Contents

Editorial
97 Digital technology: coming of age?
L Marzano, C Hollis, A Cipriani, G S Malhi

Perspective
98 Developing digital interventions for people living with serious mental illness: perspectives from three mHealth studies
B Biagianti, D Hidalgo-Mazzei, N Meyer

Clinical reviews
102 The promise of digital mood tracking technologies: are we heading on the right track?
G S Malhi, A Hamilton, G Morris, Z Mannie, P Das, T Outhred

107 Digital mental health and intellectual disabilities: state of the evidence and future directions
R Sheehan, A Hassiotis

Original articles
112 Proportionate methods for evaluating a simple digital mental health tool
E B Davies, M P Craven, J L Martin, L Simons

118 A qualitative study of a blended therapy using problem solving therapy with a customised smartphone app in men who present to hospital with intentional self-harm
C Mackie, N Dunn, S MacLean, V Testa, M Heisel, S Hatcher

123 Adjunctive avatar therapy for mentalization-based treatment of borderline personality disorder: a mixed-methods feasibility study
C J Falconer, P Cutting, E B Davies, C Hollis, P Stallard, P Moran

November 2017 Volume 20 Issue 4

128 Acceptability of the Fitbit in behavioural activation therapy for depression: a qualitative study

133 Users’ experiences of an online intervention for bipolar disorder: important lessons for design and evaluation
A L Dodd, S Mallinson, M Griffiths, R Morriss, S H Jones, F Lobban

140 Problem-based, peer-to-peer global mental health e-learning between the UK and Somaliland: a pilot study
R Murphy, E Clissold, R C Keynejad

Electronic pages

Original articles
e19 Injury talk: spontaneous parent–child conversations in the aftermath of a potentially traumatic event
E Alisic, S Gunaratnam, A Barrett, R Conroy, H Jowett, S Bressan, F E Babi, R McClure, V Anderson, M R Mehl

e20 Effective? Engaging? Secure? Applying the ORCHA-24 framework to evaluate apps for chronic insomnia disorder
S Leigh, J Ouyang, C Minnagh
Updated information and services can be found at:
http://ebmh.bmj.com/content/20/4

These include:

**Email alerting service**
Receive free email alerts when new articles cite this article. Sign up in the box at the top right corner of the online article.

Notes

To request permissions go to:
http://group.bmj.com/group/rights-licensing/permissions

To order reprints go to:
http://journals.bmj.com/cgi/reprintform

To subscribe to BMJ go to:
http://group.bmj.com/subscribe/