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기타소속:

강연제목: 뇌신경정신의학 영역에서 디지털 치료제의 개발

#### Abstract:

With the COVID-19 outbreak, psychiatry has faced a major change that has never been seen before. An incomparable number of people have experienced feelings of depression, isolation, and anxiety. Students do not go to school, adults feel the risk of job loss, and those who run their own businesses find it difficult to do business. Crisis conditions aggravated mental illness and made her feel more depressed. Diseases such as depression, panic disorder, and insomnia have increased significantly. Without the development of information and communication industries such as mobile and Internet, the feeling of isolation and depression would have worsened. Mobile and the Internet helped people overcome feelings of isolation by connecting people, delivering new information, and sharing stories across time and space. Professor Lee Ur-ryung presented the concept of 'Digilog'. 'Digilog' is a term that refers to cutting-edge technology that combines digital base and analog sentiment. It is said that the power of 'Digilog', which connects digital cyber culture and analog community sentiment, appears as a new keyword of hope. A new therapeutic paradigm that can treat mental illness should proceed in the direction of this 'Digilog'. It is desirable to develop in a direction that can provide human warmth and connection to people with mental illness. As Professor Lee said, it is necessary to make efforts to incorporate Koreans' knowledge and skills in the culture of 'Jeong' and IT so that they can be used for the treatment of mental disorders through the new virtual reality and metaverse.

#### Brief Biosketch

Director, Digital Therapeutics Research Center, Samsung Medical Center  
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