

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 technologies¹
- App-based mHealth tools:
 - Effective adjunct to treatment for chronic pain², depression³, anxiety⁴, schizophrenia⁵, addiction⁶
 - Improve MH care delivery and patient engagement in care⁷ → improve MH symptoms, outcomes^{8, 9}
- Estimated 10,000 MH apps available for download¹⁰

mozzaz
care everywhere



lifetiles

Mozzaz Lifetiles App

- Mobile patient case management
- Improve patient engagement with care
- Real-time data analytics



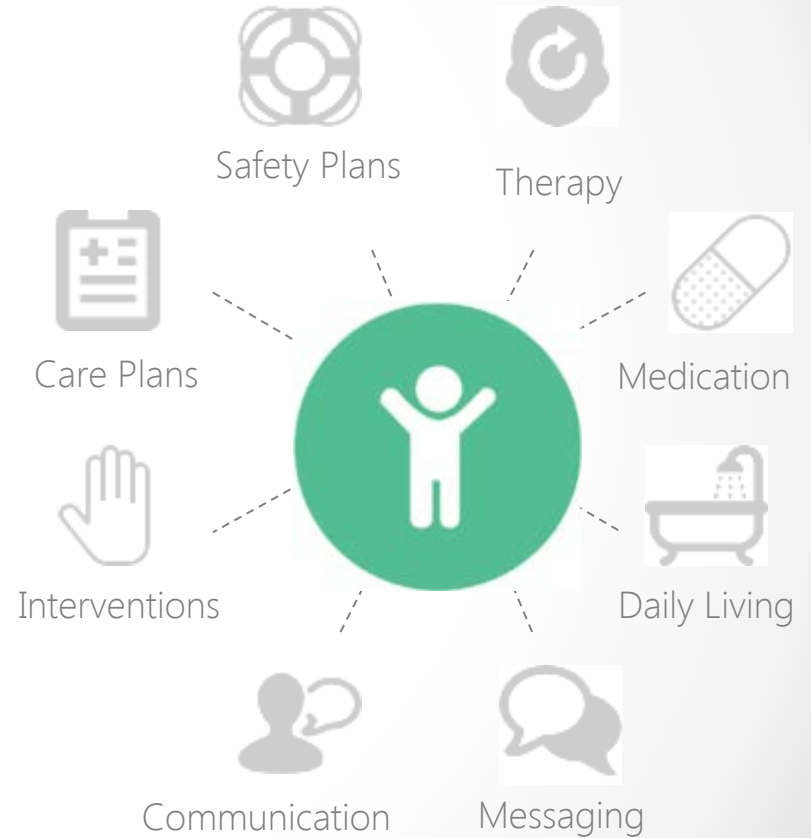
Mozzaz Lifetiles App



Personalized Interventions



Real-time Data



Safety Plans



Therapy



Medication



Daily Living



Messaging



Communication



Interventions



Care Plans

Need For Research

- No empirical research validating the Lifetiles app
- Still very little research to date about mobile mental health care apps in general¹
- Little research on facilitators and barriers of implementing mobile mental health care apps for patients and providers

