Title: Assessing safety and quality in mental health apps: The App Checker tool

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Mental health apps hold great potential in supporting patients with self-management and providing clinicians with tools to monitor mental health outcomes. Surveys of patient and clinician uptake of mental apps in the Mental Health Services in the Region of Southern Denmark have demonstrated that both patients and clinicians are using mental health apps and are positive about using apps. Survey data also demonstrates that both patients and clinicians lack guidance in selecting apps and that lack of trust in available apps seriously hinders the adoption of apps. In response to this challenge Centre for Telepsychiatry has developed The App Checker – a tool for assessing the safety and quality of commercially available mental health apps. The App Checker consists of three steps: 1. App information 2. Assessment of security and privacy. 3. Assessment of quality. The security section of the tool is divided into 3 subcategories depending on the sensitivity of the data that the app collects: Risk assessment; assessment of data security and privacy, and an assessment for CE marking. The quality section contains 12-items divided into 4 subscales: transparency, effectiveness, reliability, and usability. The tool calculates the app quality mean score. Users are advised only to download and use apps with a quality mean score of 1.5-3.0. The App Checker tool is available through the website Mindapps.dk. Mindapps.dk is an online mental health app guide that aims to help people navigate the mental health app marketplace by signposting the few good apps and by providing information about how to use apps in collaboration between patients and clinicians.

The workshop presentation will answer the following questions:

- What are the challenges and opportunities of using apps for mental health?
- How do we assess the security and quality of mental health apps in a largely unregulated mHealth market?
- What can be done to support patients and clinicians in choosing the right mental health app and educate app developers in designing better mental health apps?