EFFECTIVENESS OF REMOTE AND IN-PERSON MENTAL HEALTH CONSULTATIONS

AN UMBRELLA REVIEW

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STUDY AIM

To determine the effectiveness of remote versus in-person consultations across mental health conditions.

METHODOLOGY

Design	Umbrella review
Search	Ran on April 4, 2024, on Embase, Scopus, MEDLINE, CINAHL, PsycINFO, and the Cochrane Library with no language or date restrictions
Population	People with mental health conditions
Intervention	Remote consultations with a mental health specialist
Comparison	In-person consultations
Outcome	Symptom reduction and relapse
Study design	Systematic reviews (with meta-analyses)

RESULTS

Records identified
16,274

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Records screened
6,621

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Articles assessed for eligibility
208

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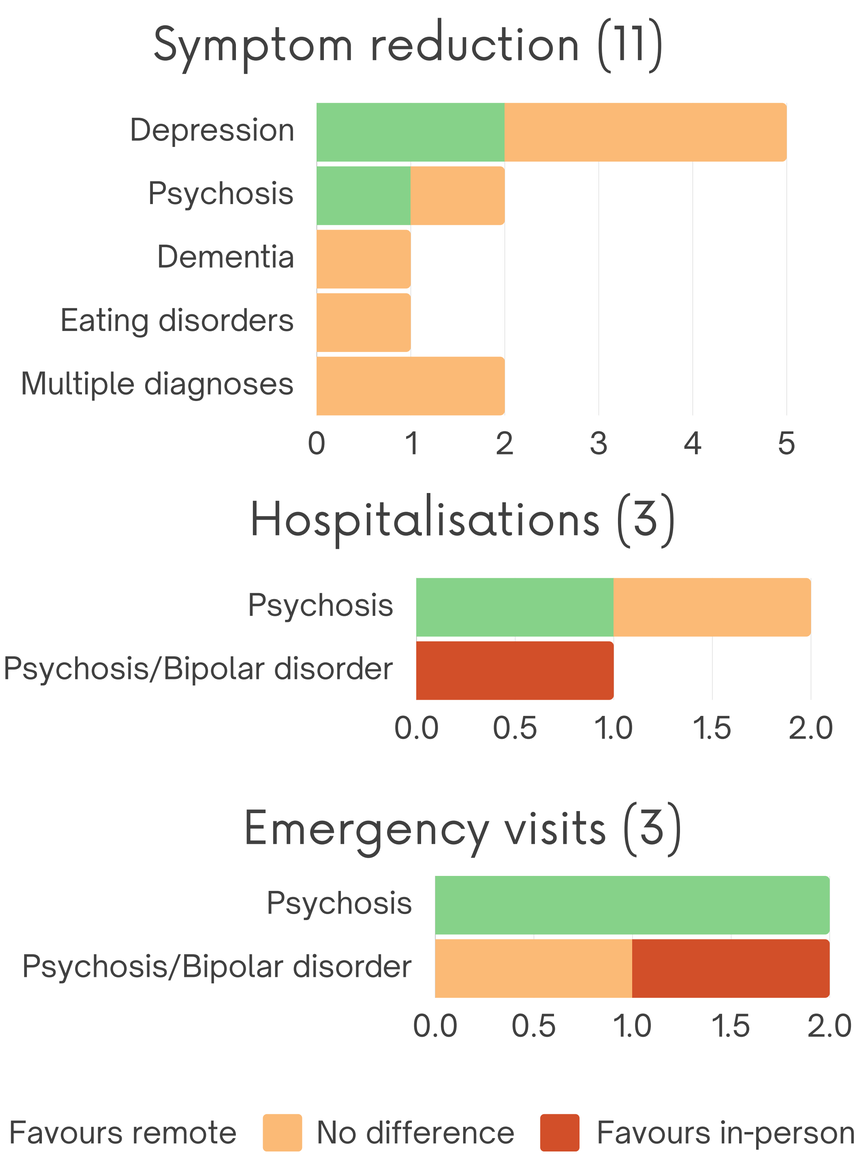
Articles meeting eligibility criteria
13

↓

SRs included in the analysis
8

We included 8 SRs (4 meta-analyses and 4 qualitative syntheses), which included 14 studies.



CONCLUSIONS

For mild conditions, remote consultations appear to deliver outcomes comparable—or sometimes even better—than those of in-person care. However, for complex cases, results were mixed. While some studies showed no significant difference, others leaned toward in-person treatment.

REFERENCES

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