

## **Abstract**

Results of a qualitative Delphi survey to determine the indication and contraindication criteria of video-based psychotherapy sessions

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**Background.** The coronavirus pandemic forced many psychotherapists to ensure a rapid transition to video setting. Even after the acute phase of the pandemic, a continuation of video-based treatments can be observed in practice. Thus, indication and contraindication recommendations are essential to ensure treatment quality. However, there is an almost complete lack of empirical studies in this regard. The aim of this study is to record the decision-making and consideration processes of psychotherapists regarding video-based psychotherapy sessions, to identify those factors that can have an effect on the indication.

**Methods.** Two-stage, qualitative Delphi survey with psychodynamically oriented psychotherapists ( $n = 9$ ) and behavioural therapists ( $n = 7$ ) who can be assigned to the fields of research and practice of E-mental health und video-based psychotherapy.

**Results.** The quality of the therapeutic alliance guides the participants' choice of setting. An indication for video setting results from the feasibility of therapeutic interventions and the respective treatment goal. The therapists weighed the costs and benefits of video setting for various disorders. The changed feeling of control on both sides and the possibility of improving health care are decisive factors.

**Discussion.** Based on the results, a decision tree for psychotherapists was created, which includes the identified indication criteria.

**Keywords:** Video-based psychotherapy; indication recommendations; Delphi survey; decision tree.