SMIAdviser
A Clinical Support System for Serious Mental Illness

MYTH vs FACT on Serious Mental Illness

TECHNOLOGY

There are many myths around serious mental illness (SMI) that are not always accurate. Let's take a look at common myths around SMI and technology.

MYTH
Telehealth Is Not Effective For People Who Have SMI

FACT


Several reviews show that telehealth offers the same benefits as in-person care for all mental health conditions. This includes SMI.[1, 2, 3]

The only known contraindication to telehealth is if a patient does not want to participate.

MYTH
People Who Have Schizophrenia Are Paranoid About Telehealth

FACT


Studies on telehealth do not suggest that it causes paranoia or adverse symptoms for individuals who have schizophrenia.[4, 5]

In fact, when it comes to technology, paranoia is not the biggest barrier. They are more concerned about privacy issues.[6]

Other studies show that technology-based interventions may even help reduce symptoms of paranoia.[7]

MYTH
People Who Have SMI Do Not Own Smartphones

FACT


A 2019 survey of the U.S. population shows that 81% already own a smartphone. This is forecast to rise as prices for devices and data continue to fall.[8]

There are several smaller studies on individuals who have SMI. These studies suggest that as many as 70% own smartphones.[9, 10, 11, 12]

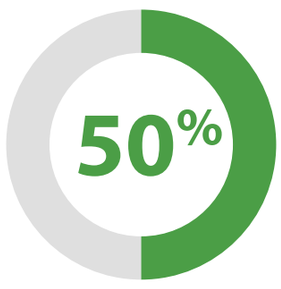
MYTH
People Who Have SMI Cannot Use Smartphones Or Health Apps

FACT

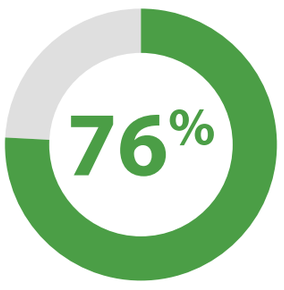

Smartphones are common now since so many things in our world are driven by technology. Like the broader population, some individuals who have SMI are wizards on their phones. Others find it to be more challenging.

Recent studies show that:

- Individuals who have SMI offer peer support to others via smartphones and other technology platforms.[13]



50% of people who have SMI have downloaded apps onto their smartphones.[14]



76% of people who have SMI say they are somewhat or very satisfied with their phone or tablet.[15]

Join our #MissionForBetter at SMIadviser.org.

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SAMHSA Substance Abuse and Mental Health Services Administration