

Research Paper

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

Vanshika Ahuja^{1*}, Kanupriya Misra Bakhru², Alka Sharma³

ABSTRACT

Mental health is a sector which has seen great evolution recently, with more awareness and acceptance for this area of work. With life becoming busier and technology progresses by leaps and bounds, a growing number of people are prepared to go online for professional assistance and integrate healthy routines. These evolved and developing transitions have motivated mental health practitioners to refine their technological and psychotherapeutic expertise while effectively reaching the masses. The aim of this paper is to explore the trends in psychotherapy area with respect to therapeutic methods and advancements in the surrounding field. This helps you to know what the current scenario is and plan how better to grow further. To this aim, 1054 papers on the subject of online psychological counselling were investigated from the Scopus database. We contextualized the results in terms of country wise progress, keywords of interest and contemporary research publication trends, keywords network analysis and psychotherapeutic trends.

Keywords: *Bibliometric analysis, online psychotherapy, mental health, wellbeing, emerging trends*

The mental health sector has changed with the progress in technology and an increased consciousness. Psychotherapy is also in high demand to help people balance their fast-paced lives with ease and convenience. Moghimi et al. As noted by (2022), anxiety comes from an unbalanced lifestyle and compromised quality of life. Psychotherapy, that became more widely known in the early 2000s (Childress, 2002), has transitioned from offline to online platforms for mental health professionals as a means of reaching a broader audience. Though helpful for offline therapy, clients were reluctant to share worries with therapists (Feng, Meeten & Hirsch, 2020). Online therapy was initiated to fill this void and make mental health services accessible.

With offline therapy sessions reducing during the pandemic, the use of online counseling dramatically increased (Knight, 2020). Patients found that for many reasons, notably for convenience, flexibility in scheduling and the amount of control the patients had (Battles & Berman, 2012; Crisp et al., 2014), they preferred the virtual therapy over traditional face to

¹Research Scholar

²Associate professor

³Professor

*Corresponding Author

Received: February 11, 2026; Revision Received: September 16, 2026; Accepted: September 22, 2026

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

face therapy. Still, worries about confidentiality and the therapeutic relationship first sparked stigma about virtual therapy (Fite et al., 2021). This change in perspective motivated people to attend therapy - a positive signal for mental health (Kaiser, 2018). Although video-based sessions were widely adopted, one study showed that phone counseling was regarded as more favorable, because emotions were felt to be better conveyed (Reis, Matthews & Grenyer, 2020).

When therapists moved online, they had to integrate technology to create engagement (McDonald, 2020). However, many struggled to maintain emotional connection (Weinberg, 2021), which therapists addressed by wearing a custom-fit "counseling hat" (Drozd, 2013; Sasseville, 2023). Online therapy equalised the effectiveness of traditional therapy, which led to the development of new digital-based interventions (Juhos & Mészáros, 2019). The approach of mental health practitioners emphasised active listening and individualised strategies aimed at strengthening the therapeutic alliance (Borsutzky et al., 2023). An increase in clients using technology in their therapy encouraged therapists to combine traditional and digital techniques (Carrasco, 2023; Rosmalen, 2020). Therefore, this transition has helped eliminate geographical hurdles and increase accessibility, whereby online therapy helps people feel empowered and enlightened (Saleem, Y, 2024).

METHODOLOGY

This research is designed to assess trends concerning psychotherapy, including the treatment and improvement of mental health. Specific aims include (1) identifying trending search terms and publications, (2) performing a keyword network analysis to better understand their importance and connections, and (3) assessing how public perceptions and technological change have shaped online professional help. Method: The current study involved a follow up of the literature review with data recorded from the full database of the Scopus database from July 27th, 2023. Method: The study reviewed the 1054 publications related to online psychological counselling. Quantitative methods are the main approach in this line of research, with network analysis, data mining and content analysis being used to explore trends and conceptual connections in psychotherapy. Bibliometric analysis, a quantitative method to assess evolution of the field and conceptual relationships (Hernández-Torrano et al., 2020), was performed. It consists of performance analysis (publications, citations, and most used words, with 40,41) and mapping analysis (mapping relationships between variables with citation distribution, collaboration index, and h-index 42,43,44,45,46,47,48,49,50,51) (Vu, Quang, Trinh., 2023).

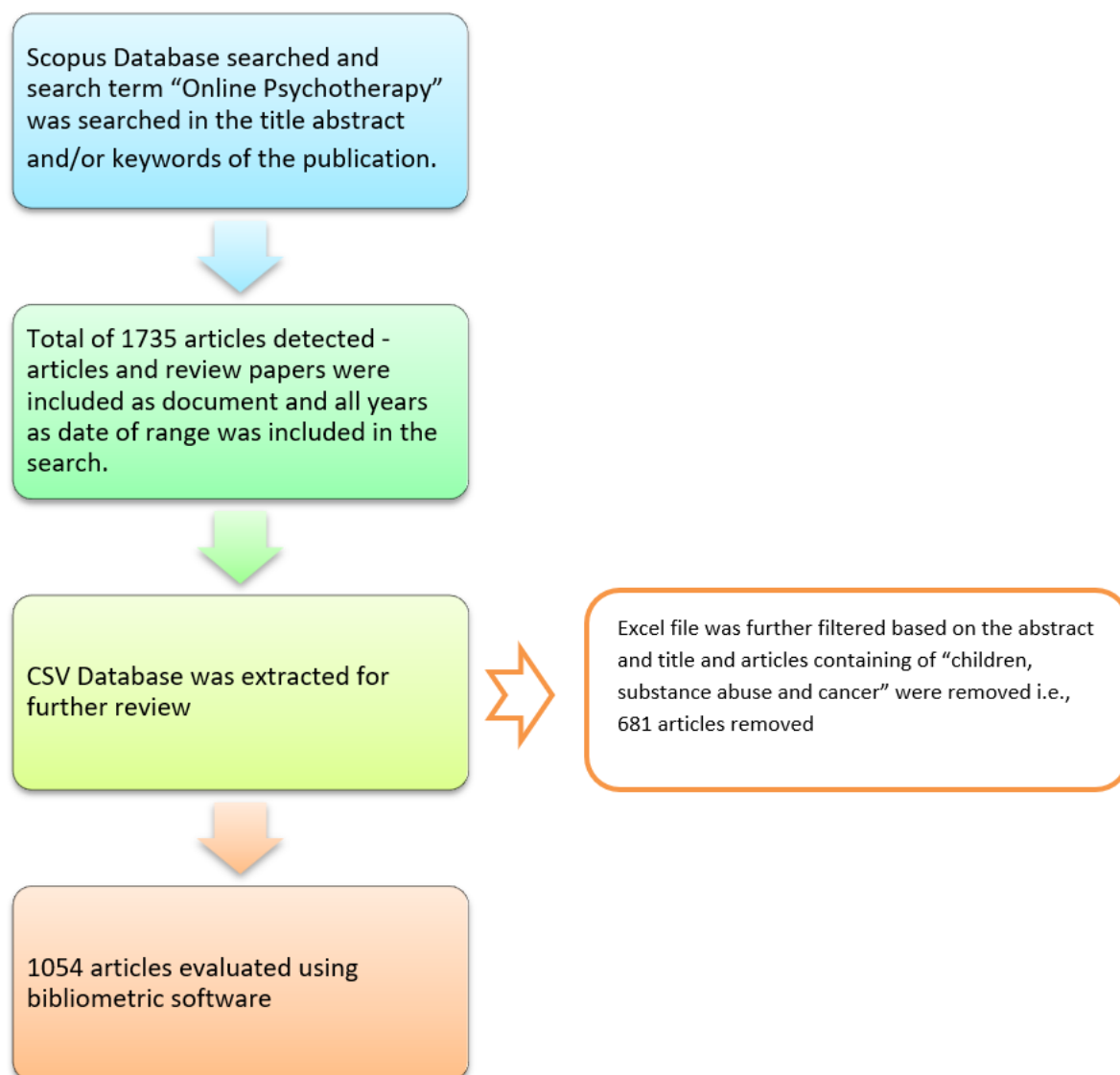
Description of the Tools:

