

# Sensor Technology in Psychotherapy with Adolescents

## Systematic Review of Sensors in Psychotherapy

Investigation of the use and effectiveness  
of sensory technology in psychotherapy for children  
and adolescents

### Process

Formulation of Theory, Hypotheses, Objectives

Literature Search in Databases = 38.560  
(PubMed, Web of Science, APA PsycInfo, Psyn dex, Cochrane Library)

Article Inclusion n = 11

Qualitative Assessment RoB2, ROBINS-I

Narrative Synthesis with Categories

## Inclusion Criteria



**Population:** children, adolescents, adolescents with mental disorders



**Intervention:** sensor-based guideline psychotherapy



**Comparison:** use of sensors and target for different disorders



**Outcome:** use, scope and aim of sensors in psychotherapy, effectiveness of the therapy approach



**Study design:** all types of studies, single case or pilot study, RCT, cross-sectional or longitudinal study

#### Pre-Registration

PROSPERO 2023 CRD42023374219  
Available from:  
[https://www.crd.york.ac.uk/prospERO/display\\_record.php?ID=CRD42023374219](https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42023374219)

#### Project Members KJP

Prof. Dr. T. Renner  
Prof. Dr. A. Conzelmann  
Dr. L. Seizer  
M. von Fraunberg  
A. Alt  
A. Pascher