What are the differences between eCoaching and regular treatment.

The main difference between treatment with treatment with an eCoach and regular treatment is exactly that, the eCoach. The fact that part of the treatment is no longer in hands of the therapist and now executed by a program. This one difference affects a multitude of other factors. Take for example the fact that treatment can be done partially at home, through a computer. Or that the therapist can handle more patients simultaneously. The cost of the treatment will be altered, the eCoach can give constant feedback to the patient and the barrier for the decision of a potential patient to undergo treatment will be weakened. The American Psychological Association report of 2007 describes three primary barriers to military mental health treatment: availability, acceptability and accessibility. More specifically: The military culture needs to be modified such that mental health services are more accepted and less stigmatized.[[1]](#footnote-1), [[2]](#footnote-2)

Rather than changing the military culture, another approach is lowering the threshold to the therapy itself. With eCoaching, people can take treatment to a certain extend without even having to leave their house.

The following segments will discuss what differences between eCoaching and regular treatment have positive effects and negative effects to the treatment and the process around it.

Travel time

Cost

Computer skills

Oversaturation

Planning

Feedback

Threshold

1. American Psychological Association Presidential Task Force on Military Deployment Services for Youth, Families and Service Members (2007). The Psychological Needs of U.S. Military Service Members and Their Families: A Preliminary Report. Retrieved April 18, 2007, from

   <http://www.apa.org/releases/MilitaryDeploymentTaskForceReport.pdf>. [↑](#footnote-ref-1)
2. A. Rizzo, K. Sagae, E. Forbell, J. Kim, B. Lange, J.G. Buckwalter, J. Williams, T.D. Parsons, P. Kenny, David Traum, “SimCoach: An Intelligent Virtual Human System for Providing Healthcare Information and Support”, Institute for Creative Technologies, University of Southern California

   Playa Vista, CA, 2011 [↑](#footnote-ref-2)