Importance of Research

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

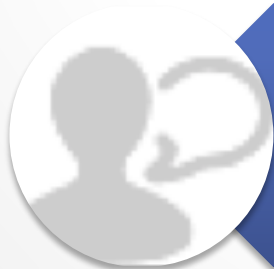
Methods



Surveys

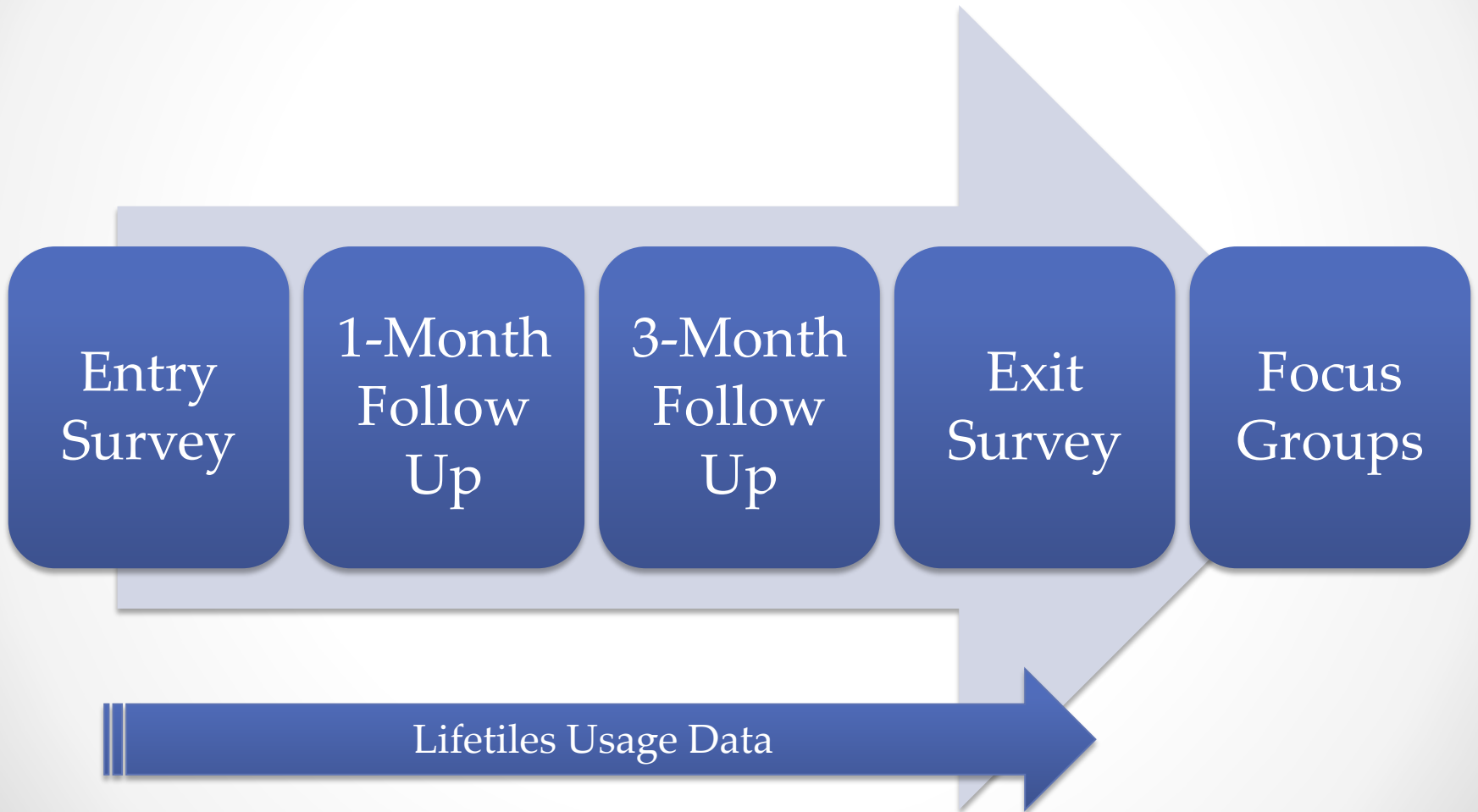


Lifetiles Usage Data



Focus Groups

Methods



Methods

- Rationale:
 - Patient and provider endorsement of and engagement with Lifetiles Mozzaz may differ and interact
 - Multiple time-points allow for measurement of engagement and satisfaction alongside increased familiarity and use of Mozzaz 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

