

**Digital Mental Health Market Research Report Information by Component (Software [Cloud-based and Web-based] and Services [Cognitive Behavioral Therapy, Acceptance and Commitment Therapy (ACT), and Other Services]), by Disorder Type (Mental Disorder [Anxiety Disorder, Post-Traumatic Stress, Substance Abuse Disorder, Schizophrenia, and Other Mental Disorder] and Behavioral Disorder [Attention Deficit Hyperactivity Disorder (ADHD), Emotional Behavioral Disorder, Oppositional Defiant Disorder, Obsessive Compulsive Disorder (OCD), and Other Behavioral Disorder]), by Age Group (Children & Adolescents (10 to 19), Adult (20 to 65), and Geriatric (Above 65)), by End User (Patients, Payers, and Providers) and by Region (North America, Europe, Asia-Pacific, and Rest of the World) - Forecast till 2032**

Market Report | 2024-08-20 | 163 pages | Market Research Future

**AVAILABLE LICENSES:**

- Single User Price \$4950.00
- Enterprisewide Price \$7250.00

**Report description:**

Digital Mental Health Market Research Report Information by Component (Software [Cloud-based and Web-based] and Services [Cognitive Behavioral Therapy, Acceptance and Commitment Therapy (ACT), and Other Services]), by Disorder Type (Mental Disorder [Anxiety Disorder, Post-Traumatic Stress, Substance Abuse Disorder, Schizophrenia, and Other Mental Disorder] and

**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

[www.scotts-international.com](http://www.scotts-international.com)

Behavioral Disorder [Attention Deficit Hyperactivity Disorder (ADHD), Emotional Behavioral Disorder, Oppositional Defiant Disorder, Obsessive Compulsive Disorder (OCD), and Other Behavioral Disorder]), by Age Group (Children & Adolescents (10 to 19), Adult (20 to 65), and Geriatric (Above 65)), by End User (Patients, Payers, and Providers) and by Region (North America, Europe, Asia-Pacific, and Rest of the World) - Forecast till 2032

#### Market Overview

In 2022, the digital mental health market was estimated to be worth USD 19.50 billion. The Digital Mental Health Market industry is anticipated to experience a compound annual growth rate (CAGR) of 18.54% during the forecast period, increasing from USD 23.45 billion in 2023 to USD 108.41 billion by 2032.

Globally, the increase in mental health conditions has had a detrimental effect on the well-being of individuals, affecting not only their personal lives but also families and communities. Approximately one in four individuals worldwide are anticipated to experience a mental health condition at some point in their lives, resulting in nearly a billion individuals struggling with disorders such as schizophrenia, bipolar disorder, anxiety, and depression, according to the World Health Organization. The prevalence of mental health conditions in the top 20 economies from 2019 to 2023 is a significant increase, indicating that this alarming trend is not restricted to specific regions.

Furthermore, the digital mental health market's expansion is substantially facilitated by the remarkable technological advancements that have revolutionized the field of mental health care. The development of chatbots and virtual assistants that are capable of providing rehabilitation and support to individuals with mental health conditions is significantly influenced by artificial intelligence (AI).

#### Market segment insights

The Digital Mental Health Market is divided into software and services based on component.

The Digital Mental Health Market has been segmented into mental disorder and behavioral disorder based on the category of disorder.

The Digital Mental Health Market has been stratified into three age groups: children and adolescents (10 to 19), adults (20 to 65), and geriatric (65 years and older).

The Digital Mental Health Market is segmented into patients, payers, and providers based on the end consumer.

#### Regional Analysis

In 2022, North America held the largest market share of over 29.72%. This was attributed to the region's technologically advanced population and the growing awareness of mental health requirements. Consequently, the region is a fertile environment for the development and adoption of digital solutions. The technological leadership of the region is further bolstered by the strong investment environment and robust telecommunication infrastructure, which promote innovation in digital mental health solutions.

