

Reintegrating Psychological Innovations to Improve Mental and Psychological Health in Children with Autism

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Abstract

The great majority of the available treatment choices for mental health problems were restricted to tried-and-true techniques such as psychotherapy and medication. Because of the developments that have been made possible by digital technology, professionals in the field of mental health are now able to design new therapies that are not only more successful but also more easily available to a wider audience. The Ministry of Health has developed an all-new telemedicine platform in order to increase the level of contact that may take place between mental health specialists and their patients, particularly when the patients are situated in remote areas. In addition to this, it has provided financial support for the creation of digital services which aim to increase both awareness and assistance in the fight against the epidemic. The Ministry of Health is the department in charge of the Mental Health Innovation Program in the Kingdom of Saudi Arabia.

Keywords: Reintegration • Psychological Innovation • Mental Health

Introduction

There has been a discernible rise in the quantity of research and development that has been carried out in the field of psychological innovation for the purpose of improving mental health over the course of the last few years. This is a topic that is developing quite fast. The advancement of psychology is assisting in the development of more practical solutions for individuals and communities who are struggling with issues relating to their mental health [1]. These improvements include unique approaches to treating anxiety and depression, as well as advancements in Cognitive Behavioral Therapy (CBT), which is one of these innovations.

One of the most recent and fascinating advancements in the study and practice of psychology is the use of virtual reality (VR) technology to the therapeutic management of various diseases affecting mental health. It has been shown that the use of Virtual Reality (VR) therapy is beneficial in the treatment of a broad variety of mental health issues, such as phobias, anxiety, and Post-Traumatic Stress Disorder (PTSD). If therapists use the strategy of immersing patients in virtual environments, it is possible for them to assist patients in confronting and working through their fears and anxieties in an environment that is both safe and under their control. This is made possible by the fact that this strategy utilizes virtual environments.

Other recent developments in the field of psychology include the introduction of online mental health services. These services enable people to have access to information and assistance while still enabling them to stay in the comfort of their own homes. Instructional materials, support

groups, and online chat or video-chat sessions with mental health care professionals are often included in these types of programs [2]. In addition, there are programs designed specifically for mobile devices that are able to provide their users assistance and recommendations in the field of mental health.

Together with a greater understanding and acceptance of the challenges that are involved with mental health, there has been a concomitant rise in the need for advancements in the field of psychology [3]. This is directly contributing to the ever-increasing scope of research and development efforts directed toward the creation of innovative medicines and methods. It is projected that in the years to come, psychological innovation for the improvement of mental health will become an ever more important component of the area of healthcare [4].

On the other hand, psychological innovation for mental health is not performing very well for a number of different reasons. To begin, many breakthroughs in the area of mental health do not go through enough testing or assessment before being made accessible to the general population. This may lead to outcomes that are either pointless or even detrimental, depending on the severity of the situation [5]. Second, the individuals who are in the most desperate need of mental health care are often unable to get it because they do not have enough insurance coverage, are unable to pay it, or encounter other barriers that society erects in their path. Third, it's conceivable that professionals working in the area of mental health don't have the training or access to the tools they need to properly accept and evaluate new advancements in their industry. Last but not least, mental health services may sometimes be stigmatized, which can lead to a lack of support and an inability to appreciate the need of seeking mental health care. This is not to say that mental health services are always stigmatized, however.

Saudi case

It is possible that the use of technology in the treatment of mental health disorders will be of considerable help. It is feasible that it will help enhance access to mental health treatment, provide therapies that are more tailored and suited to the individual, and even make it possible to monitor the state of patients remotely. In addition, technology has the ability to play a role in the removal of stigma, the advancement of mental health awareness, and the development of new opportunities for self-care and support [6].

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In addition to this, technology may be used to facilitate communication between medical professionals, patients, and caregivers, and it may also be utilized to provide access to resources for self-help and support. The use of technology into the process of treating mental health disorders may be of great assistance in a variety of respects.

Saudi Arabia has implemented a number of initiatives to support mental health through technology. The Kingdom has established several mental health apps to help people access resources such as counseling, mental health information, and support services [7]. The Ministry of Health has also launched a website providing comprehensive mental health information and guidance. Other initiatives include the development of an online platform for mental health professionals to connect with patients, and a social media platform to support mental health awareness and advocacy. Additionally, Saudi Arabia has collaborated with international organizations to develop telemedicine and teletherapy services for mental health [8]. These initiatives are helping to increase access to mental health care in Saudi Arabia.

Saudi Arabia has made significant strides in utilizing technology to improve mental health. In recent years, the Saudi Ministry of Health has invested heavily in digital mental health services, such as online mental health counselling and therapy, telepsychiatry, and mobile applications designed to monitor mental health. The Saudi government also launched a national mental health awareness campaign in 2018. The campaign has included the dissemination of mental health information through social media, a mental health hotline, and a mental health website [9]. In addition, the Ministry of Health has partnered with organizations such as Google and Microsoft to promote mental health awareness and education. Finally, the Saudi government has implemented several programs to make mental health services more accessible and affordable, such as a nationwide mental health insurance program.

There are several reasons why Saudi Arabia is failing to address mental health issues. Firstly, mental health is still largely stigmatized in Saudi Arabia, and many people are unwilling to seek help or even discuss mental health issues openly [10]. Secondly, there is a lack of adequate mental health services, particularly in rural and poorer areas. Thirdly, the healthcare system is often overwhelmed, so mental health services are not given the priority they deserve. Finally, there is a shortage of qualified mental health professionals, and a lack of education and awareness about mental health among the general public.

Addressing the disintegration

It is likely that increasing awareness of the potential benefits of technology in the treatment of mental health might be the most effective strategy to bridging the barrier between invention and its implementation. One example of this could be the use of virtual reality to treat mental health conditions. This is achieved through the following: It is important to educate mental health professionals, patients, and the general public on the potential benefits that technology may offer to the treatment of mental diseases. Make some suggestions on how technology may be used to improve the treatment of mental health problems, such as the following: Establish standards for the use of technology in the treatment of mental health illnesses, keeping in mind considerations about ethical issues, patient safety, and patient privacy. Expand access to forms of treatment for mental illness that are based on technology: Increasing access to these kinds of therapies may be accomplished in a number of different ways, including extending insurance coverage for technology-based mental health treatments, providing financial help, and conducting public awareness campaigns. Investing part of your money on research and development is a wise decision [11]. Make investments in research and development to create cutting-edge treatments for mental health that are based on technological advancements, as well as to improve the effectiveness of existing medicines [12]. It is important to encourage collaboration between professionals working in the field of mental health and experts in technology in order to guarantee that technology-based mental health therapies are successful, safe, and accessible to patients. One way to encourage collaboration between these two groups is to say: it is important to encourage collaboration between professionals

working in the field of mental health and experts in technology.

It is essential to promote awareness of mental health problems in Saudi Arabia in order to minimize the stigma that is associated with mental illness and to encourage people to seek treatment for their disorders. Campaigns aimed at educating the general public, efforts made in the media, and projects that reach out to the community are some possible ways to achieve this goal [13]. It is vital to strive on enhancing access to mental health services in order to ensure that people in Saudi Arabia may obtain the treatment that is suitable for them [14]. This can only be accomplished by making improvements in the accessibility of mental health services. This may be achieved through increasing the amount of funding that is allocated to mental health services, growing the number of professionals who work in the field of mental health, and extending the amount of training that is made available to professionals who work in the field of mental health.

It's possible that if we encourage healthy lifestyle behaviors like regular exercise, nutritious diet, and enough sleep, we may reduce the risk of people getting mental health issues. These habits include of engaging in regular exercise, consuming nutritious food, and getting enough sleep. It is possible to achieve this objective via the implementation of a variety of different strategies, including but not limited to, activities in the workplace, school-based programs, and public awareness campaigns centered on the topic of public health. By offering social support to people who are coping with mental health issues, one may contribute to the reduction of the stigma that is connected with mental illness and encourage them to seek care. Support groups, psychotherapy provided by peers to peers, or family therapy are all potential avenues for accomplishing this goal [15]. Work to relieve the situations that lead to the development of mental health issues, such as poverty, discrimination, and traumatic events, is one way to reduce the risk of developing mental health problems. Doing so may reduce the likelihood of developing mental health problems. One method in which this may be achieved is by enacting policies that address these difficulties and provide services to persons who are in need of them.

Description of needs

The Saudi government stands to benefit greatly from using even a few of the many technological solutions already on the market for addressing problems related to mental health. A number of different technologies, including telemedicine, internet treatment, virtual reality, mobile applications, wearables, and instruments based on AI, are all a part of the bigger picture. Patients may already get medical treatment from a distance thanks to the advent of telemedicine, and it's feasible that internet therapy and Virtual Reality (VR) could one day deliver therapeutic effects that are comparable to those of telemedicine. Wearable technology may be used to monitor vital signs and identify changes in mental health, while mobile health apps can help patients maintain track of their mental health and access treatments. Wearable technology also allows for the monitoring of vital indicators in addition to this. Last but not least, there are now artificial intelligence-based solutions accessible for real-time diagnosis of mental health concerns and the formulation of individualized treatment regimens [16].

It is imperative that the Saudi Arabian government formulate a comprehensive mental health strategy that addresses all aspects of the problem, such as diagnosis, treatment, rehabilitation, and prevention. It is essential that this plan include efforts to lessen the impact of prejudice, expand people's access to treatment, and educate the general public on problems pertaining to mental health. This policy ought to strive toward those three goals in order to be successful. It is also crucial to have funding for education, research, and mental health care services. It is essential that the policy guarantees that people of all socioeconomic backgrounds have access to mental health services. This is one of the most crucial aspects of the policy [17].

There are many different roads that may be taken to get at the destination of innovation in the field of mental health care. Technologies such as telemedicine, virtual reality, and mobile applications are all examples of tools that may assist those located in remote places in

obtaining the necessary medical treatment [18]. Other examples include the development of new medications and treatments, the implementation of practices supported by evidence, the integration of alternative and traditional medicine, and the employment of innovative approaches to problem-solving. Additionally, cooperation between experts in the field of mental health, academics, and policymakers has the potential to expedite the development and implementation of successful new therapies for mental health problems. In conclusion, the participation of patients and their families in the planning and provision of mental health services is an approach that may enhance the likelihood that treatments will be adapted to meet the specific requirements and preferences of each individual recipient.

There is a vast range of possible approaches that may be taken in order to advance the field of mental health treatment in Saudi Arabia [19]. To get things started, the government should provide funding for awareness campaigns for mental health that have the dual goals of combating stigma and encouraging people to get treatment when they need it. Second, increasing the number of individuals who have their health insurance plans include mental health care, increasing the number of people who are trained to work in the area, and increasing the number of experts who are hired will all help make mental health services more broadly accessible. Third, the government should provide funding for research and development with the goal of improving existing therapies and creating new ones to treat mental health issues. Last but not least, the government need to invest money into innovative technology in order to broaden people's access to mental health care services. The use of telemedicine and therapy over the internet are two examples of such innovations. If Saudi Arabia is successful in attaining these objectives, the Kingdom will make significant progress in enhancing the quality of mental health treatment and advancing innovation.

Reintegrating the innovation

The incorporation of technological advancement into treatment methods that are considered to be more conventional is one of the most important developments in the field of mental health technology that has taken place over the course of the last few years. In the past, the majority of the treatment choices for mental health problems were restricted to tried-and-true treatments such as psychotherapy and medication [20]. In spite of this, the development of digital technology has made it possible for experts in the field of mental health to create new therapies that are not only more effective but also more broadly available.

For example, in recent years there has been an increase in the use of telemedicine, which enables mental health specialists to deliver therapy to patients even when they are not physically present. Patients no longer have to be concerned about leaving the convenience of their homes in order to acquire the necessary medical care since this option is now available to them. In addition, thanks to the advancement of digital technology, professionals in the field of mental health have been able to develop innovative treatments, such as virtual reality therapy, which is at the leading edge of the field. People are able to confront their anxieties and phobias in a safe and managed setting when they undergo this kind of treatment [21].

It is now possible for professionals working in the area of mental health to make use of digital technology in order to develop monitoring and tracking systems for their patients. This has made it possible to conduct more precise assessments of the success of treatments and to provide patients with more individualized forms of care. There has been a lot of advancement made in the treatment of mental health illnesses, and a major reason for that is the reintroduction of technical improvements into mental health care [22]. This has led to a lot of success in the treatment of mental health disorders. Mental health practitioners are now in a position to give greater therapy for their patients than they have ever been able to in the past since contemporary therapeutic approaches are both easily accessible and highly effective.

