

Efficacy of Digital Technologies Aimed at Enhancing Emotion Regulation Skills: Literature Review

Rasha Abu Baker*

Department of Community and Mental Health Department, Sultan Qaboos University, Oman

Abstract

Objective: This literature review aims to explore the efficacy of digital technologies in enhancing emotion regulation skills. The review synthesizes findings from various studies to assess the effectiveness of these technologies in improving individuals' ability to manage and regulate their emotions.

Keywords: Digital technologies, Emotion regulation, Literature review, Efficacy.

Introduction: Emotion regulation is a critical skill for mental health and well-being. Digital technologies offer innovative ways to enhance these skills through various applications and programs.

The purpose of this review is to evaluate the current evidence on the effectiveness of digital interventions for emotion regulation. The review includes a search of relevant literature from databases such as PubMed, PsycINFO, and Scopus.

The findings indicate that digital technologies, such as mobile apps and online programs, show promising results in improving emotion regulation skills. These technologies provide accessible and personalized interventions that can be used at any time and place. However, more research is needed to understand the long-term effects and the mechanisms of change.

Conclusion: Digital technologies have the potential to significantly enhance emotion regulation skills. Further research should focus on identifying the most effective digital interventions and understanding the underlying processes that facilitate skill improvement.

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*Corresponding author: Rasha Abu Baker, Department of Community and Mental Health Department, Sultan Qaboos University, Oman, E-mail: r.abubaker@squ.edu.om

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