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The Effectiveness of Internet-Based Cognitive Behavioral Therapy in Treatment of Psychiatric Disorders

Vikram Kumar [1], Yasar Sattar [2], Anan Bseiso [3], Sara Khan [4], Ian H. Rutkofsky [5]

1. California Institute of Behavioral Neurosciences and Psychology, Sri ramachandra University 2. Research Assistant Psychiatry, SUNY Downstate University 3. College of Medicine, Al-Quds University 4. CiBNP, Dow Medical College, Pakistan 5. Research, California Institute of Behavioral Neurosciences & Psychology

Corresponding author: Vikram Kumar, vikramkumar5791@gmail.com
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Abstract

This review article is an overview of the effectiveness of internet-based cognitive behavioral therapy (ICBT) in the treatment of psychiatric disorders. ICBT's effectiveness has been investigated in treating and managing conditions like depression, generalized anxiety disorder (GAD), panic disorder, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD), adjustment disorder, bipolar disorder, chronic pain, and phobias. ICBT's role in the treatment of medical conditions such as diabetes mellitus with comorbid psychiatric illnesses was also explored. Furthermore, this study elaborates on its cost-effectiveness and its impact in rural areas. We conducted a thorough literature search using PubMed and Google Scholar with no restrictions on the date. ICBT's role in treating and controlling psychiatric illnesses has been established in the literature. From the data compiled, we conclude that ICBT is useful in treating mental health and medical illnesses with psychiatric comorbidities. It has also been found to be cost-effective for patients and society. ICBT is a potential tool emerging with modern day technological advancements and is useful in rural and urban settings, across various languages and cultures, and on a global scale. Larger randomized control trials on its use in clinical practice and in reaching rural populations are bound to shed more light on the effectiveness of this tool along with spreading awareness among physician and patient communities.

Categories: Psychiatry, Healthcare Technology
Keywords: internet, web-based interventions, mobile-based psychotherapy, cognitive behavioral therapy, e-mental health, depression, self help