VA researchers interviewed 66 Veterans from rural and urban areas in Maine, Arkansas, and California who screened positive for PTSD, alcohol use disorder, or depression. The Veterans shared views on smartphone use for mental health care.

- **Rural Veterans** were more likely to oppose the use of smartphone apps to support mental health, citing issues such as difficulty of use, financial barriers, connectivity gaps, and clashes with their values.

- **Older age did not influence** Veterans’ beliefs about the compatibility of apps with their culture and identity, but older Vets more often reported not owning smartphones and described them as hard to use.

- The researchers concluded that openness toward smartphone apps in mental health treatment **may vary based on rurality**. They say it is important to identify those who are open to and may benefit from the technology, and to address barriers that may exist—such as by providing training or simplified apps for those who may have trouble using the devices.