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Exploration of active smartphone user's mental health and the opportunities of internet-based therapy approach

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Internet is the latest technology developed for various sectors of life. Ease of access, simplicity, huge data storage, connectivity and the other's conveniences are provided by this technology. One implication of this technological development is implemented through the use of smartphone. This device brings a major change in daily life and human social complexity. Indonesia, as a developing country has the largest smartphone use potential in Asia. However, excessive use raises the new mental health issues for individuals. The intervention of mental health services in Indonesia has not been able to reach all clients, plus the use of internet-based services is unknown and not yet measurable through various researches. This study aims to explore the mental health condition of active users of smartphone in Indonesia and internet-based usage opportunities for its services. This preliminary study consisted of 174 respondents spread throughout across Indonesia with diverse demographics. The data findings were analyzed by using network psychometrics and Rasch analysis. The results showed that in general, some mental health disorder was found on users who actively use smartphone related to social conditions. Opportunities internet use internet technologies to reach individuals with disturbed mental health conditions are significant. Respondents want internet-based services to be done before meeting counselors and psychotherapists personally.

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