# MHealth - The Future of Mental Health Care

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# MHealth - The future of mental health care

Technology is becoming more pervasive

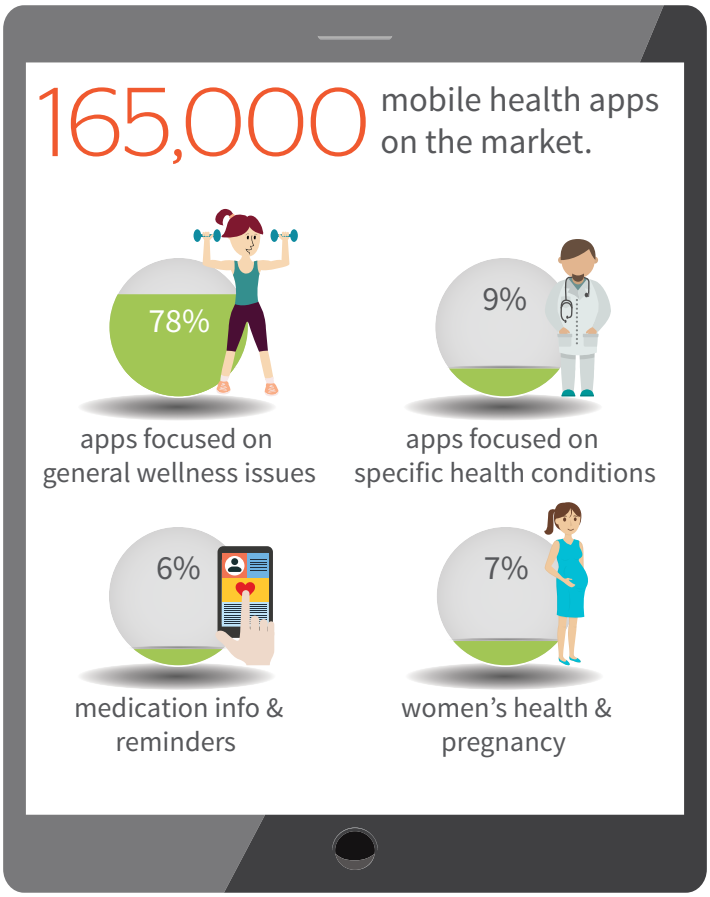
## According to Gartner:

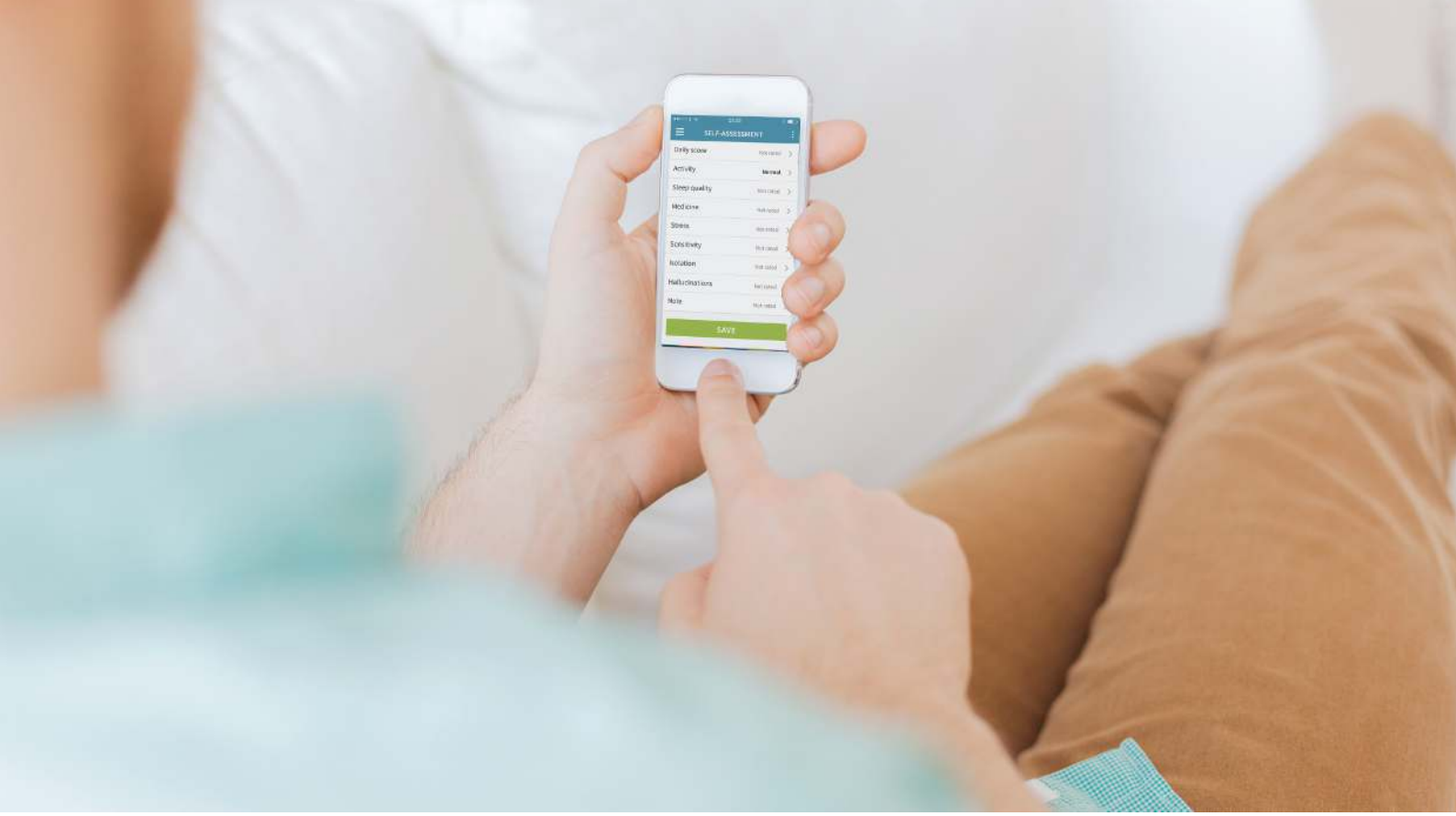
In **2015** smartphone sales reached [2]

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]

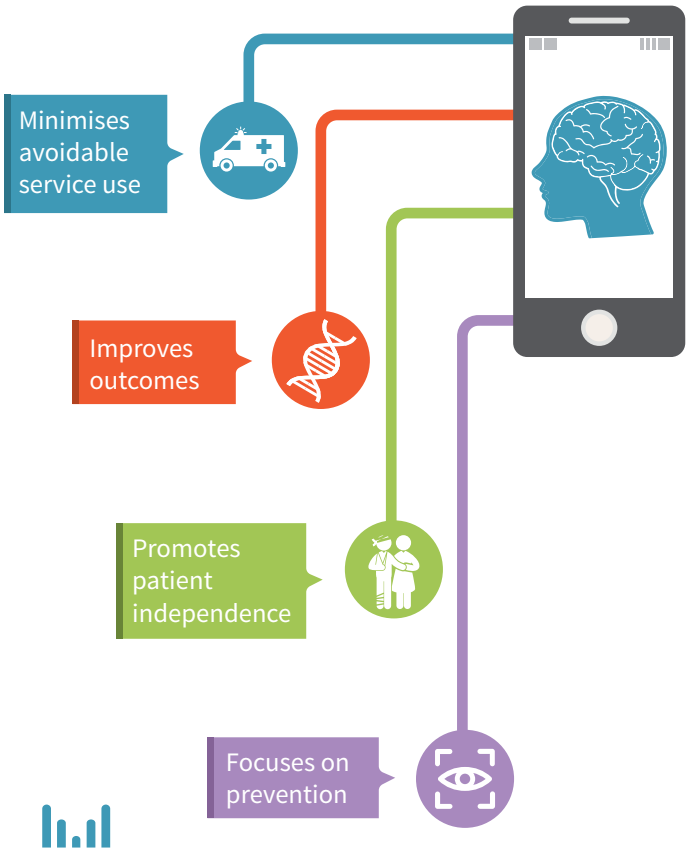
When they looked at physician practices in relation to app prescribing using their AppScripts platform, they found that the majority of prescribed apps focused on diet, fitness, smoking and mental health. When physicians prescribed an app, they found that "fill rates" ranged from 28% on respiratory apps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





