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Sent: Tuesday, 7 April 2015 3:24 PM
To: [REDACTED]
Subject: Personal Health Promotion Interventions Using Telephone and Web-based Technologies

Secretariat
Members of the Health and Ambulance Services Committee
Queensland Parliament
By eMail

Dear Committee Members

I am writing in response to an invitation to respond to this inquiry. I write as an individual, although I am employed in the capacity as a professor of public health at Bond University. My area of expertise is in evidence-based healthcare. This is the understanding of the empirical evidence for care that we deliver.

In this particular case, the evidence suggests that several forms of healthcare can be delivered via web access effectively – and even cost-effectively.

There are an increasingly large number of interventions that deliver information about care (for example whether it is worth having screening for prostate cancer), as well actual delivery of care for specific health problems, such as the Mood Gym of Australian National University <https://moodgym.anu.edu.au/> (Christensen H, Griffiths KM, Jorm AF. Delivering interventions for depression by using the internet: randomised controlled trial. *BMJ* 2004;328:265. Epub 2004 Jan 23)

My opinion is that there is enormous and untapped potential to further use these methods of delivery and supporting health care.

Selected references

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