

Quiz Questions: **Beyond Reimagination: Improving your mental health outcomes by understanding what big tech is doing well (and wrong) with mental health apps**

1. Which of the following is a level of care that mental health apps provide?
 - a. Medication
 - b. Psychoeducation
 - c. Therapy
 - d. All of the above

2. For text-based therapies, which of the following do clients report as a benefit?
 - a. Being able to take their time to organize their thoughts
 - b. The ability to use memes and emojis to express themselves
 - c. Therapists can respond at all hours of the day
 - d. Decreased friction with therapists

3. Which of the following is NOT a factor of McDonaldization of therapy?
 - a. Quantifiable
 - b. Efficiency
 - c. Common Factors
 - d. Standardized

4. Which of the following are reasons why people are leaving traditional therapy for app-based therapy?
 - a. Expensive
 - b. Ineffective
 - c. Time consuming to get to and from therapy
 - d. All of the above

5. Which of the following legal and ethical considerations do therapists need to consider when incorporating app-based principles into their practice?
 - a. HIPAA
 - b. Jurisdiction
 - c. Scope of practice
 - d. All of the above

6. What is the biggest factor in the digital therapeutic alliance?
 - a. Client's belief that the therapy can work
 - b. Therapist's belief that the therapy can work
 - c. The same factors in traditional face-to-face therapy
 - d. Quality of internet connection

7. Which of the following diagnoses do therapy apps perform comparably to in person therapists?
 - a. Anxiety
 - b. Depression
 - c. Eating disorders
 - d. All of the above

8. What is a friction point that therapists can consider changing to make therapy more accessible?
 - a. Becoming a coach for out-of-state clients
 - b. Giving discounts to regular clients
 - c. Offering Same day appointments
 - d. Offering later hours

9. Therapy apps are held to HIPAA standards
 - a. True
 - b. False

10. The typical therapy app consumer is demographically very different from in person therapy clients
 - a. True
 - b. False