

# Designing Digital Mental Health Interventions and their Integration into Health Care Settings

**Thursday, 4 November**

11am-12pm (AEST) | Zoom Webinar

ZOOM

Efforts to translate evidence-based digital health interventions from research to real-world settings have struggled with sustained consumer engagement and the successful integration of these tools into their targeted systems of care. User-centered design involves collaborating deeply with end-users throughout the process of intervention design and testing to ensure the intervention meets end-users' needs and preferences, which can in turn increase uptake and engagement. This presentation will describe the user-centered design process and several design methods to inform ways to increase engagement in intervention design and delivery, drawing on examples from applying these methods to a mobile intervention for binge eating and weight management.



**A/Prof Andrea Graham,**

PhD is Assistant Professor in the Center for Behavioral Intervention Technologies in the Feinberg School of Medicine at Northwestern University, with an affiliation in the Center for Human-Computer Interaction + Design. based interventions for mental and behavioral health problems.



**Dr Annie Lau,**

Dr Annie Lau (BE, PhD) is a Senior Research Fellow at the Centre for Health Informatics (CHI) within the Australian Institute of Health Innovation at Macquarie University