

SEMINAR

E-HEALTH AND INSOMNIA: AN INTERNET SOLUTION TO A HEALTH WORKFORCE NIGHTMARE

Dr Lee Ritterband

Thursday, 9 July 2009, 6pm

Finkle Theatre, John Curtin School of Medical Research
Garran Road, ANU



Refreshments will follow the seminar. RSVP by 6 July 2009: will.wright@anu.edu.au

THE SEMINAR

Insomnia affects 30 per cent of the population and is the most frequent health complaint after pain. It can cause significant problems in daily life and is often connected with feelings of depression and anxiety. However, only a minority of people with insomnia receive evidence-based treatments. Access to such treatments is hampered by a lack of trained clinicians, high cost and geographical constraints. The internet offers a promising means for addressing these barriers. In this lecture, Lee Ritterband, PhD, provides an overview of insomnia and presents the results of research on the effectiveness of his interactive and tailored web-based system for treating insomnia called *Sleep Healthy Using the Internet* (SHUTi).

THE LECTURER

Dr Lee Ritterband is an Associate Professor at the University of Virginia Health System and Director of the Behavioral Health and Technology program area. With degrees in clinical psychology and computer science/technology, Dr Ritterband specialises in the development and testing of behaviorally-based treatment programs delivered via the web. Specific areas of focus include adult insomnia, pediatric encephalitis and diabetes. Over the past 10 years, Dr Ritterband has established himself as one of the leading researchers in internet health interventions. In 2004, he co-founded the International Society for Research on Internet Interventions. Dr Ritterband is an International Visiting Fellow of the Australian Primary Health Care Research Institute and the Centre for Mental Health Research.

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