

The Application of Digital Health to the Treatment of Substance Use Disorders: State of the Science and Clinical Practice

LISA A. MARSCH¹

¹*Center for Technology and Behavioral Health, Dartmouth College, Lebanon, New Hampshire, USA*

Presenter's email: lisa.a.marsch@dartmouth.edu

Introduction / Issues: Digital health refers to the use of digital technologies (e.g., mobile devices) to better measure and understand health behaviour and provide clinical interventions to individuals in their daily lives. Digital therapeutics – software used to prevent, treat, or manage a medical disorder or disease - are redefining the future of healthcare. Digital therapeutics package an entire model of care – that can be delivered with fidelity and in accordance with best practices – into a unified, seamless digital delivery system.

Method / Approach: This keynote presentation will provide an overview of the state of the science and the clinical application of digital health in the treatment of substance use disorders. It will also review the growing array of paths for deploying clinically-validated digital therapeutics to patients that have emerged in recent years. The presentation will additionally review the growing body of research examining how digital biomarkers from data obtained on digital devices may inform the delivery of in-the-moment personalised therapeutic support.

Key Findings: Digital therapeutics have been shown to markedly improve access to care, quality of care and treatment outcomes, while reducing costs, in the treatment of substance use disorders in a wide array of settings.

Discussions and Conclusions: Digital health has the potential to scale the delivery of science-based, clinically effective substance use disorder treatment at a population-level across the globe.

Disclosure of Interest Statement: *LAM is affiliated with Square 2 Systems and Pear Therapeutics. These relationships are extensively managed by Dartmouth College. This work was supported by grant funding from the US National Institute on Drug Abuse (P30DA029926).*