

# 精神分裂症管理的数字技术：描述性综述

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**摘要：**虽然数字技术在精神病学中的实施似乎很有希望，但迫切需要解决在此类技术的早期发展中缺乏道德设计的影响。一些作者指出了技术发展与伦理分析之间的差距，并呼吁对数字技术引发的伦理问题进行上游审查。在本文中，我们解决了这一建议，特别是与精神分裂症谱系障碍患者的数字医疗保健技术有关。在精神病学中引入数字技术提供了广泛的诊断和治疗方案，以满足患者护理的健康需求和目标。这些技术包括可穿戴设备、用于高沉浸式虚拟现实的智能手机应用、智能家居、远程精神病学和农村地区患者的消息传递系统。这些技术的可用性可以增加获得精神健康服务的机会，并改善精神障碍的诊断。

**关键字：**数字技术；精神病学；精神分裂症

## Digital Technologies for Schizophrenia Management: A Descriptive Review

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**Abstract** While the implementation of digital technology in psychiatry appears promising, there is an urgent need to address the implications of the absence of ethical design in the early development of such technologies. Some authors have noted the gap between technology development and ethical analysis and have called for an upstream examination of the ethical issues raised by digital technologies. In this paper, we address this suggestion, particularly in relation to digital healthcare technologies for patients with schizophrenia spectrum disorders. The introduction of digital technologies in psychiatry offers a broad spectrum of diagnostic and treatment options tailored to the health needs and goals of patients' care. These technologies include wearable devices, smartphone applications for high-immersive virtual realities, smart homes, telepsychiatry and messaging systems for patients in rural areas. The availability of these technologies could increase access to mental health services and improve the diagnostics of mental disorders.

**Keywords** Digital technologies; Psychiatry; Schizophrenia

引言

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