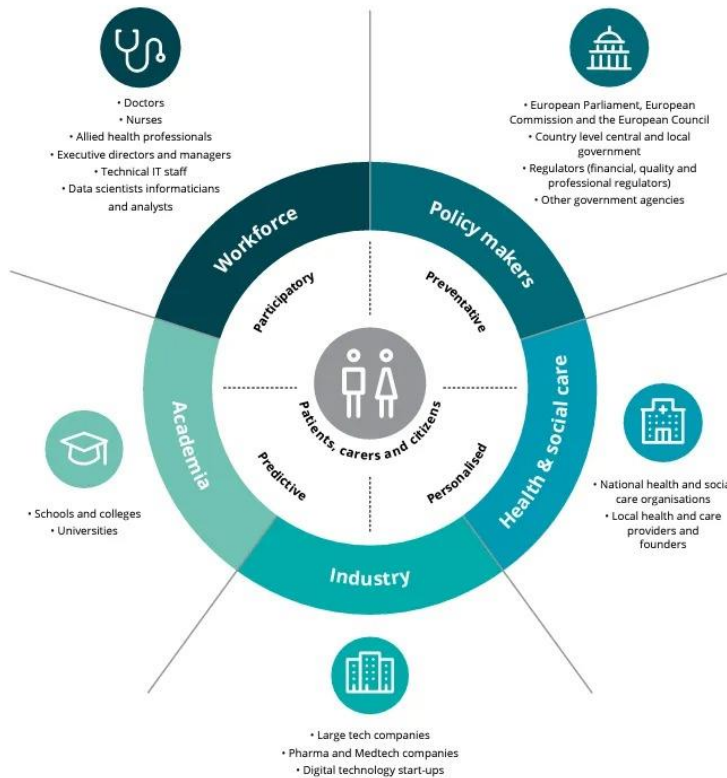


Figure 1

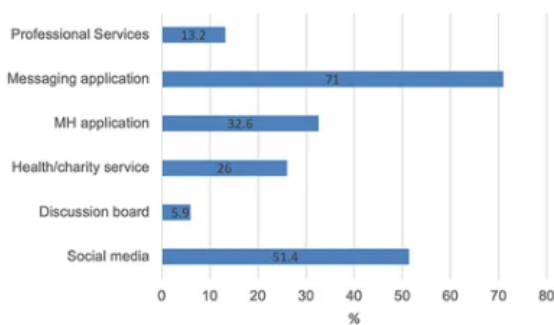


Figure 1. Digital tools used to support mental health.