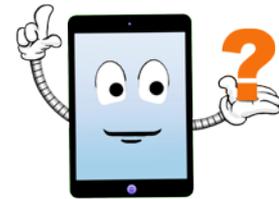


# DigitalMHQ Jargon Buster



We use the term ‘digital interventions’ a lot in this survey.

By ‘interventions’ we mean ways that services might offer support for your mental health, such as, counselling/therapy, medication, assessments.

By ‘digital interventions’ we mean support that is provided using technology such as the Internet, computers, mobile phones/tablets, and text messaging services. They enable people to use them from home and they do not have to visit a clinic or service to get the intervention.

‘Mobile digital interventions’ are those used on phones and other mobile computers, such as tablets and can be used on the move at any location they choose.

Other terms that you may be unfamiliar with are listed in alphabetical order below.

## Apps

Abbreviation of ‘application’, apps are programmes that run on mobile computers (smartphones, tablets). Apps have many uses e.g. calendars, weather, games, social media.

## Behavioural activation

A type of talking-based therapy for depression.

## Chatbots

A chatbot is a computer programme that conducts a conversation (with either voice or text) that intends to be as much like talking with another person as possible.

## Cognitive Behavioural Therapy

A type of talking-based therapy for depression, anxiety and other mental health problems. Often referred to as CBT.

## Cognitive

When a person’s memory and thinking skills are not working as well as usual.

impairment

Digital literacy

Being able to use digital technology, communication tools or the Internet to find, evaluate, use and create information.

Digital monitoring

Using technology to monitor signs and symptoms.

Digital technologies

Digital technologies are electronic tools and equipment that create, store or process information. Examples includes computers, smartphones, tablets, applications and software and the Internet.

Forensic

Forensic mental health services are provided for (a) individuals with a mental disorder (including neurodevelopmental disorders) who (b) pose, or have posed, risks to others and (c) where that risk is usually related to their mental disorder.

Machine learning/  
Artificial  
intelligence

Computer systems that can learn from and make decisions and predictions based on information. Machine learning enables computers to act and make information-driven decisions rather than being explicitly programmed to carry out a certain task.

Monitoring apps

These are apps where the main function is to monitor some activity or behaviour, for example, apps on smartphones that record the physical activity of their owner.

Non-digital  
services

Services that are delivered in ways that do not use digital equipment, for example, face to face or over the telephone.

Online forums

A group of people that use the Internet to hold conversations with each other. The conversation are in the form of typed messages which are collected together under particular topics. The messages stay in the Internet, so people do not all have to be in the conversation at the same time.

Passive monitoring

This type of monitoring happens automatically, without the person having to do anything, for example, an app on a phone that automatically monitors how many steps have been taken each day by the phone owner.

Robots

A robot is a machine, usually programmable by a computer, capable of carrying out a complex series of actions automatically.

Sensors

Equipment that detects events or changes in its environment and sends the information to other

equipment, usually a computer.

## Stigma

Stigma is a sign of disgrace or discredit, which sets a person apart from others. It can often lead to various forms of exclusion or discrimination – either within social circles or within the workplace.

## Videoconferencing

This is like a telephone call, but with images as well as sound. It can only be used on equipment with a screen, like a computer, tablet or smartphone.

## Virtual assistants or 'buddies'

A virtual assistant is software on a computer or other equipment that can perform tasks or services for an individual. They usually use 'chatbot' methods to communicate with peoples. Examples of virtual assistants are Apple's Siri and Google's Alexa.

## Virtual reality

Virtual reality is an artificial environment that is created with computers to generate realistic images, sounds and other sensations that simulate a person's physical presence in this imaginary environment.

## Wearables

This is the term for electronic equipment that can be worn on the body, either as an accessory (e.g. like a watch) or as part of clothing. The most popular wearables are activity trackers e.g. Fitbit. Wearables can connect to the Internet to send and receive information.