Over the last several years, one of the most important priorities for public spending in Saudi Arabia has been expanding mental health services and other related projects. It is projected that this pattern will continue over

the country as a whole. As a component of this program, the nation has started to become more open to the use of technological innovation in the area of mental health, with the goals of increasing the number of patients who can get treatment and enhancing the quality of such services. The field of mental health offers a wealth of opportunities for technological innovation, one of which is the use of telemedicine to facilitate distant access to treatment modalities [23]. One further illustration of this would be the formation of online groups that are only devoted to the advancement of mental health. The use of technology in Saudi Arabia as a way to broaden access to mental health care, in particular in more rural places, has been welcomed with excitement. This is particularly the case in regions where there is a shortage of labor that is accessible. For instance, the Ministry of Health has just established a brand new telemedicine platform in order to make it easier for mental health specialists to interact with their patients remotely. People who, in the past, would have been unable to get medical treatment due to financial constraints are now able to do so.

In addition, the government has provided funding for the creation of digital services that aim to both increase awareness of mental health disorders and give aid to those who need it. People may get together on these websites to chat about the challenges they have with their mental health and seek guidance from experts in the area. These websites serve as a meeting place. The use of technology in Saudi Arabia to enhance mental health care is only getting off the ground, but it has the potential to bring about profound changes in the manner in which mental health services are provided across the kingdom. The stigma that is associated with mental health difficulties may be reduced with the help of technological improvements, which may also increase the possibility that those who are in need of treatment for mental health concerns may have access to such services. This is accomplished through increasing the number of treatment options that are available, as well as by improving training and resource availability.

In recent years, Saudi Arabia has made significant progress in reintroducing technical innovation in the area of mental health treatment, and this trend is expected to continue. The Ministry of Health in Saudi Arabia is responsible for initiating the Mental Health Innovation Program (MHIP) in the year 2018. (MOH). One of the most important objectives of this program is to encourage the use of cutting-edge technological strategies for the provision of mental health treatment. The goals of the program are to increase the number of individuals who have access to mental health treatment, to minimize prejudice and stigma, and to enhance the quality of care that is presently accessible.

The formulation of a national mental health plan, the creation of a national mental health registry, and the introduction of a national mental health hotline are a few of the many measures that have been put into place as part of the MHIP's concerted effort to expand access to mental health care. Other measures include establishing a national mental health hotline. Alongside the development of this program came the creation of a national website dedicated to mental health [24]. This one location provides a wealth of information that is useful in terms of treatment for mental health and available resources. It is also the responsibility of the Mental Health Insurance Improvement Program (MHIP), which stands for the Mental Health Insurance Improvement Act, to educate mental health practitioners in the use of technology in the treatment of mental illness and to develop a countrywide network of mental health institutions.

The Mental Health Integration and Recovery Program (MHIP), whose mission is to eliminate the stigma and discrimination that are often associated with mental illness, has been charged with carrying out a number of separate but related projects. Campaigns to raise awareness among the general public and the development of an all-encompassing national policy on mental health are both included in this category [25]. This policy emphasizes rights for persons living with mental illness and advocates for extending access to community-based mental health treatment.

In addition, the Mental Health Innovations and Partnerships Program (MHIP) has begun a variety of research projects to investigate the use of

technology in the area of mental health treatment. This involves the creation of a treatment based on VR technology, as well as the deployment of MHealth applications and AI for the diagnosis of mental disease.

Overall, the Mental Health Innovation Program (MHIP) has assisted Saudi Arabia in making significant progress in re-introducing technology innovation into mental health treatment. The program's initiatives to decrease stigma and discrimination, promote access to mental health services, and explore the influence of technology on mental health are all contributing to the overall improvement of mental health care throughout the country.

Conclusion

The Mental Health Innovations and Partnerships Act (MHIP) has several key purposes, one of the most significant of which is to encourage the use of cutting-edge technological techniques to the delivery of mental health treatment. Other vital goals include: Two further ideas that have been floated include the establishment of a national mental health hotline as well as a national website that is only dedicated to issues concerning mental health. In Saudi Arabia, a program known as the Mental Health Integration and Recovery Program (MHIP) is working to eliminate the discrimination and stigma that are often connected to mental illness. In addition, the Mental Health Innovations and Partnerships Program (MHIP) has launched a variety of research initiatives to investigate how technology may be used to the area of mental health treatment. The creation of a treatment using virtual reality technology is one of these attempts, and it is now under development.

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