Europe's digital mental health landscape is characterized by substantial strengths and opportunities, as well as notable weaknesses and threats. The region benefits from an increasing awareness of mental health, which promotes a more accepting and open attitude toward seeking assistance. Accessible and innovative solutions are facilitated by technological advancements, such as AI-powered therapy tools and virtual reality exposure therapy.

The Asia-Pacific region is experiencing a significant increase in the adoption of digital mental health solutions, which is being driven by several key assets. A smartphone is owned by more than 60% of the population, which provides access to a multitude of mental health applications and platforms. The stigma associated with mental health is progressively dissipating, fostering a more receptive environment for individuals to seek assistance through digital channels.

#### Major Players

Woebot Health (US), CareTech Holdings PLC (UK), Talkspace (US), Sonde Health, Inc. (US), Kintsugi Mindful Wellness, Inc. (US), BetterHelp (US), and Ieso Digital Health (US) are among the key companies in the digital mental health market.

**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

[www.scotts-international.com](http://www.scotts-international.com)

## **Table of Contents:**

TABLE OF CONTENTS	
1 EXECUTIVE SUMMARY	
2 MARKET INTRODUCTION	
2.1 DEFINITION	
2.2 SCOPE OF THE STUDY	
2.3 RESEARCH OBJECTIVE	
2.4 MARKET STRUCTURE	
3 RESEARCH METHODOLOGY	
3.1 OVERVIEW	
3.2 DATA FLOW	
3.2.1 DATA MINING PROCESS	
3.3 PURCHASED DATABASE:	
3.4 SECONDARY SOURCES:	
3.4.1 SECONDARY RESEARCH DATA FLOW:	
3.5 PRIMARY RESEARCH:	
3.5.1 PRIMARY RESEARCH DATA FLOW:	
3.5.2 PRIMARY RESEARCH: NUMBER OF INTERVIEWS CONDUCTED	
3.5.3 PRIMARY RESEARCH: REGIONAL COVERAGE	
3.6 APPROACHES FOR MARKET SIZE ESTIMATION:	
3.6.1 REVENUE ANALYSIS APPROACH	
3.7 DATA FORECASTING	
3.7.1 DATA FORECASTING TECHNIQUE	
3.8 DATA MODELING	
3.8.1 MICROECONOMIC FACTOR ANALYSIS:	
3.8.2 DATA MODELING:	
3.9 TEAMS AND ANALYST CONTRIBUTION	
4 MARKET DYNAMICS	
4.1 INTRODUCTION	
4.2 DRIVERS	
4.2.1 INCREASING PREVALENCE OF MENTAL DISORDERS	
4.2.2 TECHNOLOGICAL ADVANCEMENT	
4.3 RESTRAINTS	
4.3.1 LACK OF RESOURCES AND EXPERTISE	
4.4 OPPORTUNITIES	
4.4.1 GOVERNMENT LONG TERM HEALTH PLANS	
5 MARKET FACTOR ANALYSIS	
5.1 SUPPLY CHAIN ANALYSIS	
5.2 PORTER FIVE FORCES	
5.2.1 BARGAINING POWER OF SUPPLIERS	
5.2.2 BARGAINING POWER OF BUYERS	
5.2.3 THREAT OF NEW ENTRANTS	
5.2.4 THREAT OF SUBSTITUTES	
5.2.5 INTENSITY OF RIVALRY	
5.3 IMPACT ANALYSIS OF COVID-19	
5.3.1 MATERIALS:	
5.3.2 IMPACT OF COVID 19 ON DIGITAL MENTAL HEALTH MARKET	

**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

[www.scotts-international.com](http://www.scotts-international.com)

