MHealth - The Future of Mental Health Care
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Technology is becoming more pervasive

According to Gartner:

In 2015 smartphone sales reached [2]

Accounted for 78% of all mobile sales in Q1 2016 [2]

According to a new report by IMS Institute for Healthcare Informatics, there are now more than 165,000 mobile health apps on the market. Nearly two thirds are focused on general wellness issues like fitness, lifestyle, stress, and diet. The remaining third is made up by apps focused on specific health conditions (9%), medication info & reminders (6%), and women’s health & pregnancy (7%). Mental health apps led among disease specific apps, followed by diabetes.[3]

When they looked at physician practices in relation to app prescribing using their AppScripts platform, they found that the majority of prescribed apps focused on diet, fitness, smoking and mental health. When physicians prescribed an app, they found that “fill rates” ranged from 28% on respiratory apps to 72% on mental health apps.[3]
Healthcare provider view [4]

Benefits for healthcare providers

- Minimises avoidable service use
- Improves outcomes
- Promotes patient independence
- Focuses on prevention

Patient view [4]

Benefits for patients

- Helps with healthcare provider communication
- Provides information on symptoms and medical conditions
- Examination of health records and medical tests

Factors that increase the use of healthcare apps:

- Trustworthy, accurate data: 66%
- Ease of use, simplicity and design: 66%
- Guarantee of data security: 52%
Evidence of health technology benefit for healthcare providers [4]

A mobile working solution for community nurses
-60% paperwork time
+29% patient face time
2 extra patients seen daily

A telehealth hub across 210 care homes
-35% hospital admissions
-53% A&E use
-59% hospital bed days

Evidence of health technology benefit for patients [5]

4 out of 5 internet connected adults use some kind of digital health technology

52% of consumers strongly agree they are responsible for their own health

People who made an online search for health information acted on the results of their search in some way

Users agree that they should be the one controlling their health data

Users would share their health data with their care provider to get better care
Mental health

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The identification of mental illness and its treatment, when instigated as early as possible, represents a high priority. Both the detection and treatment of early mental illness promote recovery, independence, self-sufficiency, as well as facilitating social activities and employment opportunities. [6]

Early intervention is critical to treating mental illness before it can cause tragic results such as serious impairment, unemployment, homelessness, poverty, and suicide. [7]

One fifth of teenagers under the age of 18 suffer from developmental, emotional or behavioural problems, and one in eight have a mental disorder.

Approximately 450 million people worldwide suffer from mental disorders.

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The Monsenso mHealth solution for mental illnesses

The Monsenso mHealth solution can help healthcare providers to closely monitor patients who have experienced a first episode of mental illness.

After experiencing a first episode, the healthcare provider can encourage the patient to use the Monsenso mHealth solution. This will enable the clinician to monitor the individual on a continuous basis, and react if symptoms arise.

With the Monsenso user app, patients can fill in self-assessments on a daily basis. These self-assessments include information on the patient’s behaviour and symptoms related to his mental health. Furthermore, the solution collects sensor data through sensors in the patient’s smartphone, and this combined with the self-assessment will help the healthcare provider to continuously monitor the patient, and support intervention at a very early stage. Early warning signs and automatic triggers can be set to indicate to the healthcare provider that proactive intervention is needed, if for example a patient sleeps too little or feels too distressed.

Early intervention and continuous monitoring can maximize a person’s chances of a fast recovery, self-sufficiency, and increase the chance of living a high-quality life including the possibility to pursue an education and maintain a stable job.

The Monsenso mHealth platform includes a triple-loop treatment model that connects patients, family carers and care providers. Our solution is configured to support the treatment of most mental illnesses and it can also be configured to meet specific clinical needs.

The Monsenso mHealth solution holds a CE marking and TGA certification; therefore it is considered a medical application, elevating itself from other mental health applications available.
Interested in learning more?

If you are interested in learning more about how the Monsenso mHealth solution can help you provide better treatment, to more people, at a lower cost. Contact us to schedule an on-line demo.

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References: