



For Immediate Release

Contact: Abena Foreman-Trice
(434) 243-2734

**INTERNATIONAL LEADERS ON INTERNET BASED THERAPIES TO MEET
AT UVA HEALTH SYSTEM**

*Researchers to Present their Work at the International Society for Research on
Internet Interventions*

CHARLOTTESVILLE, Va. (October 9, 2007) -- People use the internet for entertainment, to form relationships, get advice and make money. Soon they could look to the internet to treat what ails them. It's what a growing number of clinicians and researchers believe, including Lee Ritterband, Ph.D., associate professor in the Department of Psychiatry and Neurobehavioral Sciences Center at the University of Virginia Health System. He will host other like-minded doctors and researchers for the 3rd International Society for Research on Internet Interventions Conference (ISRII). ISRII members and participants will meet at the University of Virginia Health System October 11-12 at the Special Collections Library on UVA grounds.

Researchers from as far away as the Netherlands will discuss the topic: "Beyond Efficacy to National Implementation of Net-Therapy: Public Health Perspectives." There will be interactive sessions featuring therapies such as SHUTi, an internet intervention for insomnia created by Ritterband and "E-Couch for Depression" an internet intervention created by Dr. Helen Christensen of Australian National University. In addition, dozens of internet-based interventions will be presented and reviewed.

"Our research is showing a tremendous level of acceptance and compliance among people who participate in our web-based therapeutic programs," Ritterband said. "They are getting access to treatments they wouldn't have otherwise received and right in the comfort of their own homes."

ISRII is comprised of researchers interested in developing and testing web-based health treatment programs and in exchanging ideas and experiences. This year is the first time the group has met in the United States. Past meetings were held in Stockholm, Sweden. Web-based interventions explored by the group are in areas such as cognitive behavioral therapy, clinical psychology, psychiatry and general health.

Members of the media are invited to attend the exhibit and can arrange to talk with key researchers who will be on hand at the conference. For more information, please call Abena Foreman-Trice in the Public Relations Office at 434-243-2734.

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http://www.healthsystem.virginia.edu/internet/news/archives07/internet_therapy.cfm