## 6 DIGITAL MENTAL HEALTH MARKET, BY COMPONENTS

### 6.1 INTRODUCTION

### 6.2 SOFTWARE

#### 6.2.1 CLOUD-BASED

#### 6.2.2 WEB-BASED

### 6.3 SERVICES

#### 6.3.1 COGNITIVE BEHAVIORAL THERAPY

#### 6.3.2 ACCEPTANCE AND COMMITMENT THERAPY (ACT)

#### 6.3.3 OTHER SERVICES

## 7 DIGITAL MENTAL HEALTH MARKET, BY DISORDER TYPE

### 7.1 BY DISORDER TYPE, MARKET IS SEGMENTED INTO:

#### 7.2 MENTAL DISORDER

##### 7.2.1 ANXIETY DISORDER

##### 7.2.2 POST-TRAUMATIC STRESS

##### 7.2.3 SUBSTANCE ABUSE DISORDER

##### 7.2.4 SCHIZOPHRENIA

##### 7.2.5 OTHER MENTAL DISORDER

#### 7.3 BEHAVIORAL DISORDER

##### 7.3.1 ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

##### 7.3.2 EMOTIONAL BEHAVIORAL DISORDER

##### 7.3.3 OPPOSITIONAL DEFIANT DISORDER

##### 7.3.4 OBSESSIVE COMPULSIVE DISORDER (OCD)

##### 7.3.5 OTHER BEHAVIORAL DISORDER

## 8 DIGITAL MENTAL HEALTH MARKET, BY AGE GROUP

### 8.1 ADULTS (20 TO 65 YEARS)

### 8.2 GERIATRIC (ABOVE 65)

### 8.3 CHILDREN & ADOLESCENTS (10 TO 19)

## 9 DIGITAL MENTAL HEALTH MARKET, BY END-USERS

### 9.1 PATIENTS

### 9.2 PAYERS

### 9.3 PAYERS

### 9.4 PROVIDERS

## 10 DIGITAL MENTAL HEALTH MARKET, BY REGION

### 10.1 OVERVIEW

### 10.2 NORTH AMERICA

#### 10.2.1 U.S.

#### 10.2.2 CANADA

### 10.3 EUROPE

#### 10.3.1 GERMANY

#### 10.3.2 FRANCE

#### 10.3.3 U.K.

#### 10.3.4 SPAIN

#### 10.3.5 ITALY

#### 10.3.6 ROE

### 10.4 ASIA-PACIFIC

#### 10.4.1 CHINA

#### 10.4.2 INDIA

**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

[www.scotts-international.com](http://www.scotts-international.com)

- 10.4.3 JAPAN
- 10.4.4 SOUTH KOREA
- 10.4.5 AUSTRALIA
- 10.4.6 ROAPAC
- 10.5 REST OF THE WORLD
  - 10.5.1 MIDDLE EAST AND AFRICA
  - 10.5.2 SOUTH AMERICA
- 11 COMPETITIVE LANDSCAPE
  - 11.1 MARKET STRATEGY ANALYSIS
  - 11.2 COMPETITOR DASHBOARD
  - 11.3 RECENT DEVELOPMENTS
- 12 COMPANY PROFILES
  - 12.1 WOEBOT HEALTH
    - 12.1.1 COMPANY OVERVIEW
    - 12.1.2 FINANCIAL OVERVIEW
    - 12.1.3 PRODUCTS OFFERED
    - 12.1.4 KEY DEVELOPMENTS
    - 12.1.5 SWOT ANALYSIS
    - 12.1.6 KEY STRATEGIES
  - 12.2 CARETECH HOLDINGS PLC
    - 12.2.1 COMPANY OVERVIEW
    - 12.2.2 PRODUCTS OFFERED
    - 12.2.3 KEY DEVELOPMENTS
    - 12.2.4 SWOT ANALYSIS
    - 12.2.5 KEY STRATEGIES
  - 12.3 TALKSPACE
    - 12.3.1 COMPANY OVERVIEW
    - 12.3.2 PRODUCTS OFFERED
    - 12.3.3 KEY DEVELOPMENTS
    - 12.3.4 SWOT ANALYSIS
    - 12.3.5 KEY STRATEGIES
  - 12.4 SONDE HEALTH, INC.
    - 12.4.1 COMPANY OVERVIEW
    - 12.4.2 PRODUCTS OFFERED
    - 12.4.3 KEY DEVELOPMENTS
    - 12.4.4 SWOT ANALYSIS
    - 12.4.5 KEY STRATEGIES
  - 12.5 KINTSUGI MINDFUL WELLNESS, INC.
    - 12.5.1 COMPANY OVERVIEW
    - 12.5.2 PRODUCTS OFFERED
    - 12.5.3 SWOT ANALYSIS
    - 12.5.4 KEY STRATEGIES
  - 12.6 BETTERHELP
    - 12.6.1 COMPANY OVERVIEW
    - 12.6.2 PRODUCTS OFFERED
    - 12.6.3 KEY DEVELOPMENTS
    - 12.6.4 SWOT ANALYSIS

