

***BPtK Webinar 29.09.2020: NPCE Member Meeting and Symposium "Mobile health apps in psychotherapy in Europe"***

**The situation in Romania**

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Session 1:

**Guiding Questions and answers**

Do you see psychotherapeutic treatment of mental disorders via digital media as a possibility, for example by video or e-mail? –

Definitely yes, the pandemic has shown that this is possible, even more, after the relaxation of the measures many psychologists are continuing the online work although face to face therapy is permitted.

To what extent and in what relation to personal consultation is this possible, currently, i.e. under the conditions of Corona, and in general? –

Face to face consultation is possible in Romania. It was forbidden during the emergency phase.

Are internet-based programmes (digital health apps) used by psychotherapists in your country, e.g. in the treatment of anxiety disorders, depression or addictions? –

No, we don't have romanian internet based programs for anxiety or depression, or any other mental illness, except the Alcohel App, developed by me and my colleagues from ALIAT, which is for people with moderate problems for alcohol use disorders.

Which quality requirements must digital health apps meet in order to be used in psychotherapy (e.g. with regard to data security or evidence of efficacy)? –

In RO we don't have guidelines for this.

Which professional and ethical standards must be met when using digital health apps (e.g. prior diagnosis in personal contact, therapy monitoring)? –

Also, no, professional standards.

Will these services be remunerated, and, if so, how? -

Health apps are free of charge, Alcohel App is free of charge, was made with a grant from a company.

What are the potential barriers and facilitators of using digital applications? –

Lack of trust, lack of funding.

How prepared are the national Health Care Systems across Europe in accommodating digital interventions a part of the standard first line of care? –

In RO they are not prepared for this.

What European Union should do to facilitate mobile health apps as a tool in treatment? –

Create a working group for this, elaborate guidelines and professional standards, create funding opportunities

## Session 2

What is currently happening in psychotherapeutic care in your country?

- Legal basis for qualification and practice of the profession; plans for reforms of the legal framework?  
In RO, psychotherapy is not yet reglementated as a distinct profession, only as a competence complementary to the basic profession of psychologist, psychiatrist, social worker.
- What is the supply policy?
- What is the professional policy?

Are therapists in your country allowed to prescribe treatments? –

NO. Only psychiatrists.

How has Corona changed psychotherapy? –

It has pushed for the online work, and now is in place this hybrid system online and offline. Also many people have used the opportunity to ask for online psychotherapeutic intervention, since this method is more confidential, people don't need to acces mental health facilities and is less anxiety provoking.

How the global pandemia has accelerated the use of Mobile health apps to tackle mental health problems? –

At least, regarding Alcohelpp App, the number of users didn't increased more.

Are there founded new important professional organisations for psychotherapists in the last years? –

no, not here