

ABSTRACT

Online therapy has increasingly been utilized during the pandemic by many, including working populations. However, few qualitative studies have explored how online therapy is experienced in practice and discussed its implications for those working clients. Thematic analysis of the transcripts identified three themes: (i) ‘Positive experiences and solutions of depression online therapy’, (ii) ‘Challenges experienced by therapists and clients in online therapy’, and (iii) ‘Preparation and counselling for a user easily get a solution all level of depressions’. Online therapy was assessed as being helpful, particularly in terms of mitigating against previous geographical and temporal barriers to uptake. However, due to technological disruptions and potential blurring of professional boundaries, online therapy may detract from the emotional salience of therapy, negatively impacting the therapeutic relationship and containment. Considering these positive experiences, participants expected that the demand for online therapy would continue to increase. Particularly in the occupational context, online therapy can offer interventions without fostering shame regarding mental health and also consult with any other problems also. The findings provide preliminary qualitative evidence that online therapy can be a useful adjunct to traditional forms of face-to-face therapy. However, therapists require more explicit training in implementing online therapy. Results are discussed in particular regarding the utility of this therapy for working clients.

System Modules

Admin:

- Login
- Approve Therapist
- View User Details
- View therapist details

User

- Register
- Login
- View depression solution
- Search therapist
 - Locality, Pin code, etc.
- View therapist
- specialized counseling option: Individual Counseling, Couple Counseling, Elder Care
- Area of Expertise: Anxiety, Depression, Relationship, Stress, Addiction:
- Provide Feedback: Users can share their feedback on the therapy sessions.
- View Feedback: Users can view feedback provided by other users
- Post Problem
 - Make payment (dummy payment method)
- View solution
- My profile
- Logout

Therapist

- Register
- Login
- Post-depression solution
- Update/Delete depression
- View Problem from user
 - Post solution
- My profile
- Logout

