Overall summary and relevance to conference theme:
mHealth technologies are developing rapidly in their availability and accessibility, and are being increasingly used for patient symptom monitoring, education, and treatment. The field of digital health apps in particular is growing at breakneck pace, with estimates as high as 30,000 apps aimed towards mental health and wellness. There is an increasing number of mobile mental health apps designed specifically for children and adolescents/young adults (AYA), which may be of practical use in pediatric settings. These include various targets, such as: anxiety management, behavior regulation and self-control, pain management, medication adherence, and development of social and emotional skills. These technologies are especially relevant for children and AYA who are already frequent users of technology and need additional support as they develop their self-management and self-regulation skills. As technology continues to be integrated into almost every aspect of our lives, it is likely that apps will continue to permeate pediatric psychology practice over the next 50 years. As such, clinicians require skills and resources to help parse these apps, identify appropriate and beneficial options for their patients, and to utilize them effectively in their practice.

This workshop will provide clinicians with a general working knowledge of mHealth apps and their potential for use in pediatric settings. Our goals are twofold, to: 1) inform attendees about processes and challenges of publicly-available apps to aid in their ability to be informed consumers, and 2) provide lessons learned and practical advice for incorporating apps into a variety of pediatric practice settings. We will introduce two key competencies in the use of apps in clinical practice: evaluation of evidence base and cultural considerations. First, we will outline processes for assessing the evidence for an app and how to deal with the challenge of “high availability but low evidence base”. Second, we will outline how various developmental and cultural considerations can impact uptake and use of digital health tools, and how clinicians can evaluate whether an app is the right fit for their clients. The workshop will outline some key resources for evaluating digital health apps, such as the evaluation structure proposed by PsyberGuide, a non-profit effort to identify and dissemination information about mobile health apps. This workshop will be a collaborative and interactive effort, with the hope that attendees are active participants, sharing what challenges and barriers they have faced or fear facing when considering using m-health technologies in their practice.

Based on the content of this talk, participants will be able to:
1. Describe the benefits and possible uses of mHealth tools in pediatric populations.
2. Discuss developmental and cultural considerations for optimizing and recommending mHealth interventions.
3. Identify resources created to help identify appropriate mobile apps for a particular patient need and/or population.

**Target Learner Level:** Intermediate

**Registration cap:** None

**Presenters:** Alexandra Psihogios, PhD, Colleen Stiles-Shields, PhD, Martha Neary, MSc

Alexandra Psihogios, PhD, is Co-Chair of the SPP Digital Health SIG and a licensed clinical psychologist at the Children’s Hospital of Philadelphia. She has a K08 award through NCI to develop a just-in-time adaptive mobile intervention for improving adolescent/young adult oral chemotherapy adherence.

Colleen Stiles-Shields, PhD, is Co-Chair of the SPP Digital Health SIG, a licensed clinical psychologist, and Assistant Professor at Rush University Medical Center. She was awarded NIMH funding to explore the design and efficacy of apps for depression and has conducted user-centered design evaluations with various populations.
Martha Neary, MSc, manages PsyberGuide.org, a non-profit mental health app guide, operating at University of California, Irvine. She has an MSc. in Child Development and has conducted numerous research studies on user acceptability of mental health apps.

**COI Statement:** Martha Neary is funded by One Mind, of which PsyberGuide is a project.

**Session Date/Time:** Thursday, March 19th, 12:30pm-3:00pm

The Society of Pediatric Psychology (Division 54 of the American Psychological Association) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Society of Pediatric Psychology maintains responsibility for this program and its contents.