The bibliometric analysis of the literature was conducted using VOS Viewer and the Bibliometric R Package. VOS Viewer is an application for creating developer profiles, visualising bibliometric maps, analysing country-level development and trending study fields, and analysing keyword co-occurrence. In VOS Viewer maps, the size of circles represents term frequency, and the thickness of lines indicates the strength of term linkages (Liu et al., 2022). The Bibliometric R package, namely biblioshiny v.4.0.0, also facilitated the quantitative analysis of citations, highly-used keywords, and research trends (Jingiliet al., 2023). With these tools, researchers can monitor scientific advancement, analyse the influence of a publication, and determine the success of a researcher.

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

Data analysis

Figure 1 Data analysis using bibliometric analysis



RESULTS

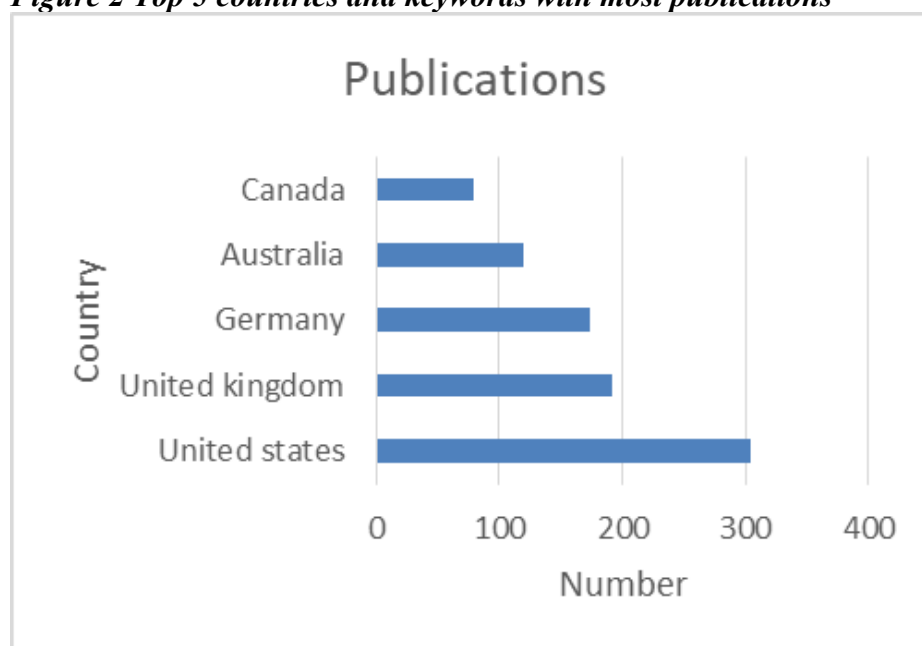
All publications (n=1054) on online counselling in the Scopus database were retrieved and are presented in the findings section: The highest number of studies on online psychotherapy were conducted in the USA (n=305), the United Kingdom (n=191), Germany (n=174), Australia (n=119), and Canada (n=79). This provides a brief summary of the distribution of publications across countries. This seemingly highlights the dominance of research production in the field by its top authors in terms of publications (Figure 2).

Table 1 Top 5 countries and keywords with most publications

Documents	Publications
United states	305
United Kingdom	191
Germany	174
Australia	119
Canada	79

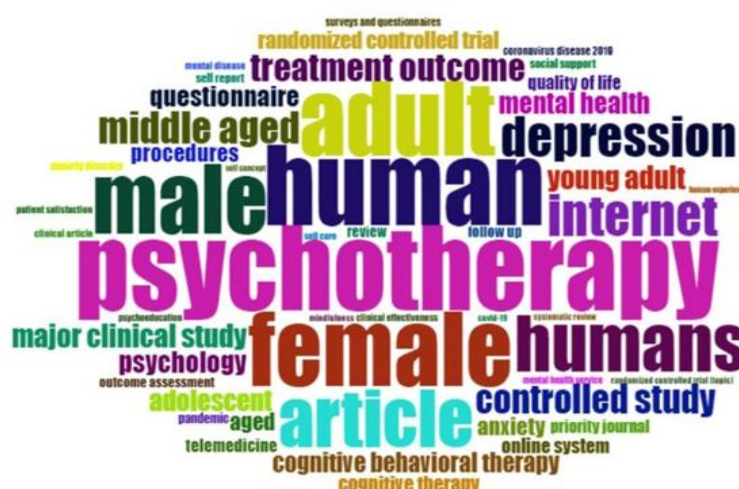
Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

Figure 2 Top 5 countries and keywords with most publications



As depicted in the word cloud of the imagery, research hotspots include terms such as psychotherapy, internet, mental, health, adults and quality of life, indicating high literature attention. The aim is to capture key themes and prevalent research topics within the designated time frame, particularly focusing on psychotherapy, mental health, and related concepts, as illustrated in Figure 3, where the frequency of use of these terms has increased.

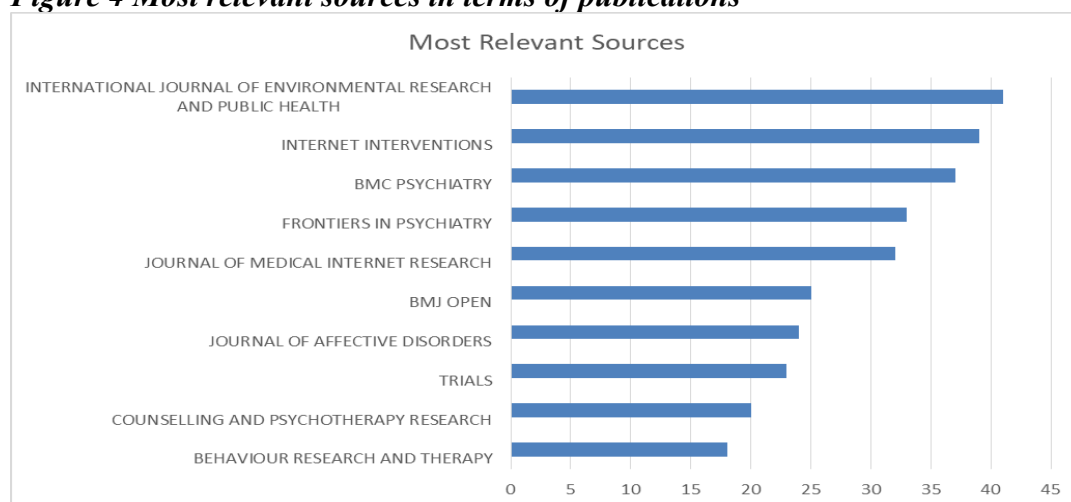
Figure 3 *Keyword usage in a variety of research papers*



On related works that have been particularly significant for this research domain. As shown in Fig 4, the most relevant publication is international journal of environmental research and public health (n = 41), followed by internet interventions (n = 39), and other sources such as bmc psychiatry (n = 37), frontiers in psychiatry (n = 33), journal of medical internet research (n = 32), bmj open (n = 25), journal of affective disorders (n = 24), trials (n = 23), counselling and psychotherapy research (n = 20), and behavior research and therapy (n = 18).

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

Figure 4 Most relevant sources in terms of publications



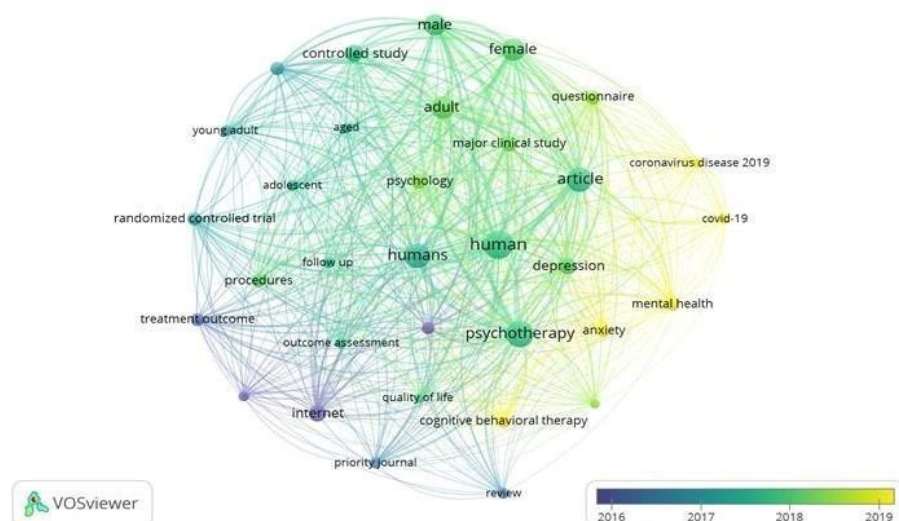
However, as shown in Figure 5, terms appearing with at least 100 Frequency are divided into three clusters with thematic relations.

Cluster 3 (foreground, left panel, C-F) was characterized by terms including, cognitive therapy, controlled study trial, follow up, internet, online system, outcome assessment, priority journal, procedures, quality of life, randomized controlled trial, treatment outcome that were primarily focused on Online Psychotherapy between 2016.32

Terms included in Cluster 2 are data like adolescent, adult, aged, article, female, clinical trial, male, middle-aged, psychology, questionnaire, and young adult, and this cluster in particular is primarily appearing as Online Psychotherapy publications through 2017.

Publications on Online Psychotherapy until 2018 and 2021 Keywords Cluster 1: Anxi, Anxiety, Anxiety Disorder, Cognitive Behavioral Therapy, Coronavirus Disease 2019, Covid-19, Depression, Human, Humans, Mental Health, Psychotherapy, Review

Figure 5 Co-occurrence map of keywords (overlay visualisation) on publication of online psychotherapy



