

# E-Psychology: A Platform and Methods

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**Abstract.** Cognitive science is the scientific domain which studies, analyses, simulates and infers for various aspects, functions and procedures of human mentality such as, thinking, logic, language, knowledge, memory, learning, perception and the ability to solve problems. E-psychology is in a close relation with the cognitive science domain, but expands beyond it, as e-psychology is the efficient convergence of Psychology and Information and Communication Technologies (ICTs). E-psychology offers a number of services such as supporting, diagnosis, assessment, therapy, counseling, intervention and tests through an effective exploitation of ICTs. This article presents a user-friendly, flexible and adaptive electronic platform, which supports both synchronous and asynchronous e-psychology activities through the use of informative and communicative tools and services, which can be adapted to support various methods of e-psychology activities. It is important to underline that e-psychology is not an alternative psychology field, but a resource to enhance the conventional psychology process.