

VU Research Portal

Digital mental health interventions for hard-to-reach populations

Boumparis, Nikolaos

2023

DOI (link to publisher)
[10.5463/thesis.470](https://doi.org/10.5463/thesis.470)

document version
Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

Boumparis, N. (2023). *Digital mental health interventions for hard-to-reach populations*. [PhD-Thesis - Research and graduation internal, Vrije Universiteit Amsterdam]. <https://doi.org/10.5463/thesis.470>

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal ?

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:
vuresearchportal.ub@vu.nl

CONTENTS

CHAPTER		PAGE
I	General introduction	7
II	Digital mental health interventions for alcohol and substance use disorders	27
III	Internet interventions for adult illicit substance users: a meta-analysis	48
IV	Short- and long-term effects of digital prevention and treatment interventions for cannabis use reduction: A systematic review and meta-analysis	80
V	Internet-delivered interventions for personality disorders – A scoping review	120
VI	A mobile intervention to promote low-Risk drinking habits in young adults: protocol for a randomized controlled trial	147
VII	The effectiveness of a mobile intervention to promote low-risk drinking habits in young adults	175
VIII	Discussion	200
IX	Summary	219
	Acknowledgments	222
	Publications	224