

Dyadic Internet-Based Psychosocial Interventions: A Scoping Review

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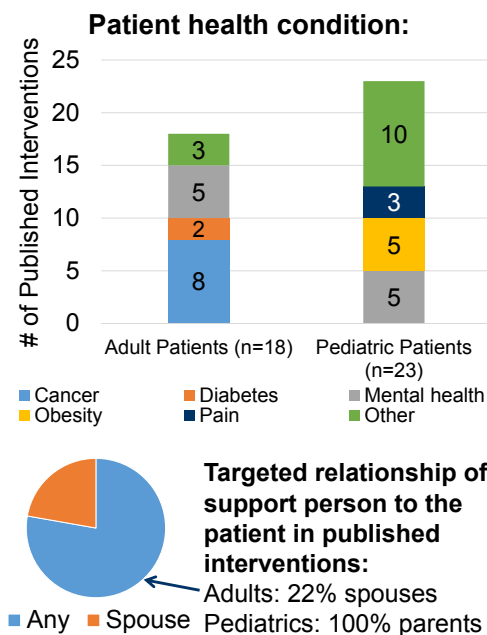
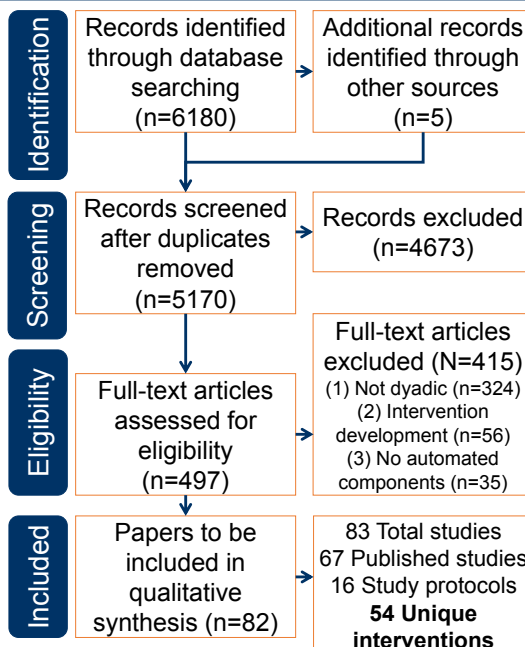
Background & Objectives

- Patients' physical and mental health conditions **also affect family members and close friends**, who often help provide care to patients
- Dyadic interventions are **equally effective** as patient-only ones, while also potentially benefitting support persons
- Internet interventions offer a **convenient way to deliver care** to multiple individuals
- Aims of this systematic scoping review are:
 - ✓ What are the **dyadic Internet interventions** that have been studied?
 - ✓ For what **populations** have these interventions been used?
 - ✓ What **outcomes** have been assessed from these interventions?

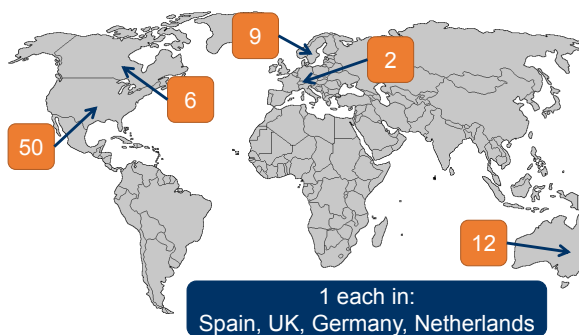
Methods

- A comprehensive literature search was conducted across 5 databases for English-language studies for all available dates through **January 2018**
- Three broad concept categories searched were: **dyads, mobile health, and behavioral medicine**
- Eligibility criteria:
 - ✓ **Population:** Informal dyads in which one individual has an identified mental or physical health condition
 - ✓ **Intervention:** e/mHealth psychosocial intervention (Protocols eligible)
 - ✓ **Comparison:** [no restriction]
 - ✓ **Outcome:** Studies must collect **psychosocial, health, and/or feasibility** metrics

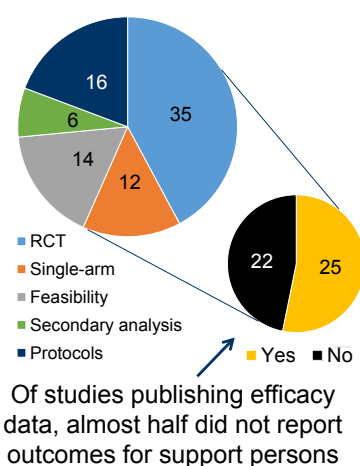
Results



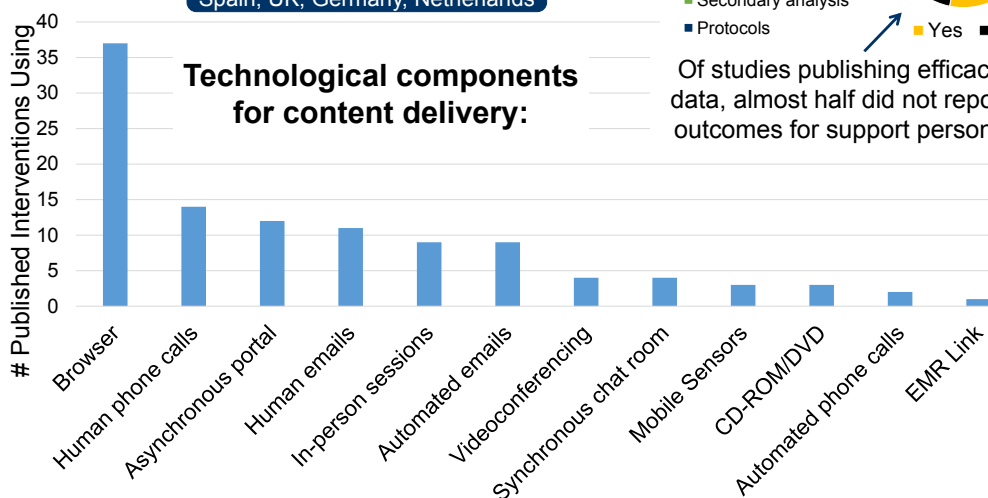
Study locations:



Study designs:



Technological components for content delivery:



Conclusions

- **No** published dyadic Internet interventions have used **mobile apps**; there are 3 pediatric protocols but 0 adult protocols proposing to use mobile apps
- **No** interventions (published or protocol) targeted **geriatric** individuals
- **≥2/3 required therapist contact**, limiting dissemination potential
- Studies frequently **did not report outcomes for support persons**, limiting our knowledge of how these interventions may affect this population

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