

# Position Statement on Telemedicine in Psychiatry

Approved by the Board of Trustees, July 2018

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“Policy documents are approved by the APA Assembly and Board of Trustees. . . . These are . . . position statements that define APA official policy on specific subjects. . .” – *APA Operations Manual*

**Issue:** There is a shortage of psychiatrists in areas of the country, especially rural areas, contributing to inadequate access to high quality psychiatric care. Telepsychiatry, using video conferencing, is an essential strategy to increase access to high quality psychiatric care.

### **POSITION:**

Telemedicine in psychiatry, using video conferencing, is a validated and effective practice of medicine that increases access to care. The American Psychiatric Association supports the use of telemedicine as a legitimate component of a mental health delivery system, to the extent that its use is in the best interest of the patient, protects patient autonomy, confidentiality, and privacy, and when used, is consistent with APA policies on medical ethics and applicable governing law.

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