

6th International Summit on Mental Disorders and Illness

April 23-24, 2025 | webinar

Volume : 15

How can we use expectancy to enhance the effectiveness of digital interventions aimed at fostering mental well-being

Aleks Wruk

School of Psychology and Neuroscience, University of Glasgow, UK

Background: A significant gap exists in accessing mental well-being services, with 70% of those needing support remaining unaided. Digital interventions have been proposed as a scalable solution to bridge this access gap. However, the digital modality offers a new context to the traditional therapeutic setting, potentially impacting the effectiveness of such interventions. This study investigates the role of expectancy in digital intervention engagement and therapeutic outcomes.

Objective: The aim of this study is to examine the existing expectancy of fostering mental well-being and uncover hypothesis-generating insights for further empirical studies

Methods: A qualitative study employing 60-minute semi-structured interviews was conducted, drawing from a diverse participant pool. The interviews were analyzed using reflexive thematic analysis, informed by Critical Realism, allowing for an in-depth examination of expectancy.

Results: This study identified a focus on the symptoms of ill-being in the conceptualizations of mental well-being, the motivating role of hope and external perspectives in fostering mental well-being, challenges in self-awareness, and the interplay between mental and physical well-being. It also found that previous positive experiences, educational resources, and digital tools play a significant role in fostering a more optimistic expectancy and improving self-awareness.

Conclusions: Findings suggest that modifying expectancy through digital interventions may be critical to their success. The study presents hypothesis-generating insights indicating that interventions tailored to reshape expectancies could enhance therapeutic outcomes.

Biography

Aleksandra Wruk is a PhD student at the University of Glasgow's Social AI CDT. She explores how technology can support mental well-being, focusing on how motivation, beliefs, and expectations affect the way people use mental health apps. Aleksandra holds a BSc in Interactive Media Design from Edinburgh Napier University and has worked as a UX researcher in several tech companies. Her recent work involved developing an AI-based HR tool to improve employee well-being. Her research is inspired by a strong interest in the connection between psychology and technology, especially through the lens of positive psychology.

aleks.wruk@glasgow.ac.uk

Abstract received : Jan 04, 2025 | Abstract accepted : Jan 06, 2025 | Abstract published : 29-04-2025