

# The Effectiveness of Online Therapy

*10,000+ participant study with Columbia University, Yale University, and NYU finds online therapy an effective treatment for depression and anxiety*

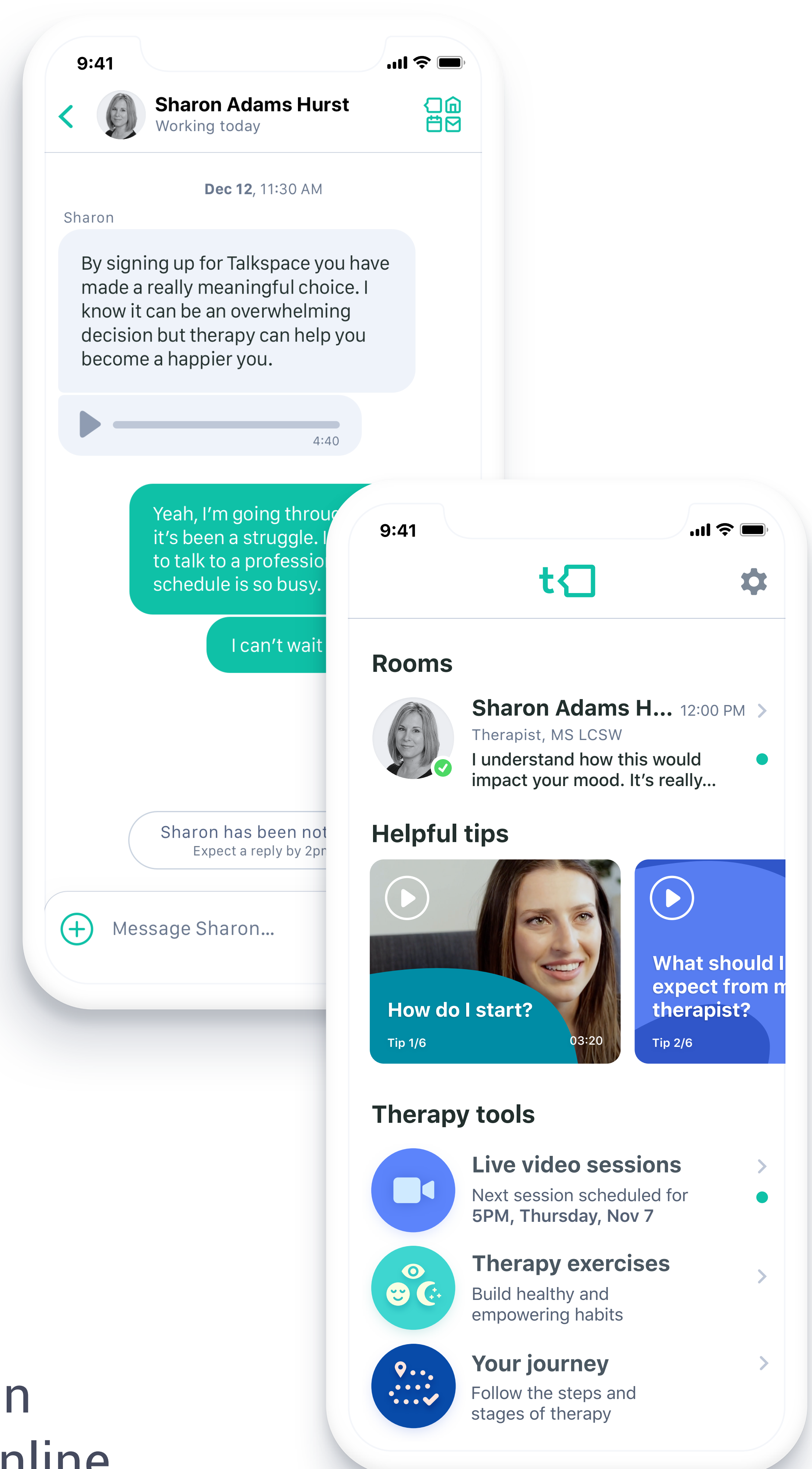
While the effectiveness of therapy as a treatment for mental health conditions has been studied and [documented for decades](#), Talkspace is committed to advancing the science and research behind technology-supported therapy solutions.

Since 2012, Talkspace has facilitated care between licensed therapists and over 1.5 million individuals by offering live video sessions and private messaging services from a secure, HIPAA-compliant app. Recently, researchers from Columbia University, Yale University, NYU, and Mount Sinai Hospital partnered with Talkspace to validate the efficacy of therapy delivered through private messaging for 10,000 patients with depression and anxiety.

## The Study

In the first ever longitudinal study examining the effectiveness of online messaging therapy, published in [BMC Psychiatry](#), the research team found Talkspace online therapy to be an effective treatment for anxiety and depression, with longer treatment leading to greater improvements for participant mental health.

10,718 participants diagnosed with depression and anxiety were asked to self report their mental health progress while receiving treatment through Talkspace over a period of 3 months. Engaging with a licensed therapist every day, these participants tracked their outcomes every 3 weeks using two widely-accepted clinical scales, [the Patient Health Questionnaire-9](#) and the [Generalized Anxiety Disorder-7](#).





# The Results

After 3 months' treatment, participants reported greater self-esteem, motivation, and concentration. They felt happier, more relaxed, and in control. They also slept better and had more energy during the day.

**50%** of participants recovered from their symptoms, no longer meeting the diagnostic threshold for depression or anxiety

**68%** of participants reported significant improvement in their symptoms

Individuals who sent longer or more frequent messages to their therapists experienced an **accelerated rate of improvement**.

In addition, **longer treatments led to greater improvements**, especially for participants with depression.

Many can benefit from engaging with a licensed therapist and learning tools for stress management, resiliency, and communication, among others. To learn more about our research or Talkspace's services for organizations, contact [solutions@talkspace.com](mailto:solutions@talkspace.com).