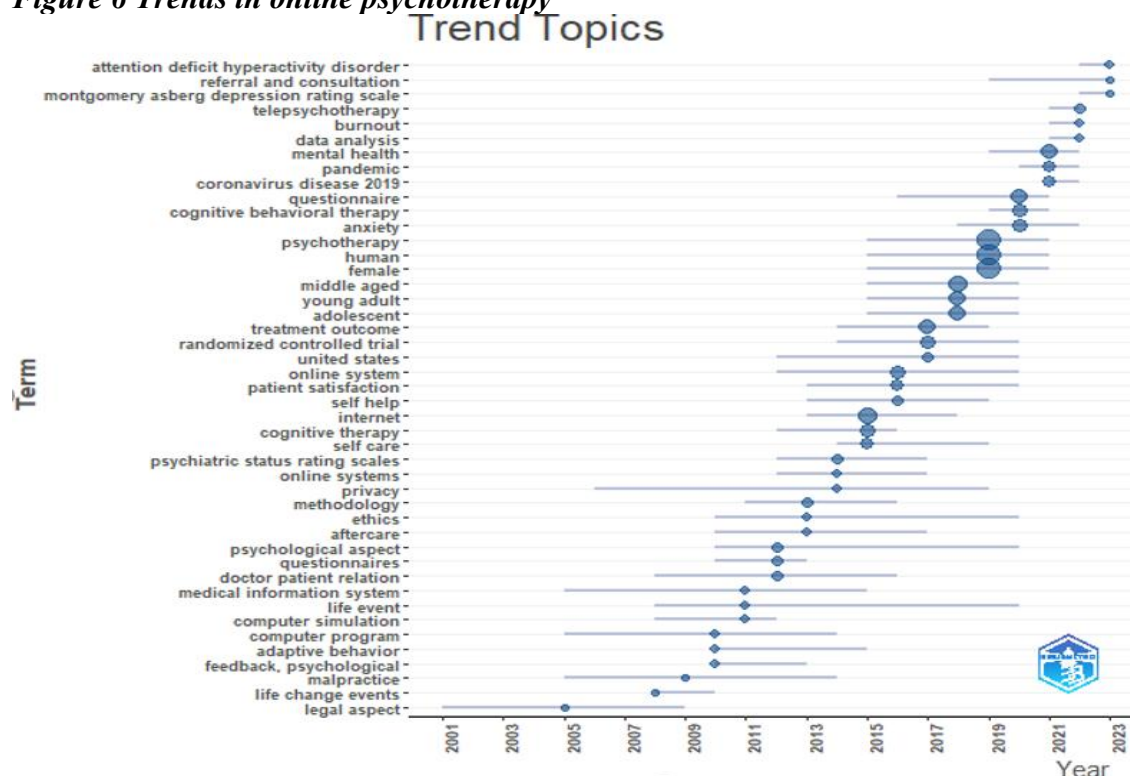
Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

Trends in technology use for mental health treatments among people with the greatest psychological needs were first identified in the early 2000s. Technological limitations had implications for legal concerns in technology-based counseling. Incorporation of digital technologies by mental health advocates in 2010 made therapy easier for the therapist, allowed for a positive experience between the therapist and the client and by 2013 internet privacy improved allowing for better more simple access to treatment [7]. This was also a time of greater focus on self-care and wellness. By 2015, therapeutic modalities such as cognitive behavioral therapy had gained a foothold. During the self-help boom of the mid-2000s, a commitment towards self-reliance and self-improvement seemed to resonate with the population. A new hybrid therapy model responsive to different client needs developed by 2017.

While not unexpected precisely, the increasing popularity of internet therapy is another trend that nevertheless led some clients to prefer offline therapy citing the lack of person-to-person contact and therapy being more individualized in internet interventions. When the 2019–2020 pandemic spread its wings, the world witnessed a massive change in how it viewed support for not only stress but uncertainty in life, leading to a rise in the use of therapy with the help of technology.

Highlighting the need (somewhat of a lack of resources) for online therapy due to increased demand. Therapists quickly moved into virtual space and combined many different types of therapy to help with anxiety, burnout, OCD, and ADHD. This led to the emergence of alternative therapies such as positive psychotherapy and art-based therapy, which are now considered potential forms of online therapy. These observations will be elaborated on in the sections to follow, along with how they might inform the future of online therapeutic services.

Figure 6 Trends in online psychotherapy



DISCUSSION AND CONCLUSION

The study focused on advancing the study of psychotherapy (therapeutic interventions and mental health) by examining changing trends. The aim was to capture how these changing patterns have an impact on psychotherapy practice and to also investigate future possibility paths. Results: The places individuals convene inquire and evidence-based proficiency on online where to buy bupropion counsel on the web, and the numerical connection between catchphrases, The effect of maturing social establishments and inner registry on the acknowledgment of online bupropion for sale procured science are the comprehension of articles accessible in this work as far as its key appeal of famous search terms. The detailed search of Scopus data discovered 1735 publications about online psychotherapy, which was remained with 1054 after removing unwanted usages of keywords such as children, substance abuse and cancer. Online therapeutic services were already progressing before the pandemic (McDonald A, Eccles J.A, Fallahkhair S., 2020).

The study outlines trends that affect how psychotherapy is practiced, based in part on where society is headed (both for better and worse) and where psychotherapy (and probably psychology) is headed with technological and cultural changes. These trends highlight increasing reliance on digital platforms as well as the need for tailored, culturally competent methods. This recognition may inspire both opportunities and challenges in the broader field of online psychotherapy as enhanced approaches continue to emerge. This is an ongoing transition and reflects a paradigm shift in delivering mental health care, which is becoming increasingly technology-driven, flexible and adaptable. Future research should also address the trade-offs between innovation and empirically supported mental health care for increased accessibility and treatment effects.

Table 2 Trends identified year wise

Year	Trends
Theme 1: Ethics Till 2010	This study reviewed therapy trend, especially to therapeutic intervention to mental health improvement. The aim was to determine how these changing patterns impact psychotherapy practice and identify potential pathways for development. Among the key findings are: the most common search terms used to find online psychological counseling; trends in recent research relating to online psychological counseling; network analysis of the keywords most commonly used in published research reflecting the views of Taiwanese society; and advances in technology that may utilize the mass and real-time nature of the Internet to shape perceptions towards online psychological counseling. Using the Scopus data search, we found 1735 publications from 1969 to October 2023 on online psychotherapy, which we refined to 1054 after excluding specified keywords (children, substance abuse, and cancer). The pandemic was a major contributor to the acceleration of online therapeutic services (McDonald A, Eccles J.A, Fallahkhair S., 2020). Before 2010, the literature on ethics in psychotherapy consisted of contributions that were mainly focused on ethical issues, such as issues of privacy, confidentiality and malpractice. In the early 2000s, internet counseling arrived, intending to help with critical mental health cases. However, this face-to-face transition was difficult for some, due to limited digital skills or access to technology (Knyahnytska et al., 2022; Smith et al., 2022; Kingsley et al., 2017). From 2010, technology preparedness with respect to accessibility and therapist–client relationships became a priority for mental health advocates (Barakat & Maguire, 2022). Practitioners expressed privacy concerns and urged that psychological and legal implications must be taken in