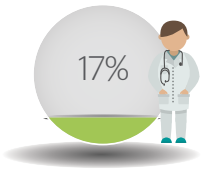
## Healthcare provider view [4]

Benefits for healthcare providers

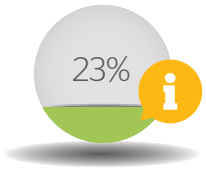



## Patient view [4]

Benefits for patients



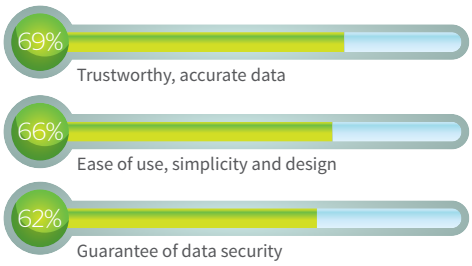

Helps with healthcare provider communication




Provides information on symptoms and medical conditions

Examination of health records and medical tests

### Factors that increase the use of healthcare apps:

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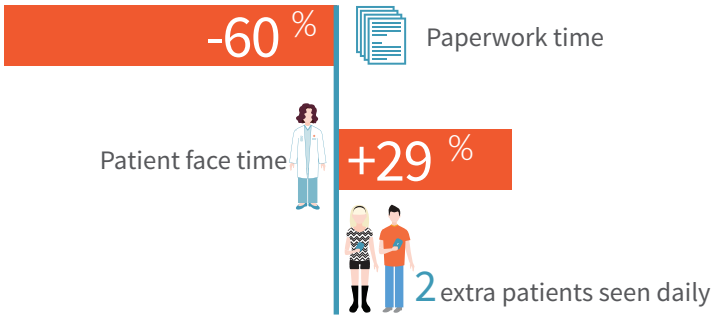
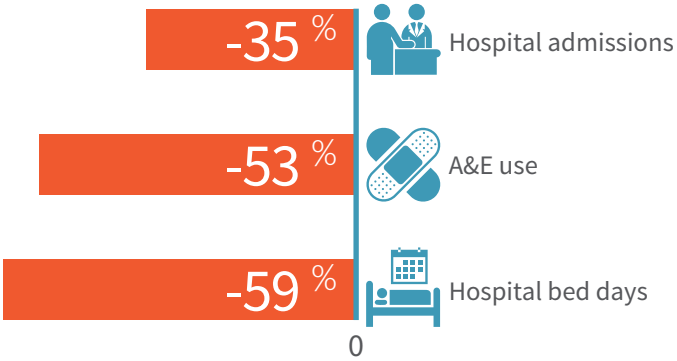
## Evidence of health technology benefit for healthcare providers [4]

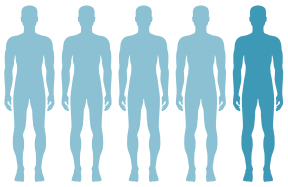
### A mobile working solution for community nurses




