Using an Internet-Based, Mobile Tool as an Adjunct to Mental Healthcare: Patient and Provider’s Initial Attitudes

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**Background**

- **mHealth**: mental health/psychological intervention delivered or supported by mobile technologies\(^1\)

- **App-based mHealth tools:**
  - Effective adjunct to treatment for chronic pain\(^2\), depression\(^3\), anxiety\(^4\), schizophrenia\(^5\), addiction\(^6\)
  - Improve MH care delivery and patient engagement in care\(^7\) → improve MH symptoms, outcomes\(^8,9\)

- **Estimated 10,000 MH apps available for download\(^10\)**
Mozzaz Lifetiles App

• Mobile patient case management
• Improve patient engagement with care
• Real-time data analytics
Mozzaz Lifetiles App

- Personalized Interventions
- Real-time Data
- Safety Plans
- Therapy
- Care Plans
- Medication
- Daily Living
- Interventions
- Communication
- Messaging
Need For Research

• No empirical research validating the Lifetiles app
• Still very little research to date about mobile mental health care apps in general
• Little research on facilitators and barriers of implementing mobile mental health care apps for patients and providers
Importance of Research

• Local importance:
  o Improving Mozzaz Lifetiles app
  o Increasing patient engagement with care
  o Promoting positive changes in patient recovery and well-being
  o Decreasing clinical provider workload

• Broad importance:
  o Implementation and use of Internet-based/mobile technologies in mental health care
Lifetiles Evaluation Study

**Goal:** Evaluate the implementation of the Mozzaz Lifetiles app from patient and provider perspectives at Ontario Shores
Today’s Presentation

“Using an Internet-Based, Mobile Tool as an Adjunct to Mental Healthcare: Patient and Provider’s Initial Attitudes”

• Methodology
• Barriers & challenges
Research Questions

1. What are providers’ and patients’ barriers and facilitators in implementing the Mozzaz Lifetiles app in their delivery/receipt of mental health care?

1. To what degree do patients’ use of Lifetiles coincide with changes in their engagement in and satisfaction with their care, symptoms, recovery, and well-being?
Methods

Patient Variables

• Satisfaction & engagement with care
• Recovery assessment
• Attitudes, barriers & facilitators to using Lifetiles

Provider Variables

• Adaptation to/satisfaction with Lifetiles
• Related changes in providing care
• Attitudes, barriers & facilitators to using Lifetiles
Methods

- Surveys
- Lifetiles Usage Data
- Focus Groups
Methods

Entry Survey
1-Month Follow Up
3-Month Follow Up
Exit Survey
Focus Groups

Lifetiles Usage Data
Methods

• Rationale:
  o Patient and provider endorsement of and engagement with Lifetiles Mozzarella may differ and interact.
  o Multiple time-points allow for measurement of engagement and satisfaction alongside increased familiarity and use of Mozzarella Lifetiles.
Preliminary Findings

- Participants
  - 20/50 providers
  - 1/75 patients
Possible Barriers to Patient Recruitment

• Project timeline delays
• Length of surveys & consent forms
• Lack of study awareness
• Unfamiliarity with Mozzaz Lifetiles app
• Other?
Get Involved

- Contact us: insite@uottawa.ca

Are you using the Mozzaz Lifetiles app with your patients? We need your feedback!

Provide your anonymous feedback, and receive up to $40.00 in gift cards!
Conclusion

- Local & broad importance of study

Engagement (+) Outcomes
Conclusion

• Local & broad importance of study

Engagement (+) Outcomes
Thank you!
References


Questions?

• Do you have any additional thoughts about mitigating the challenges we’ve faced thus far?