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

Year	Trends
Theme 2: Therapeutic process 2010- 2015	to consideration during consultations (Wilcoxon, 1988). Referrals and consultations also attracted discussions of legal issues, while ethical decision-making was also mentioned (Rebecca et al., 2007; Wood & Wood, 1990). psychotherapy literature for up to 5 years, with an emphasis on the therapeutic process and self-help programs in reducing depression for individuals diagnosed with a medical condition (Matcham et al.2015). The treatment expanded in a digital realm, of which Cognitive Behavioral Therapy (CBT) became a major modality (Bartholomew et al., 2023; Siwiec et al., 2023). Cognitive behaviour therapy (CBT) was a successful treatment for anxiety disorders and an effective tool for improving quality of life (Taylor et al., 2025; Kaczurkin et al., 2015). ACT-guided self-help programs have been shown to lower depressive symptoms (Zhong, W., Luo, J., & Zhang, H., 2024). That study confirmed that quality of life is affected by anxiety disorders and that improvement can be obtained by psychotherapy and pharmacological treatments (Baraniak & Sheffield, 2011). Though there were increases in the mental health workforce, these challenges remained, including staff shortages that were exacerbated by gaps in workforce leadership, with calls for immediate action on workforce development (Walcott et al., 2015).
Theme 3: Acceptance towards therapy 2015-2020	Increased acceptability of therapy in 2017, as people increasingly elected internet therapy, due to efficiency and economics (Boselie et al., 2023) The autonomy of solving problems that many people reported found empowering but in offline therapy people gain trust and feel physical presence (Feng et al., 2020). Technological-based therapy felt the boom from 2019 where the pandemic led the people to look for support through all the changes (Chen 2020). A lack of resources meant many opted for online therapeutic services (Romeu et al., 2020). Therapists adjusted to a digital environment, combining many approaches for an enhanced result (Blackshaw et al., 2023). Improved diagnostic criteria and assessment tools further improved the acceptance of therapy and research in mental health.
Theme 4: Pandemic 2020- present	Mental health was affected and the psychological climate worsened, leading to a high depression and burnout rates for health workers during COVID-19 pandemic [3]. Digital mental health approaches are necessary for research, teaching, implementing and quality assessment (Harrer et al, 2025). In the wake of the pandemic, for example, online platforms have been central to providing mental health services and therapeutic engagements (Opozda et al., 2024). Health services need to embrace self-care, individual tailoring of treatments, and provision of peer support for professionals (Nukala et al, 2021). Online counseling started back in the 1990s, and now more than 80% of a person's prefer online counseling because of its comforts. Digital formats of psychotherapy have been widely accepted, in large part for adults (Crump & LaChapelle, 2023). Therapists are adjusting by delivering personalized interventions that improve the therapeutic process (Petretto et al., 2024). A changing therapeutic culture, with more emphasis on self-care, and a broader framework of treatment positivity.

The most common concepts in publications on psychotherapy were classified with three colored clusters based on the co-occurrence analysis of commonly used terms in publications.

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

Table 3 Cluster 1 from VOS mapping

Item	Occurrences	Total link strength
Human	966	8742
Psychotherapy	845	7054
Humans	682	6712
Depression	328	3741
Mental health	219	2098
Cognitive behavioural therapy	192	1916
Anxiety	181	2094
Review	144	978
Covid-19	116	1056
Anxiety disorder	100	1194
Coronavirus disease 2019	100	1007

Figure: A cluster 1 in the red cluster mentions mental health and COVID-19. The term "Human " (966) with a link strength of 8742 is the most featured, underscoring psychological aspects. There is a strong presence in the discourse for "psychotherapy" (845 mentions, 7054 link strength) and "mental health" (219 mentions, 2098 link length). Therapeutic modalities are suggested by such themes as depression (328), cognitive behavioral therapy (192), anxiety disorder (100), and anxiety (181). The impact of the COVID-19 pandemic on mental health is seen in "COVID-19" (116 times) and "Coronavirus disease 2019" (100 times). Review (144 items), showcasing systematic literature reviews (Mendes-Santos et al., 2020). This set of overlapping themes speaks to a broader and more integrated approach to mental health and wellness.

Table 4 Cluster 2 from VOS mapping

Item	Occurrences	Total link strength
Article	693	6916
Adult	599	6618
Female	578	6394
Male	540	6074
Major clinical study	282	3510
Psychology	264	3031
Questionnaire	248	2639
Middle aged	222	2882
Adolescent	150	1946
Aged	141	1809

Cluster 2 (Green): Demographics and methodological factors in psychological research The salient themes and term frequencies are listed in the table with the top three being gender inclusive terms; for example Female (578 times, link strength 6394), Adult (599, 6618) and Male (540, 6074). The term "Article" (693, 6916) emphasizes written investigations, and the term "Major clinical study" (282, 3510) emphasizes data-based contributions. Psychology (264, 3031) and Questionnaire (248, 2639) reflect methodological diversity, including survey and clinical research. Middle aged (222, 2882), adolescent (150, 1946), and aged (141, 1809) all indicate investigation of life-stage exploration in psychological discourse.

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

Table 5 Cluster 3 from VOS mapping

Item	Occurrences	Total link strength
Controlled Study	349	4218
Internet	314	3232
Procedures	222	2617
Randomized Controlled Trial	215	2819
Treatment Outcome	205	2491
Online System	182	2120
Priority Journal	156	1742
Follow Up	142	1746
Outcome Assessment	127	1562
Quality Of Life	119	1488
Cognitive Therapy	119	1395

In contrast, Cluster 3 (blue) is centered on treatment modalities and evaluation modalities and reflects an emphasis on methodological rigor in scientific investigation. The number of records containing the term "controlled study" (n= 349, link strength = 4218) outnumbers all others, indicating the importance of experimental designs. Common expressions such as "procedures " (222, 2617 link strength) and "randomized controlled trial " (215, 2819 link strength) demonstrate a focus in systematic investigation.

References to the growth of internet and online platforms and the use of "internet" (314, link strength 3232 (32%), "online system" (182, link strength 2120 (21%)) suggest increasing integration of online/technological platforms into research (i.e., the implication that researchers are using platforms such as online survey tools rather than more traditional means such as telephone followed by mail). Prolific evaluation metrics were limited, with the most prominent consisting of "treatment outcome" (n = 205, link strength = 2491), "follow-up" (n = 142, link strength = 1746), and "outcome assessment" (n = 127, link strength = 1562), suggesting a focus on interventions. The tag of "priority journal" (156 mentions, link strength 1742) indicates concern over publishing in high-impact journals and landmark scientific activity. Introduction to the Evolution of Research Methods and Their Impact on Research: The table below highlights the categorical evolution of existing research methods and their impact.

Implications and recommendations

Therapeutic culture has shifted from muscle to mouse, with a content shift from physical modalities to those for online treatment during COVID-19, necessitating that therapists begin to adopt digital tools (Crump & LaChapelle, 2023). Such a trend emphasizes the need for technological literacy, client-centred practice, and cultural competence (Mendes-Santos et al, 2020). An escalation in research into digital cognitive behavioural therapy has enhanced the profile and acceptability of psychotherapy (Crump & LaChapelle, 2023). Along with holistic approaches like mindful and somatic therapy, therapists are urged to utilize preventive methods in order to encourage early intervention and education. In order to apply evidence-based practice, there must be outcome indicators and data-driven approaches in place that can better arm the therapy with added effectiveness. Increased use of self-help tools, apps and positive psychology for resilience and well-being (Mendes-Santos et al., 2020) are central to remote treatments. Professional development through training and multidisciplinary work prompts innovation in psychotherapeutic interventions. Digital therapy has emerged quickly since 2016, mirroring changing trends in research foci including intervention-based outcomes, health-related quality of life and metaverse

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

applications. For policy advocates, the increasing integration of technology and mental health requires mental health practitioners to consider teletherapy and digital interventions, and it will be vital for policy advocates to recognise the crucial role technology plays in mental health (Seinfeld, S., & Montesano, A., 2025). International cooperation is needed for culturally appropriate national mental health policies that will stimulate integrated treatment not only for the relief of symptoms, but for the improvement of quality of life (Mendes-Santos et al., 2020).

Limitations

In the present study, there were the following limitations:

- **Incomplete Data Selection:** The potential for incomplete data selection is one of the key limitations of the study. Given the large number of publications on online psychotherapy, it is difficult to include every relevant paper. This limitation could lead to the omission of important studies, which can contaminate results or mask vital information.
- This is a significant limitation because it may restrict the study's breadth and depth. Research on Online Psychological Counselling. With fewer studies, they can assess fewer studies, which makes it more difficult to obtain comprehensive and accurate results. Ongoing changes in technology and the delivery of mental health services are rapidly transforming the online psychotherapy landscape.
- **Scopus database Publication bias.** Some studies, especially those with positive or new results, publish likelihoods, which will increase the likelihood of including the results in the analysis. It is possible that institutional bias will lead to overrepresentation of some categories of research which could bias the result overall.
- **Generalizability** as this research may have primarily been to one part of the population or area, meaning that the results of this study cannot easily be generalized beyond different situations, such as other culture or demographic groups.
- **Widening the Digital Divide:** The move to digital platforms in therapy could unintentionally widen existing inequalities in access to technology and, as a result, access to treatment. Such restrictions may disproportionately burden patients with low technology endowment and may be a barrier for engaging in successful online therapies.
- **Adaptation challenges for practitioners** Taking into account the propensity of seasoned psychotherapists to reject new therapeutic approaches, this could serve as a major obstacle to the smooth integration of developing trends. Such caution can hinder the rollout of advanced therapies, limiting the broader mental health community's availability to new and potentially beneficial forms of treatment.
- **Data security concerns & Not considering Contextual Factors** — The increasing reliance on digital platforms creates concerns about data security and confidentiality issues, potentially compromising the privacy of therapeutic communications. Due to its focus on individualised strategies, therapists may inadvertently neglect broader systemic and societal factors that affect mental health.
- **Limited Training Opportunities & Misuse of Technology** as a result of the lack of holistic training programs for therapists in developing modalities; their ability to evolve with the changing trends is limited. Technological integration can exacerbate misuse, such as dependence on apps or web treatments without enough therapeutic control.

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

- Keyword cluster analysis can still be useful but is largely a quantitative exercise since it includes little in the way of subtleties or method of research (ie qualitative). Enforcing this constraint might provide simplified models of some of complex issues and can hinder adequate comparisons within and across clusters. In addition, the variability, frequency, and strength of some of these variables are not clearly defined, which may affect interpretation of results. Moreover, the approach does not take into account temporal aspects, which could also illuminate changes in the research landscape or historical influences. Moreover, examining the biggest players like the US is subject to bias and could hide contributions from newly established research centres in other parts of the world. Moreover, the narrow cultural focus could decrease the generalizability of the findings across the globe.

REFERENCES

- Alves, G. S., Casali, M. E., Veras, A. B., Carrilho, C. G., Bruno Costa, E., Rodrigues, V. M., & Dourado, M. C. N. (2020). A systematic review of home-setting psychoeducation interventions for behavioral changes in dementia: some lessons for the COVID-19 pandemic and post-pandemic assistance. *Frontiers in Psychiatry, 11*, 577871.
- Annesi, J. J., & Johnson, P. H. (2020). Mitigation of the effects of emotional eating on sweets consumption by treatment-associated self-regulatory skills usage in emerging adult and middle-age women with obesity. *Appetite, 155*, 104818.
- Barakat, S., & Maguire, S. (2022). Accessibility of psychological treatments for bulimia nervosa: a review of efficacy and engagement in online self-help treatments. *International Journal of Environmental Research and Public Health, 20*(1), 119.
- Baraniak, A., & Sheffield, D. (2011). The efficacy of psychologically based interventions to improve anxiety, depression and quality of life in COPD: a systematic review and meta-analysis. *Patient education and counseling, 83*(1), 29-36.
- Bartholomew, T. T., Pérez-Rojas, A. E., Bledman, R., Joy, E. E., & Robbins, K. A. (2023). "How could I not bring it up?": A multiple case study of therapists' comfort when Black clients discuss anti-Black racism in sessions. *Psychotherapy, 60*(1), 63.
- Battles, M. B., & Berman, J. S. (2012). The impact of conversational acknowledgers on perceptions of psychotherapists. *Psychotherapy Research, 22*(6), 648-655.
- Berry, J. W. (2013). Global psychology. *South African Journal of Psychology, 43*(4), 391-401.
- Blackshaw, E., Sefi, A., Mindel, C., Maher, H., & De Ossorno Garcia, S. (2023). Digital mental health outcome monitoring for a structured text-based youth counselling intervention: Demographic profile and outcome change. *Psychology and Psychotherapy: Theory, Research and Practice*.
- Borsutzky, S., Moritz, S., Hottenrott, B., & Gehlenborg, J. (2023). A self-guided Internet-based intervention for individuals with chronic pain and depressive symptoms: study protocol of a randomized controlled trial. *Trials, 24*(1), 1-16.
- Boselie, J. J., Vancleef, L. M., van Hooren, S., & Peters, M. L. (2023). The effectiveness and equivalence of different versions of a brief online Best Possible Self (BPS) manipulation to temporary increase optimism and affect. *Journal of Behavior Therapy and Experimental Psychiatry, 79*, 101837.
- Crisp, D. A., & Griffiths, K. M. (2014). Participating in online mental health interventions: who is most likely to sign up and why? *Depression research and treatment, 2014*.
- Crump, L., & LaChapelle, D. (2023). "Don't need [therapy]! Not necessary, that's what we're for!": Does content from fibromyalgia Facebook peer support groups emulate psychological flexibility principles? *PEC innovation, 2*, 100144.

