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Faculty of Psychology

Colloquium lecture by Prof. Kerry Sherman

Harnessing digital technology to enhance chronic illness management

Digital interventions in the health context provide a highly accessible and low cost means of providing information and support to individuals living with chronic and serious conditions. As a self-guided intervention approach, digital interventions have the potential to fill service gaps, particularly as an adjunct to scheduled clinic consultations. This presentation will focus on my research using two different digital intervention modalities - website and SMS-texting - across the different health-related challenges of treatment decision making and supportive care. I will describe how these interventions were developed through a co-design process, drawn from frameworks (e.g., IPDASI) and psychological theories (e.g., self-compassion) and informed by consumer and health professional perspectives. In conclusion I will present findings from a systematic review and meta-analysis addressing the efficacy of digital interventions to impact patient reported outcomes including quality of life, anxiety, depression, fatigue and self-efficacy.

Prof. Kerry Sherman

Macquarie University, Sydney



**This lecture takes place at Liebiggasse 5, 1010 Vienna,
Lecture Hall G 2nd floor and will be streamed.**

Thursday, October 5, 2024; 3pm