Integrating digital therapeutics into community mental health services

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The global burden of mental health disorders continues to rise, placing unprecedented strain on community health systems. Digital therapeutics (DTx) present scalable, evidence-based solutions that support self-management and clinical care. This presentation explores implementation frameworks for integrating DTx within community mental health services, with emphasis on low-resource settings. Key barriers including digital literacy, clinician readiness, and infrastructure challenges are examined, alongside evidence from pilot programs demonstrating improved patient engagement and clinical outcomes. Recommendations for policy integration and sustainable scaling are presented.

Biography

Aisha Rahman is a Consultant Psychiatrist and Senior Lecturer at the University of Oxford. Her research focuses on digital mental health interventions and service implementation science. She has published over 50 peer-reviewed articles and collaborates with WHO on digital health policy frameworks.