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Abstract

According to the Journal of the American Academy of Child and Adolescent Psychiatry, almost 32% of adolescents will meet criteria for an anxiety disorder by the age of 18[1] and less than 25% will receive appropriate treatment[2]. An emerging solution is behavioral therapy mobile applications that can be easily downloaded and distributed widely[3]. Currently, very few providers endorse consistently recommending these apps, primarily due to a lack of confidence and knowledge in the apps[4]. The objective of this study is to expose primary care providers to a brief educational presentation about apps for patients with anxiety and then measure the changes in their intention to recommend. The presentation content will be based on Technology Acceptance Model Theory[5] which focuses on addressing factors that limit provider usage of technology. The change in intention to use will be determined by distributing the same survey to two groups: one that has been exposed to the presentation, and a control group that has not. Unfortunately, there were no statistically significant differences between the two groups, likely related to the small sample size.