Alison Darcy

**Title:** Using technology to lower the burden of illness and improve outcomes for young people with eating disorders.

**Abstract:** For illnesses like eating disorders, disseminating evidence-based treatments in a scalable way is both a major priority and fraught with challenges. This talk describes the development of three tech-based innovations that aim to improve outcomes for young people with eating disorders (EDs) by directly addressing issues of scale, access, and generating datasets large enough to stimulate treatment development. I'll discuss the use of massive open online courses (MOOCs); an emerging methodology for online learning, and the use of mobile applications for large scale dissemination. Three case studies will be presented; 1) the modification of a MOOC methodology for psychotherapy training in manualized Family Based Therapy (FBT) for adolescents with anorexia nervosa, describing the development of the course as well as the ongoing NIH-funded study to evaluate its impact on clinical outcomes; 2) a modified MOOC-platform for the delivery of FBT as a guided self help intervention for parents of children with anorexia nervosa; 3) the development of mobile apps as a means of delivering data-driven targeted interventions to individuals with eating disorders who are not in treatment (pure self-help).

Dr Jessica Ribeiro

**Title:** Toward large-scale prediction and prevention of suicidal behaviors

**Abstract:** Each year, nearly one million lives are lost to suicide worldwide. Suicide’s devastating public health burden has not gone unrecognized – in fact, it has been met with sweeping calls to develop national strategies for suicide prevention as well as exponential increases in research over the last several decades. Despite increased efforts, rates of suicide have remained virtually unchanged. The objective of this presentation is to address two critical questions: “Why is this the case?” and “What can we do to change these trends?” To this end, I have three aims. First, I will provide a summary of the present understanding about risk factors for suicidal thoughts and behaviors by presenting results from a meta-analysis of studies that have ever attempted to longitudinally predict a suicide-relevant outcome. Second, I will discuss results from recent empirical studies that used novel methods with the potential to advance our ability to accurately detect individuals at risk for suicidal behaviors on a large scale. Third, I will present results from three preliminary randomized controlled trials for a brief, web-based phone app intervention that has the potential to be an effective population-level treatment for suicidal behaviors. In short, this work represents the initial steps towards scalable risk identification and intervention. Further development of these approaches has the potential to produce the first large-scale reductions in suicidal behaviors in decades.