

Best Practice Guidelines to Inform Selection of E-Mental Health Resources: Supplemental Guide

This supplemental guide uses a sample online mental health resource to provide you with more information on how to apply both the **essential** and **value added criteria** when looking to make a resource recommendation. Examples of each criterion are highlighted and explained, based on the sample resource.

Sample Resource: Mindshift™ CBT - Anxiety Canada www.anxietycanada.com

Interactive: There are different opportunities for the user to interact with the app; through journaling or reading coping cards.

Visually appealing: The app is presented in a creative way to engage the user with the interface.

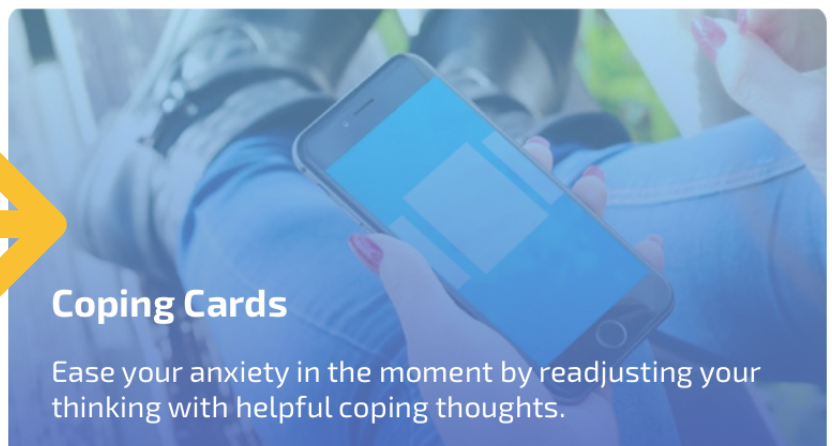


Healthy Thinking



Thought Journal

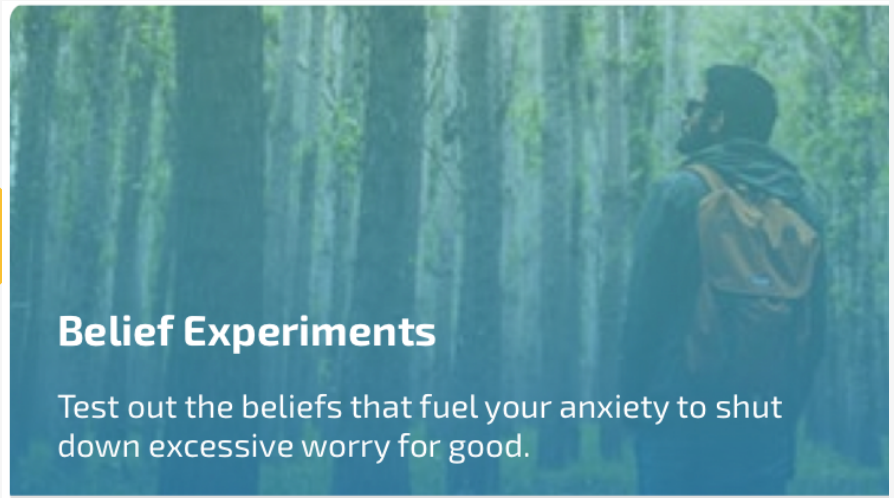
Untwist your anxious thinking to get perspective and become a more balanced thinker.



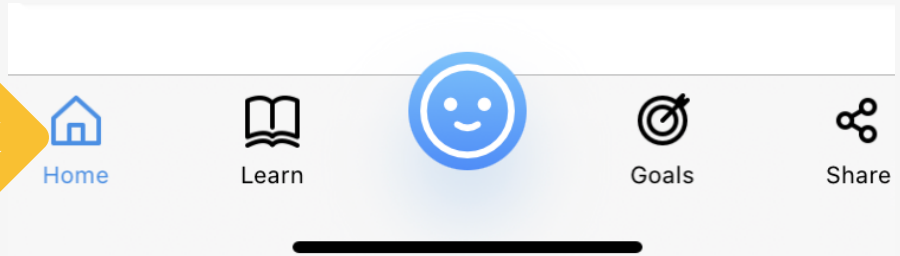
Coping Cards

Ease your anxiety in the moment by readjusting your thinking with helpful coping thoughts.

Inclusiveness: The app includes diverse visuals that don't reinforce stereotypes.



