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## A step toward bridging the mental health gap using the internet

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Propositions associated with the dissertation

## **A step toward bridging the mental health gap using the internet**

Retha Arjadi

1. Depression is not only a prevalent mental health condition in high income countries, but also in low and middle income countries. (Chapter 1)
2. Internet-based interventions for mental health conditions are understudied in low and middle income countries despite the potential. (Chapter 2)
3. Internet-based intervention for depression is acceptable within the Indonesian population. (Chapter 3)
4. The Inventory of Depressive Symptomatology-Self Report (IDS-SR) can be used in Indonesia to measure depression for research and clinical practice. (Chapter 4)
5. Cultural adaptation of psychological interventions is necessary and possible. (Chapter 6)
6. Internet-based behavioral activation intervention with lay counselor support is superior to psychoeducation in reducing depression and achieving remission in Indonesia. (Chapter 6)
7. Remote guidance of internet intervention in low and middle income countries is feasible. (Chapter 6)
8. A step toward bridging the mental health gap using the internet can start in one country and opens the door to the others.
9. Hope is what keeps you believing and optimism is what keeps you going.