



## MindFrame

### Supporting the treatment of young people suffering from schizophrenia

MindFrame is a mobile health (mHealth) solution powered by Monsenso that supports the treatment of individuals suffering from schizophrenia. It consists of a smartphone application for patients and a web portal for clinicians.

**Mental illness:** Schizophrenia

**Country:** Denmark

**Region:** North Denmark Region

**Project period:** May 2014 - current

**Solution:** MindFrame

Powered by Monsenso

### Background

MindFrame started as a research project where young individuals suffering from schizophrenia participated in the development of a personalized mHealth solution that enables them to understand their illness and manage their daily life. The research project adopted the slogan: **“Nothing about us, without us.”**

### Objective

The aim of the research project was to provide these young patients with the necessary tools to help them through their recovery process and empower them to live a fulfilling life.

### Challenges

- To develop a platform that supports the treatment of young individuals suffering from schizophrenia

- To provide individuals with self-help tools to manage their illness
- To empower individuals to live a good quality life

### Our solution

This solution was developed in collaboration with the Unit for Psychiatric Research, a group of young patients and their caregivers from the Infirmary for adolescents with schizophrenia (OPUS) in North Jutland.

This group of users provided system developers with feedback regarding different functionalities that help them cope with their mental illness.

MindFrame was developed as a framework that offers a unique impression of the correlation between the illness and daily life. Together, healthcare providers and patients can customise the application’s settings so that it corresponds to the person’s actual challenges and supports his particular needs.

MindFrame also provides individuals with customized action plans within the application ensuring that self-help tools are readily available, even when the person is feeling well.

Every day, individuals are required to fill out a self-assessment on their smartphone; these assessments will reveal the state of the individual’s mental health. The data collected on the self-assessment will be displayed on the smartphone app as a graph over the course of 14 days.

The clinician can also access the patient’s self-assessments through the clinical web portal enabling him to identify any patterns and make possible connections between certain behaviors and the symptoms they may trigger. With the data from the self-assessments, the system can also identify triggers and early warning signs notifying both, the patient, and the clinician.

MindFrame is currently being used by the North Denmark Region to support the treatment and improve the quality of life of this group of young patients suffering from schizophrenia.