A Global E-psychology guide

A.S.DRIGAS, L.G.KOUKIANAKIS, J.G.GLENTZES

Abstract: The usage of ICTs’ which are considered as a new alternative for teaching/learning processes, assessment, counselling, intervention, personal, emotional, vocational training etc, and which are focused on psychological-related problems creates what is known as E-psychology. E-psychology offers access to large end user communities and is appropriate for large screening of population, offering access via a more personalized and adaptive way to single end user-supported person. On this article we present an e-course platform and e-guide, related with e-psychology services. The present e-course provides integrated and structured information content, organized in three broad categories. The first one is concerning published scientific papers which analyze and present the current offered e-psychology services (diagnosis, assessment, therapy, counseling and intervention) via exploitation of ICTs’. The second one respectively, presents a set of Internet resources concerning e-psychology and its services in a general level. Particularly, in this category the included information is focused on the history of e-psychology, the e-communities available and the academic institutions offering either online courses or conventional studies. Furthermore, related journals and useful internet links which offer services such as e-psychological tests, e-therapy and e-counseling are presented. The third of the three categories has to do with the material about e-psychology and mental health like: general information, magazines, academic/non-academic institutions and software.
“A Global E-psychology Guide”

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Net Media Lab Activities

- Is involved in the development of the academic and research network of Greece since 1985
- E-services such as e-learning, e-culture, e-commerce, e-business, e-procurement, e-testing, e-government, e-health and e-psychology
- Has been running more than 30 Projects in the last 5 Years at National and International Level
- Is active as a counselor for e-services (design, development & running) for various organizations and Ministries of Greece since the early 1990s
The use of ICTs which are considered as a new alternative for teaching/learning processes, assessment, counseling, intervention, personal, emotional, vocational training etc, and which are focused on psychological-related problems creates what is known as e-psychology.

E-psychology offers access to large end user communities and is appropriate for large screening of population, offering access via a more personalized and adaptive way to single end user-supported person.

Today we present an e-course platform and e-guide, related with e-psychology services. The present e-course provides integrated and structured information content, organized into three broad categories.
“A Global E-psychology Guide”

1. Published Scientific Papers which analyze and present the currently offered e-psychology services (diagnosis, assessment, therapy, counseling and intervention) via the exploitation of ICTs

2. A set of Internet resources concerning e-psychology and its services at a general level. In particular, the information that is included is focused on the history of e-psychology, the e-communities available and the academic institutions offering either online courses or conventional studies. Furthermore, related journals and useful Internet links which offer services such as e-psychological tests, e-therapy and e-counseling are presented

3. Material about e-psychology and mental health such as: general information, magazines, academic/non-academic institutions and software
1. E-Psychology and Tele-psychology

For better understudying of what tele-psychology and e-psychology is, we must first say what psychology is: Psychology is the scientific study of the brain and behavior. It is a science and a practice.

As scientists, experimental psychologists conduct research to help understand why people think, feel, and behave the way they do. As clinicians, counselors, or other practitioners, psychologists apply scientific understanding towards helping individuals, institutions, and society to deal with issues relating to human behavior and happiness.

Now tele-psychology and e-psychology is the use of Information and Communications Technologies (ICTs) to enable the practice of diagnostic psychology between geographically separated individuals.
2. The E-course Platform Structure

The environment includes three general services categories, namely,

- Published scientific papers for e-psychology
- Web Resources for e-psychology & Mental Health
3. Description of the Thematic Sections

- Internet
  - Informative Tools - Services
    - Published scientific papers for e-psychology

  **Main Category**
  - Category Fields
    - General Information
    - ICT and Psychology And Mental Health
    - Learning, Teaching Psychology via ICT
    - Diagnosis, Tests, Assessment via ICT
    - Counseling, Consulting, support groups via ICT
    - Therapy, Treatment, Learning, Group Therapy, Self-Help via ICT

  **Category Subfields**
  - 1. Authors
  - 2. Title
  - 3. Journal
  - 4. Pages
  - 5. Year
  - 6. PDF Document

3. Description of the Thematic Sections

Main Category

Informative Tools - Services

Web Resources for e-psychology

Category Fields

1. Web Title
2. Description
3. URL Address

Category Subfields

History & Philosophy of Psychology
Psychological Societies
Universities, Colleges & Departments
Journals of Psychology
Online Degrees & Courses in Psychology
Online Psychology Tests
Online Psychotherapy, Counseling

3. Description of the Thematic Sections

Informative Tools - Services

Internet

Main Category

Web Resources for e-psychology & Mental Health

Category Fields

- General, Libraries, News & Media
- Institutes
- General Organizations-Associations
- Organizations-Associations for Specific Disorders
- Professional Organizations-Associations
- Software (Psychology & Mental Health)

Category Subfields

1. Web Title
2. Description
3. URL Address

4. Conclusions

Advances in computer technology and the Internet will continue to revolutionize patients’ access to information. This study suggests that the Internet shows promise of being an educational and therapeutic tool for supported persons. Finding effective and accessible ways of working with small groups, individuals and their families so that they benefit from the information available is one of the challenges facing the health care team.

Libraries in general are currently enjoying a renaissance of public interest due in large part to the Internet. The advantages of the presented system can be summarized as follows:
4. Conclusions

• It is a new alternative for the teaching-learning processes.
• Access to the Internet is available through home, institutional, or public computers.
• Frequently updating the web page motivates users.
• This is an efficient tool to assess aptitudes, interests, values, and to identify occupational alternatives and collect information on the occupational marketplace.
• It allows offering academic services that support career election and decision.
• Virtual orientation and counseling are provided through chat and e-mail modes.
• The Virtual Psychological Consultation is a preventive, rapid and free alternative service.
• Implementation of Virtual Psychologist Consultation depends on pre-established strategies that guarantee their effectiveness.
• Virtual Psychologist providers require specialized instruction and training.
• The Internet is a tool that could be used to address the massive worldwide impact of behavioral health problems such as smoking.
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