**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

[www.scotts-international.com](http://www.scotts-international.com)

12.6.5 KEY STRATEGIES  
12.7 IESO DIGITAL HEALTH  
12.7.1 COMPANY OVERVIEW  
12.7.2 PRODUCTS OFFERED  
12.7.3 KEY DEVELOPMENTS  
12.7.4 SWOT ANALYSIS  
12.7.5 KEY STRATEGIES

**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

[www.scotts-international.com](http://www.scotts-international.com)

**Digital Mental Health Market Research Report Information by Component (Software [Cloud-based and Web-based] and Services [Cognitive Behavioral Therapy, Acceptance and Commitment Therapy (ACT), and Other Services]), by Disorder Type (Mental Disorder [Anxiety Disorder, Post-Traumatic Stress, Substance Abuse Disorder, Schizophrenia, and Other Mental Disorder] and Behavioral Disorder [Attention Deficit Hyperactivity Disorder (ADHD), Emotional Behavioral Disorder, Oppositional Defiant Disorder, Obsessive Compulsive Disorder (OCD), and Other Behavioral Disorder]), by Age Group (Children & Adolescents (10 to 19), Adult (20 to 65), and Geriatric (Above 65)), by End User (Patients, Payers, and Providers) and by Region (North America, Europe, Asia-Pacific, and Rest of the World) - Forecast till 2032**

Market Report | 2024-08-20 | 163 pages | Market Research Future

To place an Order with Scotts International:

- ☐ - Print this form
- ☐ - Complete the relevant blank fields and sign
- ☐ - Send as a scanned email to support@scotts-international.com

**ORDER FORM:**

Select license	License	Price
	Single User Price	\$4950.00
	Enterprisewide Price	\$7250.00

**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: support@scotts-international.com

www.scotts-international.com

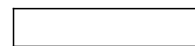
**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

[www.scotts-international.com](http://www.scotts-international.com)







**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

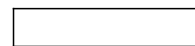
[www.scotts-international.com](http://www.scotts-international.com)

**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

[www.scotts-international.com](http://www.scotts-international.com)





**Scotts International. EU Vat number: PL 6772247784**

tel. 0048 603 394 346 e-mail: [support@scotts-international.com](mailto:support@scotts-international.com)

[www.scotts-international.com](http://www.scotts-international.com)

\*Please circle the relevant license option. For any questions please contact support@scotts-international.com or 0048 603 394 346.  
☐\*\* VAT will be added at 23% for Polish based companies, individuals and EU based companies who are unable to provide a valid EU Vat Numbers.

Email*	<input type="text"/>	Phone*	<input type="text"/>
First Name*	<input type="text"/>	Last Name*	<input type="text"/>
Job title*	<input type="text"/>		
Company Name*	<input type="text"/>	EU Vat / Tax ID / NIP number*	<input type="text"/>
Address*	<input type="text"/>	City*	<input type="text"/>
Zip Code*	<input type="text"/>	Country*	<input type="text"/>
		Date	<input type="text" value="2025-05-04"/>
		Signature	<div><div></div></div>