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

- Csaba, Pléh. (2011). The developmental trend of Hungarian experimental psychology 1950–2010. doi: 10.1556/MPSZLE.66.2011.4.5
- Drozd, F., Raeder, S., Kraft, P., & Bjørkli, C. A. (2013). Multilevel growth curve analyses of treatment effects of a Web-based intervention for stress reduction: randomized controlled trial. *Journal of medical Internet research*, 15(4).
- Edward, K. L. (2005). Resilience: A protector from depression. *Journal of the American psychiatric nurses association*, 11(4), 241-243.
- Erbe, D., Eichert, H. C., Riper, H., & Ebert, D. D. (2017). Blending face-to-face and internet-based interventions for the treatment of mental disorders in adults: systematic review. *Journal of medical Internet research*, 19(9), e306.
- Feng, Y. C., Krahe, C., Meeten, F., Sumich, A., Mok, C. M., & Hirsch, C. R. (2020). Impact of imagery-enhanced interpretation training on offline and online interpretations in worry. *Behaviour Research and Therapy*, 124, 103497.
- Fite, R. O., & Guta, M. T. (2021). Stigma and associated factors among people with epilepsy in Ethiopia: A systematic review and meta-analysis. *Epilepsy & Behavior*, 117, 107872.
- Fledderus, M., Bohlmeijer, E. T., Pieterse, M. E., & Schreurs, K. M. G. (2012). Acceptance and commitment therapy as guided self-help for psychological distress and positive mental health: a randomized controlled trial. *Psychological Medicine*, 42(3), 485–495.
- Ghorbani, S., Ashouri, A., Gharraee, B., & Farahani, H. (2022). Effectiveness of Online Group-mindfulness and Acceptance-based Therapy and Cognitive-behavioral Therapy on Misophonia. *Iranian Journal of Psychiatry and Behavioral Sciences*, (In Press).
- Harrer, M., Miguel, C., Van Ballegooijen, W., Ciharova, M., Plessen, C. Y., Kuper, P., ... & Cuijpers, P. (2025). Effectiveness of psychotherapy: Synthesis of a “meta-analytic research domain” across world regions and 12 mental health problems. *Psychological bulletin*, 151(5), 600.
- Hernández-Torrano, D., Ibrayeva, L., Sparks, J., Lim, N., Clementi, A., Almukhambetova, A., & Muratkyzy, A. (2020). Mental health and well-being of university students: A bibliometric mapping of the literature. *Frontiers in psychology*, 11, 1226.
- Hurtado-Parrado, C., & López-López, W. (2015). Single-case research methods: history and suitability for a psychological science in need of alternatives. *Integrative Psychological and Behavioral Science*, 49, 323-349.
- James, G., Schröder, T., & De Boos, D. (2022). Changing to remote psychological therapy during COVID-19: Psychological therapists' experience of the working alliance, therapeutic boundaries and work involvement. *Psychology and Psychotherapy: Theory, Research and Practice*, 95(4), 970-989.
- Jingili, N., Oyelere, S. S., Ojwang, F., Agbo, F. J., & Nyström, M. B. (2023). Virtual reality for addressing depression and anxiety: a bibliometric analysis. *International journal of environmental research and public health*, 20(9), 5621.
- Juhos, C., & Mészáros, J. (2019). Psychoanalytic psychotherapy and its supervision via videoconference: experience, questions and dilemmas. *The American journal of psychoanalysis*, 79, 555-576.
- Kaczurkin, A. N., & Foa, E. B. (2015). Cognitive-behavioral therapy for anxiety disorders: an update on the empirical evidence. *Dialogues in clinical neuroscience*, 17(3), 337–346.
- Kaiser, D. J., & Prieto, L. R. (2018). Trainee estimates of working alliance with upper-and working-class clients. *Counselling and Psychotherapy Research*, 18(2), 154-165.

