Bölüm 3

Dijital Çağda Bilgiye Kolay Erişimin Olumlu Yönü: Psikoeğitim

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Giriş

Günümüzde teknoloji ve bilişimin engellenemez ilerleyişi ile internet kullanımının yaş ve bölgeden bağımsız olarak giderek arttığı görülmektedir. Her geçen on yılda, internet kullanımının tüm dünyaya yayıldığı; 2019 yılında yayınlanan son rakamlara bakıldığında dünya çapında dört milyardan fazla insanın internet kullandığı; 2018'den bu yana 350 milyon yeni kullanıcının olduğu görülmektedir(1).

Çağımızda bilişim teknolojisinde yaşanan gelişmelere paralel olarak internet, klasik iletişim ve öğrenme uygulamalarının yerini almış, günlük yaşantımız da dahil olmak üzere pek çok alanda kullanılır hale gelmiştir(2). Her alanda muazzam bir bilgi kaynağı haline gelen internet, sağlık alanında da kullanıcılara pek çok fırsatsunmaktadır. Yapılan geniş çaplı araştırmalarda internet kullanıcılarının hastalık belirtileri, tanılar, tedavi yöntemleri gibi sağlık alanındaki pek çok konuda yüksek oranlarda araştırma yaptığı bulunmuştur. Ülkemize bakıldığında 2018 yılında internet kullanım oranının %72.9 olduğu; internet kullanıcılarının %65.9'unun sağlıkla ilgili bir alanda arama yaptığı tespit edilmiştir(3). İnternetin sağladığı bilgiyle kişiler kendi sağlıkları ile ilgili

Psikolojik müdahalelerin ruhsal hastalıkları önlenmesinde önemli bir potansiyeli olmasına rağmen hastalık yükünü azaltmaktaki etkileri sorgulanmaktadır. Olası sebepler kısıtlı sağlık hizmetleri kaynakları sebebiyle bu müdahalelerin topluma entegre edilememesi, özellikle kırsal kesimde rutin pratikte kanıta dayalı müdahalelerin ve yetkin klinisyenlerin bulunamaması sayılabilir. Bu nedenle internet ve mobil tabanlı müdahaleler geleneksel önleme programlarının yerini alabilir(58). Dijital sağlık teknolojileri hastaların kendilerini monitorize edebilmeleri, davranışsal değişiklikler konusunda cesaretlenme, tanı ve tedavi arasındaki gerekli değişikliklerin daha dinamik bir şekilde geliştirilmesine yardımcı olabilir(59, 60). Ülkemizde de benzer bir durumun olduğu göz önünde bulundurulduğunda bu konu ile ilgili daha geniş çaplı eylem planlarının sorumlu kurumlar tarafından yapılmalıdır ve bu şekilde pek çok hastaya hızlı ve güvenilir bir seçenek sunulabilir.

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