

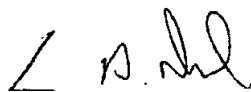
**Video Consultations by Psychiatrists**  
**The Evidence for Reliability**  
**By**  
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A large body of research now demonstrates that mental health treatment via video telecommunications technology has clinical outcomes and user satisfactions very similar to those for face-to-face care for: depression, anxiety, PTSD, substance use disorders, developmental disabilities and dementia (Hilty et al, 2013).

Studies designed to rigorously evaluate tele-psychiatry vs face to face consultations support the claim that tele-psychiatry and face-to-face consultations are statistically equivalent in terms of efficacy. Overall, experts are generally agreed that mental health care services delivered via telepsychiatry are as efficacious as those delivered in person. The bulk of the tele-mental health care literature points to the conclusion that it is no less effective than face-to-face delivery (Yellowlees and Shore, 2018).

In the USA in 2018, the American Psychiatric Association stated that using video conferencing, for psychiatric assessments and treatment is a validated and effective practice of medicine. The American Psychiatric Association supports the use of telemedicine as a legitimate component of a mental health delivery system.

In the UK, in 2016 a sub-committee of the Royal College of Psychiatrists (2016) reviewed the guidelines for video consultations in psychiatry and endorsed its use in psychiatric assessments subject to the guidelines.



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