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

- Kan, K., Jörg, F., Buskens, E., Schoevers, R. A., & Alma, M. A. (2020). Patients' and clinicians' perspectives on relevant treatment outcomes in depression: qualitative study. *BJPsych open*, 6(3), e44.
- Knight, Z. G. (2020). Living under lockdown in the shadow of the COVID-19 pandemic in South Africa: anxious voices from the unplanned shift to online therapy. *Research in Psychotherapy: Psychopathology, Process, and Outcome*, 23(3).
- Lane, A. R., Wilcoxon, S. A., & Cecil, J. H. (1988). Family-of-origin experiences and the transition to parenthood: Considerations for marital and family therapists. *Family Therapy: The Journal of the California Graduate School of Family Psychology*, 15(1).
- Liu, X., Chau, K. Y., Chan, H. S., & Wan, Y. (2022). A Visualisation Analysis Using the VOSviewer of Literature on Virtual Reality Technology Application in Healthcare. *Cases on Virtual Reality Modeling in Healthcare*, 1-20.
- Mariam, A., Tatiana, Z., Stepanova, G., Irina, K., & Margarita, K. (2018). Psychological and pedagogical support for children's and teenager's self-development and education globalization. In *International Conference on the Theory and Practice of Personality Formation in Modern Society (ICTPPFMS 2018)* (pp. 131-138).
- McDonald, A., Eccles, J. A., Fallahkhair, S., & Critchley, H. D. (2020). Online psychotherapy: trailblazing digital healthcare. *BJPsych bulletin*, 44(2), 60-66.
- Mendes-Santos, C., Andersson, G., Weiderpass, E., & Santana, R. (2020). Mitigating COVID-19 impact on the Portuguese population mental health: the opportunity that lies in digital mental health. *Frontiers in public health*, 8, 553345.
- Millard, T., McDonald, K., Elliott, J., Slavin, S., Rowell, S., & Girdler, S. (2014). Informing the development of an online self-management program for men living with HIV: a needs assessment. *BMC Public Health*, 14, 1-9.
- Miller, R. M., & Kaiser, R. S. (2018). Psychological characteristics of chronic pain: a review of current evidence and assessment tools to enhance treatment. *Current pain and headache reports*, 22, 1-6.
- Moghim, E., Knyahnytska, Y., Zhu, Y., Kumar, A., Knyahnytski, A., Patel, C., & Alavi, N. (2022). A qualitative exploration of the mental health challenges and therapeutic needs of Canadian correctional workers. *Frontiers in Psychiatry*, 13, 1004143.
- Nor, M. M., Anthoney, M., Ali, S. A., Pauzi, M. F., Yusuf, R. A., Faisal, N. A., ... & Ismail, M. Z. (2022). Students' Foreign Language Anxiety: Its Effect on their Reading on Critical Reasoning Skills. *Journal of Positive School Psychology*, 1390-1407.
- Opozda, M. J., Oxlad, M., Turnbull, D., Gupta, H., Vincent, A. D., Ziesing, S., ... & Wittert, G. (2024). The effects of using psychotherapeutic e-mental health interventions on men's depression and anxiety: systematic review and meta-analysis. *Current Psychology*, 43(10), 9101-9115.
- Pérez, J. C., Fernández, O., Cáceres, C., Carrasco, Á. E., Moessner, M., Bauer, S., & Krause, M. (2023). An adjunctive internet-based intervention to enhance treatment for depression in adults: randomized controlled trial. *JMIR Mental Health*, 8(12).
- Petretto, D. R., Carrogu, G. P., Gaviano, L., Berti, R., Pinna, M., Petretto, A. D., & Pili, R. (2024). Telemedicine, e-health, and digital health equity: a scoping review. *Clinical practice and epidemiology in mental health: CP & EMH*, 20, e17450179279732.
- Reis, S., Matthews, E. L., & Grenyer, B. F. (2020). Characteristics of effective online interventions: implications for adolescents with personality disorder during a global pandemic. *Research in Psychotherapy: Psychopathology, Process, and Outcome*, 23(3).

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

- Romeu, D., Guthrie, E., Brennan, C., Farley, K., & House, A. (2020). Online resources for people who self-harm and those involved in their informal and formal care: observational study with content analysis. *International journal of environmental research and public health*, 17(10).
- Rosmalen, J. G., van Gils, A., Mesa, M. A. A., Schoevers, R. A., Monden, R., & Hanssen, D. J. (2020). Development of Grip self-help: An online patient-tailored self-help intervention for functional somatic symptoms in primary care. *Internet Interventions*, 19, 100297.
- Rovai, A. P., & Childress, M. D. (2002). Explaining and predicting resistance to computer anxiety reduction among teacher education students. *Journal of Research on Computing in Education*, 35(2), 226-235.
- Saleem, Y. (2024). Navigating the Evolution of Online Psychotherapy: A Scientific Exploration of Ethical Pros and Cons. *Pakistan Journal of Ethics*, 4(1), 1-6.
- Sasseville, M., LeBlanc, A., Tchuente, J., Boucher, M., Dugas, M., Gisèle, M., ... & Gagnon, M. P. (2023). The impact of technology systems and level of support in digital mental health interventions: a secondary meta-analysis. *Systematic Reviews*, 12(1), 78.
- Seinfeld, S., & Montesano, A. (2025). Virtual Reality in Psychotherapy: A Commentary on Strategies, Interventions, and Perspectives from Five Clinical Reports. *Journal of Clinical Psychology*.
- Sherer, J., & Levounis, P. (2022). Technological addictions. *Current Psychiatry Reports*, 24(9), 399-406.
- Siwiec, S., Bodhy, S., Lotfi, S., & Lee, H. J. (2023). Cognitive bias modification for thought-action fusion: A placebo-controlled randomized experimental trial. *Journal of Obsessive-Compulsive and Related Disorders*, 37, 100787.
- Smith, K., Moller, N., Cooper, M., Gabriel, L., Roddy, J., & Sheehy, R. (2022). Video counselling and psychotherapy: A critical commentary on the evidence base. *Counselling and Psychotherapy Research*, 22(1), 92-97.
- Taylor, N. C., Springer, P. R., & Bischoff, R. J. (2025). Guidelines for Integrating Technology in Clinical Practice. *International Journal of Systemic Therapy*, 1-23.
- Timko Olson, E. R., Hansen, M. M., & Vermeesch, A. (2020). Mindfulness and Shinrin-Yoku: Potential for physiological and psychological interventions during uncertain times. *International Journal of Environmental Research and Public Health*, 17(24), 9340.
- Walcott, C. M., Hyson, D., McNamara, K., & Charvat, J. L. (2015). Results from the NASP 2015 membership survey, part one: Demographics and employment conditions. *NASP Research Reports*, 3(1), 1-17.
- Weinberg, H. (2021). Obstacles, challenges, and benefits of online group psychotherapy. *American Journal of Psychotherapy*, 74(2), 83-88.
- Young, S., Adamo, N., Ásgeirsdóttir, B. B., Branney, P., Beckett, M., Colley, W., ... & Woodhouse, E. (2020). Females with ADHD: An expert consensus statement taking a lifespan approach providing guidance for the identification and treatment of attention-deficit/hyperactivity disorder in girls and women. *BMC psychiatry*, 20(1), 1-27.
- Zhong, W., Luo, J., & Zhang, H. (2024). The therapeutic effectiveness of artificial intelligence-based chatbots in alleviation of depressive and anxiety symptoms in short-course treatments: A systematic review and meta-analysis. *Journal of Affective Disorders*.

Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis

Zhuravlev, A., Nestik, T., Eduard, P., Marianna, S. C., Lioudmila, B., Piurcosky, F. P., & Ferreira, J. V. (2018). Technophobia as a cultural and psychological phenomenon: Theoretical analysis. *Interação-Revista De Ensino, Pesquisa E Extensão*, 20(1), 266-281.

Acknowledgment

Author acknowledges Jaypee Institute of Information technology for providing infrastructure and support.

Conflict of Interest

All the authors declare no conflicts of interest

How to cite this article: Ahuja, V., Misra, Bakhru, K.& Sharma, A. (2026). Exploring Emerging Trends in Online Psychotherapy in the Mental Health Sector: A Bibliometric Analysis. *International Journal of Indian Psychology*, 14(3), 2012-2027. DIP:18.01.185.2026 1403, DOI:10.25215/1403.185