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Behavior Interventions13 Evaluating Mechanisms of Behavior Change to Inform and Evaluate Technology-Based Interventions; 14 Economics Analysis of Technology-Based Behavioral Healthcare Systems; Section IV Effective Dissemination and Implementation; 15 Models for Effective Dissemination and Implementation of Technology-Based Therapeutic Approaches to Behavioral Healthcare; 16 Privacy, Security, and Regulatory Considerations as Related to Behavioral Health Information Technology
17 Harnessing mHealth in Low-Resource Settings to Overcome Health System Constraints and Achieve Universal Access to Healthcare18 Open Architecture and Standards in Mobile Health; Section V Public Health and Policy Implications; 19 Using Technology to Integrate Behavioral Health into Primary Care; 20 The Potential of Technology Solutions for Behavioral Healthcare Disparities; 21 Behavioral Health Information Technology Adoption in the Context of a Changing Healthcare Landscape; 22 Envisioning the Future: Transformation of Healthcare Systems via Technology; Index

Sommario/riassunto

In recent years, there has been an explosion of research focused on using technology in health care, including web- and mobile- health assessment and intervention tools, as well as smartphone sensors and smart environments for monitoring and promoting health behavior. This work has shown that technology-based therapeutic tools offer considerable promise for monitoring and responding to individuals' health behavior in real-time. They may also function as important "clinician-extend-ers" or stand-alone tools, may be cost-effective and may offer countless opportunities for tailoring behavioral
