

Environmental, Biological, and Behavioral Markers of Youth Distress

Mobile Technology
for Youth
Mental Health

Brian Chu

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CURRENT RESEARCH

Interdisciplinary, innovative approach in mobile technology can help children and adolescents overcome depression and anxiety

Globally, depression and anxiety are the two leading causes of daily life impairment to school, family, and work amongst non-fatal diseases. Onset and burden peak before the age of 25 years, yet the large minority of those who need mental health services never receive care. This is particularly true for children and adolescents for whom the risk of stigma and lack of access to care present significant barriers. The Mobile Technology for Youth Mental Health Initiative, at Rutgers University, aims to leverage advances in mobile technology and wearable sensors to create a suite of assessment and treatment tools that can be broadly disseminated to consumer markets, to understand, prevent, and treat child and adolescent anxiety and depression. By meeting kids where they are -- tethered to smartphones and digital devices -- researchers at the Initiative hope to help kids learn more about themselves and become their own best coping coach.

An interdisciplinary collaboration between renowned researchers, the Initiative was designed and launched in 2013 when Dr. Yanyong Zhang, Professor of Computer Engineering who was working on mobile phone applications to naturalistically detect how many people were speaking in the proximity of the user's phone, met with Dr. Brian Chu, Professor of Clinical Psychology. As symptoms of depression and anxiety include isolation and withdrawal from activities, Dr. Chu had been working on a phone diary system that aimed to help children assess their own behavioral patterns of isolation and avoidance. These efforts and expertise combined with the knowledge of Dr. Clifford Weisel, Professor of Environmental and Occupational Health Sciences and Dr. Mehdi Javanmard, Professor of Electrical and...

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AFFILIATION



Rutgers University

EDUCATION

- Ph.D. in Clinical Psychology 2002, Temple University

AWARDS

- Klingenstein Third Generation Foundation Young Investigator's Award, 2009

RESEARCH AREAS

Psychology, Life Science, Health IT, Electronics / Sensors

FUNDING REQUEST

Your contributions will support the Mobile Technology for Youth Mental Health Initiative as it transforms how everyday technology is used to improve the health of youth, both locally and globally. Donations will fund the \$2M required to deploy and validate technology for kids experiencing mental health problems, personnel, lab infrastructure, operations, participant recruitment, app programming, and cloud storage. Join in the Initiative's interdisciplinary effort to improve mental health outcomes for children and adolescents.

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