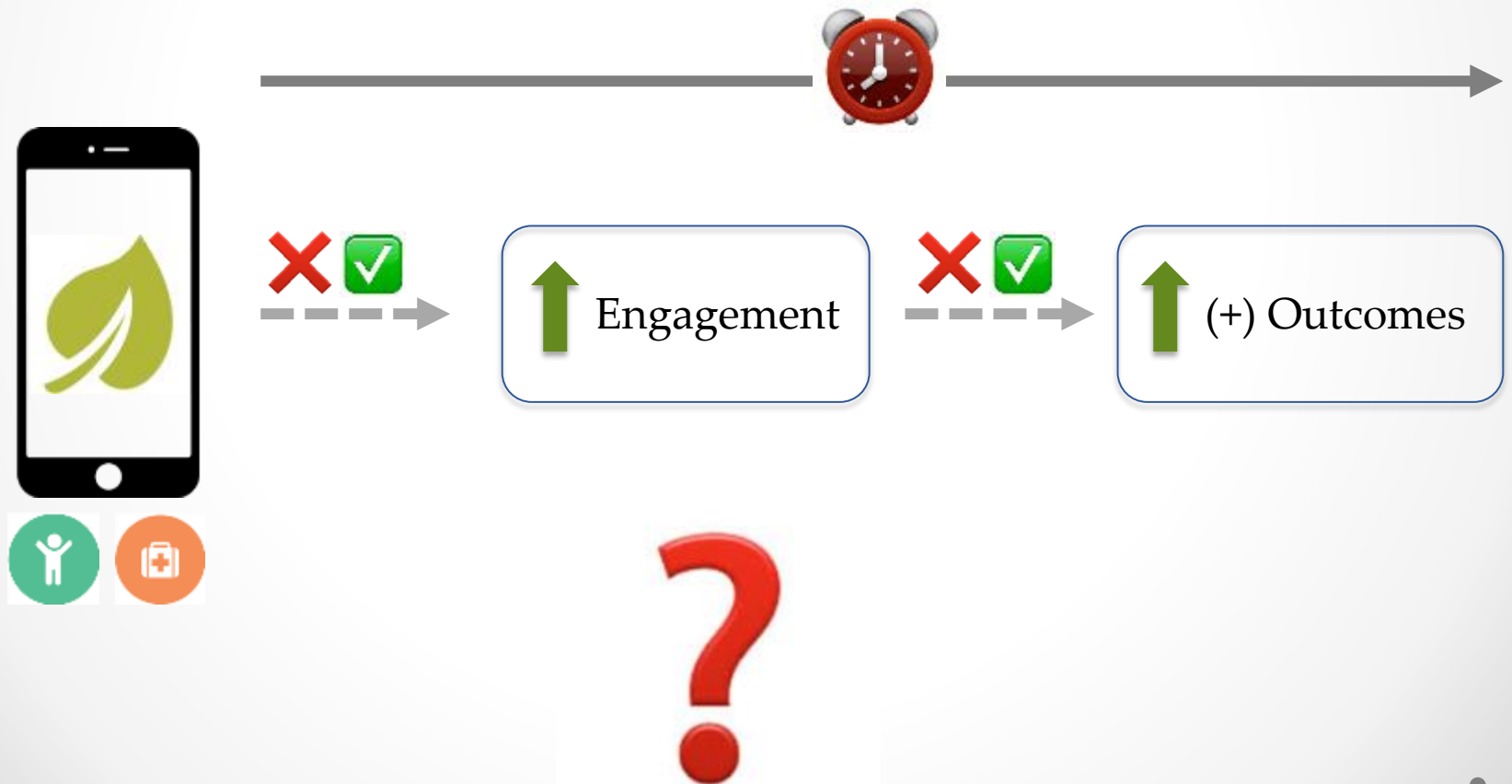


**Are you using the Mozzaz
Lifefiles app with your patients?
We need your feedback!**

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

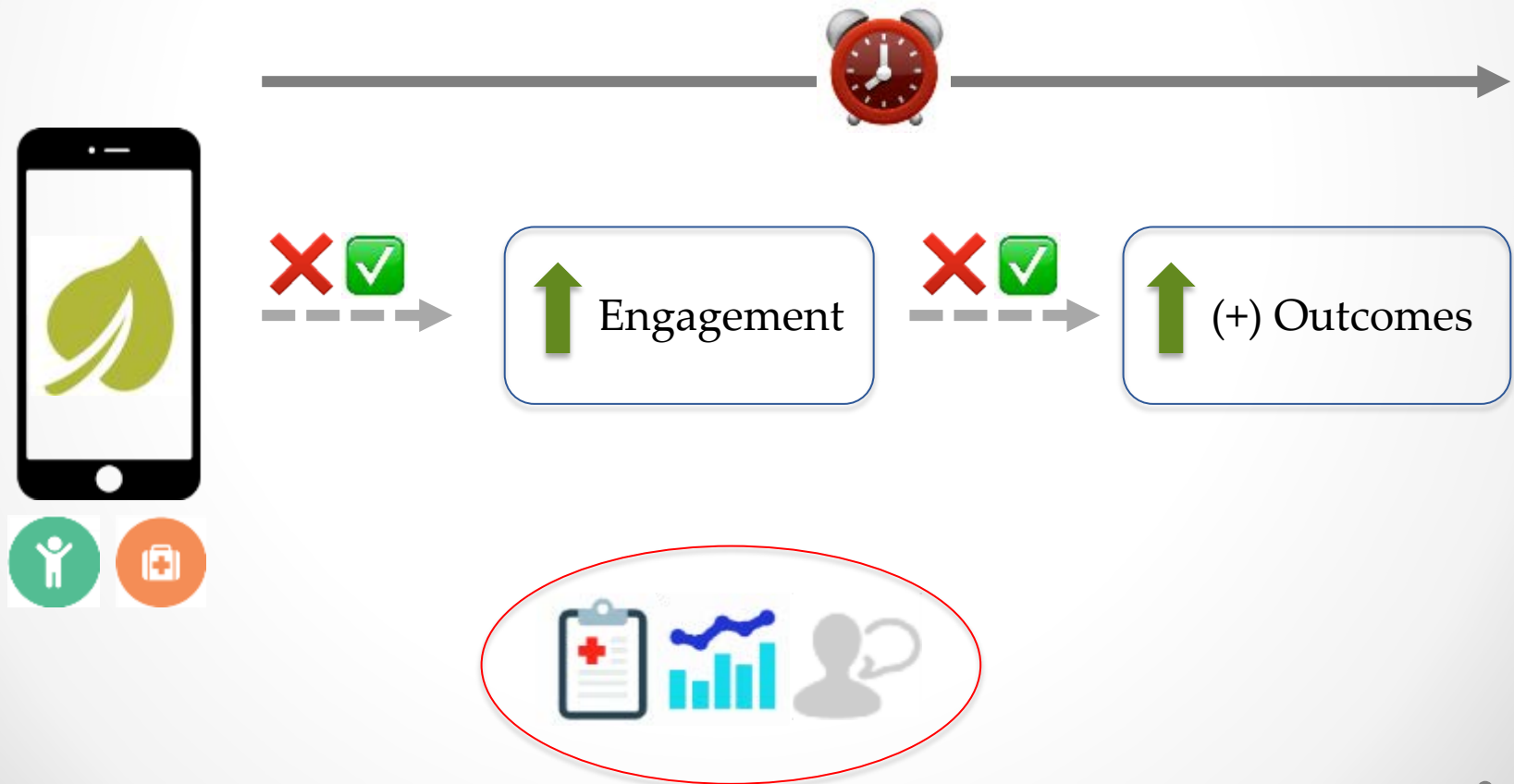
Conclusion

- Local & broad importance of study



Conclusion

- Local & broad importance of study



Thank you!

References

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Questions?

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