Key terms and their definitions

Digital mental health (DMH)
A term used to describe and define the application of digital solutions to adress mental health problems.

Digital mental health intervention (DMHI)
Any intervention targeting the prevention or treatment of mental health problems using digital means.

Digital psychosocial intervention (DPSI)
Any intervention relating to the social and psychological needs of individuals, families and communities using digital means.

e-mental health
The term 'electronic mental health' (e-mental health) refers to the use of the Internet and related technologies to deliver mental health information, services and care. The use of online interventions for the prevention and treatment of mental illness is one of the major applications of e-mental health.

eMHPSS or Digital MHPSS
Any intervention targeting the prevention or treatment of mental health problems or relating to the social and psychological needs of individuals, families and communities using digital means.

Face-to-face
Used to describe formats where the user and provider meet each other in person.

Hybrid interventions/Blended treatment
An intervention that mixes face-to-face contact with digital material, usually delivered in an integrated manner.

Internet-based CBT (ICBT)
The most researched format of digital treatment, using cognitive behavioural therapy content provided online in a structured format. Usually provided with human support through secure text communication or other digital means.

Internet-based treatment
A structured online programme using text, video, audio and other digital modalities to deliver a 6-12 week-long treatment. Usually provided with human support through secure text communication or other digital means.

Mental health
Mental health is defined by the World Health Organization as a state of well-being in which individuals realize their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and are able to contribute to their community.

Mental health and psychosocial support (MHPSS)
The term describes any type of local or outside support that aims to protect or promote psychosocial wellbeing and/or treat mental health conditions.

Provider
The person (e.g staff, volunteer, healthcare professional) or organization (NGO, private company, public health care facility) delivering the intervention.

Psychosocial
A term describing the interconnection between the individual (i.e. a person's internal, emotional and thought processes, feelings and reactions) and their environment, interpersonal relationships, community and/or culture (i.e. their social context).

Psychosocial support
Psychosocial support refers to actions relating to the social and psychological needs of individuals, families and communities.

Stakeholder
An individual, or group of individuals, such as users, providers (e.g. staff, volunteers, healthcare workers), decision makers, project managers, politicians and others who can influence the implementation of digital interventions in real-world settings.

User
The individual, or group of individuals, receiving the intervention.