

## **Hareli - Clinical Psychology**

**Abstract:** Youth mental health problems are on the rise, however rates of treatment are low among this population. Mobile technology-delivered interventions (mTDIs), specifically mobile applications for mental health (MHapps), are a promising avenue for delivering mental health treatment by circumventing many barriers to treatment access. The app market is flooded with non-evidence-based MHapps and few have actually undergone scientific testing to evaluate their clinical efficacy and effectiveness in improving mental health challenges. Of the MHapps that have been tested, results are mixed, though this may be a product of study methodology. The meta-analytic literature on mTDIs for youth is emerging, and so far, broadly shows that mTDIs generally produce positive outcomes for a variety of youth's clinical presentations. Another challenge posed within this field is that MHapp adherence and engagement are low among this youth population, likely due to the lack of professional guidance and accountability with most app use. The literature has found some promising benefits of supportive accountability (SA) in enhancing outcomes for traditional face-to-face interventions, though the effects of SA and other support features that are integrated into mTDIs on psychological outcomes are inconclusive. Lastly, recent literature suggests that various individual-level characteristics may moderate the effects of mTDIs. Therefore, the goal of this dissertation project is to comprehensively examine the effects of support features in mTDIs in enhancing youth's psychological outcomes and to identify for which types of youth these will be most effective. This meta-analysis will involve numerous steps, including systematically searching for research studies, selecting studies to be included, coding studies for specific content, and analyzing data including effect sizes.

**Undergraduate Work:** As part of this project, the undergraduate mentee will be trained on various components of how to conduct a meta-analysis, including searching and screening articles to be included as well as preliminary coding of study data. Specifically, the undergraduate will start with a short period of reviewing a bibliography of key literature that I have selected, including meta-analytic literature on mTDIs and supportive accountability. Next, to complete the database searching component, I will train the undergraduate on the inclusion and exclusion criteria for the meta-analysis so that they can correctly identify relevant articles to include in the meta-analysis. The undergraduate will be searching for these articles in specific databases and websites of journals and conferences. Lastly, I will train the undergraduate on how to code various outcome variables for the selected articles.