

Internet interventions: past, present and future

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Internet interventions have been around now for about 20 years. While the field still suffers from a scattered terminology, a large number of programs and studies now exist. In the present talk I will present an overview of our experiences of studying internet-supported cognitive-behavior therapy (ICBT), but also other approaches including the use of smartphones. Four questions will be addressed. What are the effects for different conditions?, Can ICBT be as effective as face-to-face therapy?, What are the long-term effects?, and Does this treatment format work in real life? The talk will end with a discussion about future directions and how we can disseminate internet interventions further.