



Do not necessarily conduct in-person visits for depression, anxiety, or posttraumatic stress disorder (PTSD) psychotherapy sessions when a virtual visit option is available

While in-person therapy offers advantages such as comprehensive assessment and the potential for certain treatment modalities, virtual therapy provides increased accessibility and convenience, particularly for patients with geographic or logistical challenges. Research has demonstrated the efficacy of telehealth for treating common mental health disorders such as depression, anxiety, and PTSD. However, the effectiveness of virtual therapy for less prevalent conditions, including schizophrenia, obsessive-compulsive disorder, and bipolar disorder, remains less established. Additionally, while telehealth can be beneficial for psychological support related to physical conditions, further research is needed to fully understand its impact.

It is essential to carefully consider the individual circumstances of each patient when determining the most appropriate treatment format. While in-person therapy may be optimal in some cases, virtual therapy can be a viable and effective option for many individuals, particularly for conditions where its efficacy has been well-documented.

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Greenwood, H., Krzyzaniak, N., Peiris, R., Clark, J., Scott, A. M., Cardona, M., Griffith, R., & Glasziou, P. (2022). Telehealth versus face-to-face psychotherapy for less common mental health conditions: systematic review and meta-analysis of randomized controlled trials. *JMIR Mental Health*, 9(3), e31780. <https://doi.org/10.2196/31780>.