Clear navigation: The structure of the app is clear and is accessible with the navigation bar.



Evidence-based: The developers of the app provide information about the empirical evidence used to create the resource.

1. **MindShift CBT** is based on scientific evidence. The team that translated the knowledge to create the evidence-based app included scientific and clinical experts in the area of anxiety as well as people with lived experience of anxiety and technology professionals. This is a great start but Anxiety Canada is not done yet – research on the app itself is in

General accessibility: This resource is free, making it accessible to all individuals (with a smartphone).



Developmentally appropriate: The information provided is concise and can be understood by adolescents.

← Panic

Intro Signs Tips

People who struggle with panic attacks tend to experience symptoms in the following areas:

Body - what we feel physically and emotionally
Mind - what we think
Behaviours - what we do

Body

- Racing or pounding heart
- Chest discomfort and trouble breathing
- Dizziness or lightheadedness
- Upset stomach or nausea
- Chills or hot flashes, sweating

Safety/Confidentiality: Detailed information about confidentiality and preventing the disclosure of any information outside the app.

← Privacy Policy

1. Information We Collect

We may collect and process the following information about you:

- Personal information including, for example, your name, e-mail address, telephone, location, information about your usage of MindShift and information collected by tracking technologies as further described below that may identify you as an individual or allow online or offline contact with you as an individual.
- Device Information such as operating system version, device type, and system performance information.

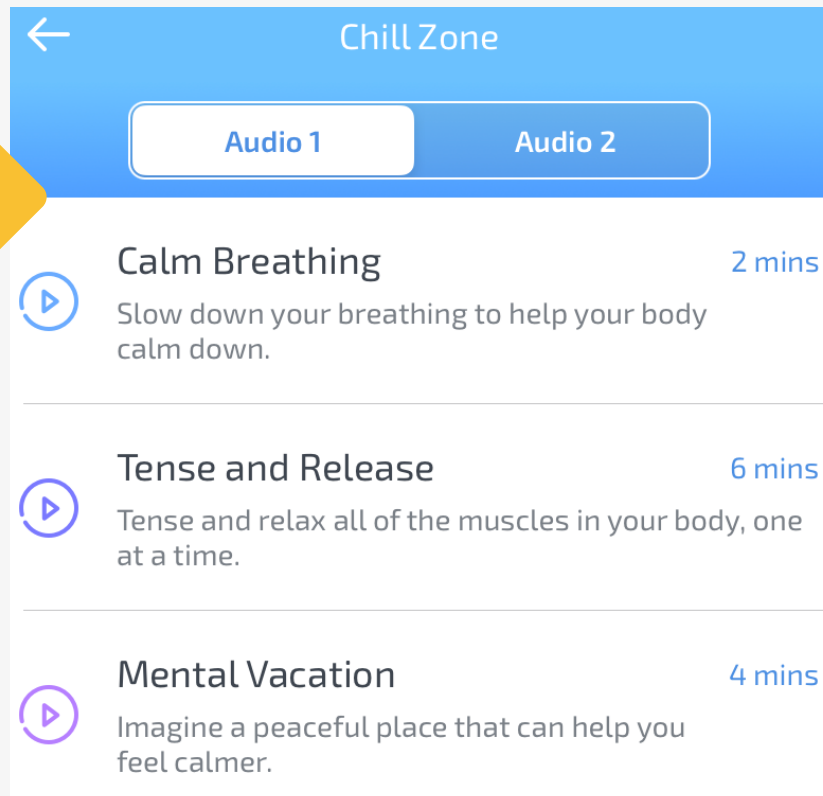
2. Confidentiality and Security

The security of your personal information is important to us. We follow generally accepted standards to protect the personal information you submit to us. We use strict internal procedures and technical security features to try to prevent unauthorized access, use or disclosure of your personal information. If you have any questions about the security of your personal information, you can contact us at mindshift@anxietycanada.com.

Unfortunately, the transmission of information via the Internet is not completely secure. Although we will do our best to protect your personal information, we cannot guarantee the security of your information transmitted to MindShift; any transmission is at your own risk.

Accessibility for diverse learners:

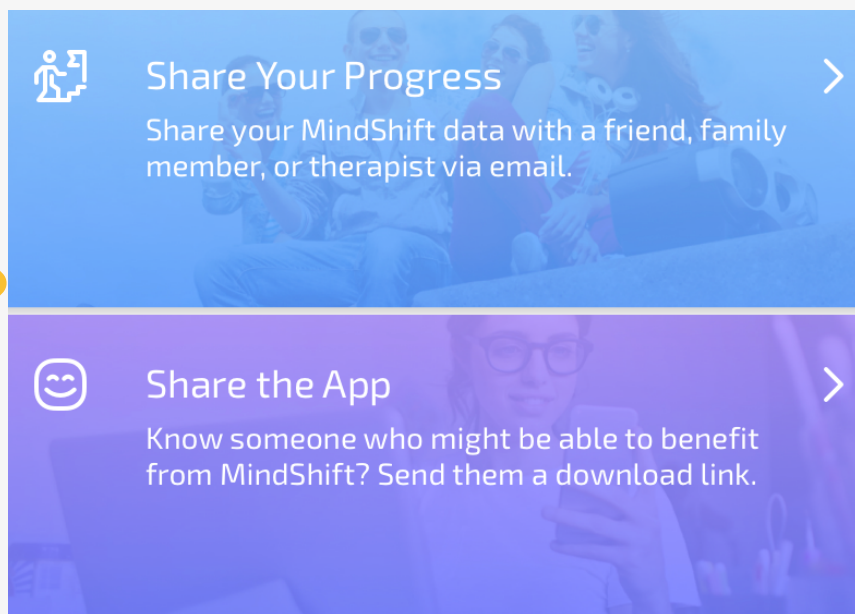
The app provides multi-media options (e.g., audio, visuals, text-based) for users to engage with the information.



ADDITIONAL CRITERIA TO NOTE

Mental health provider follow-up:

The app provides options to share progress with mental health providers.



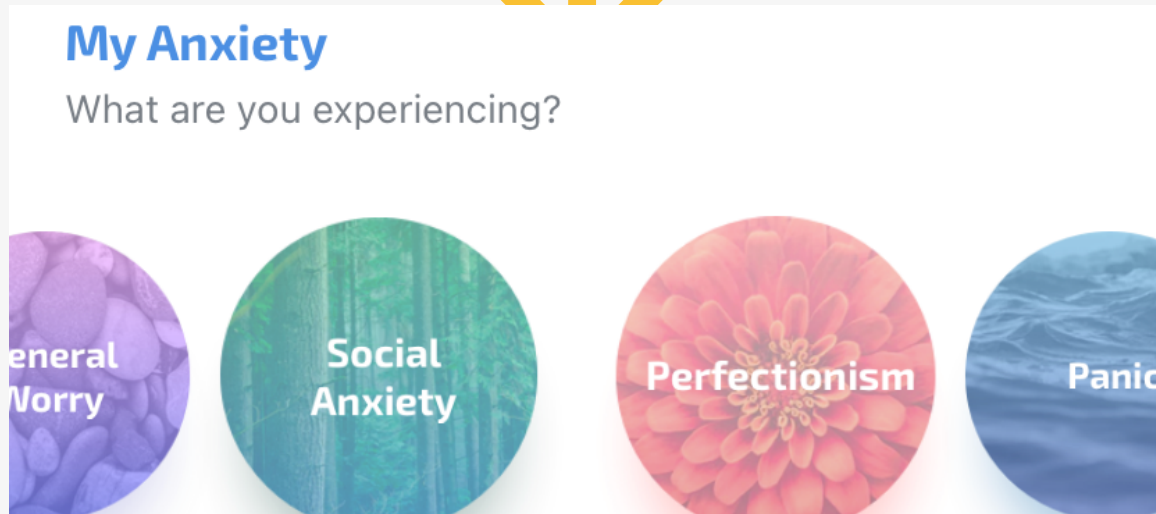
Social interactions:

Opportunities are provided for app-users to connect with their peers.

Share My Story

Sometimes it can feel as if you're the only one struggling with anxiety. That's because even though anxiety is common, it can make you feel isolated, lonely, and unsettled. Opening up to others can help.

Breadth & Depth: Strategies are presented for a variety of mental health difficulties. The information provided is comprehensive.



How are you today, Isabel S?

Use the slider to describe how you're feeling.



I'm feeling ok. **Submit** →

[View Check-In Summary](#)

Personalisation: The resource offers an opportunity to create a personalized profile.



Contact The DAIR Research Team



student.wellness@mcgill.ca



[http://](http://dairheathresearchteam.mcgill.ca)

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