### A telehealth hub across 210 care homes

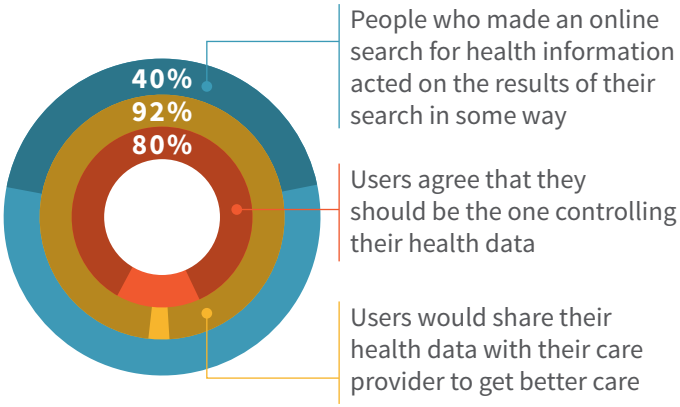



## Evidence of health technology benefit for patients [5]



**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

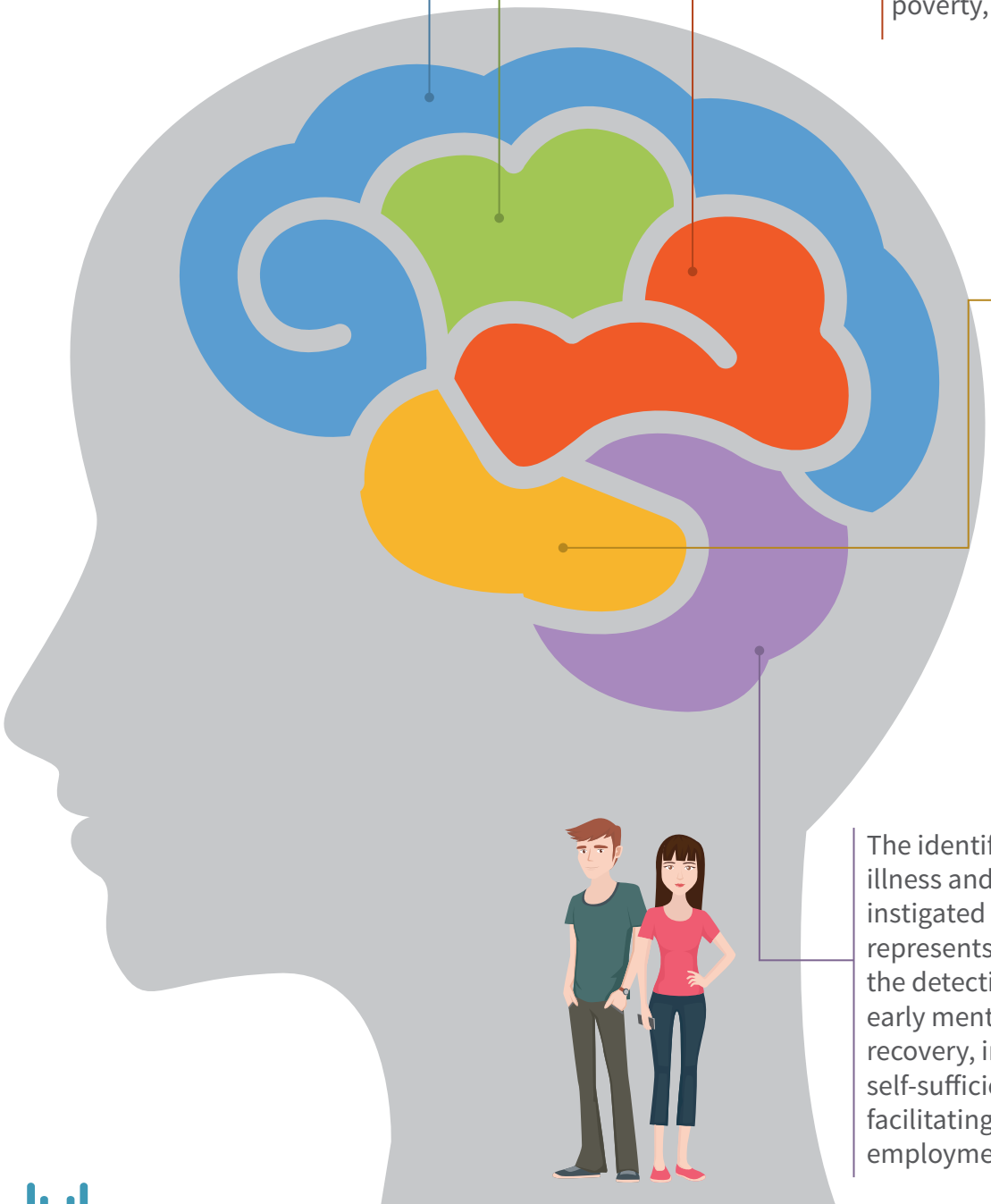


# Mental health

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.

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



Five of the ten leading causes of disability worldwide are psychiatric conditions, including depression, alcohol abuse, schizophrenia, and obsessive compulsive disorder.[6]

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[8].

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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.

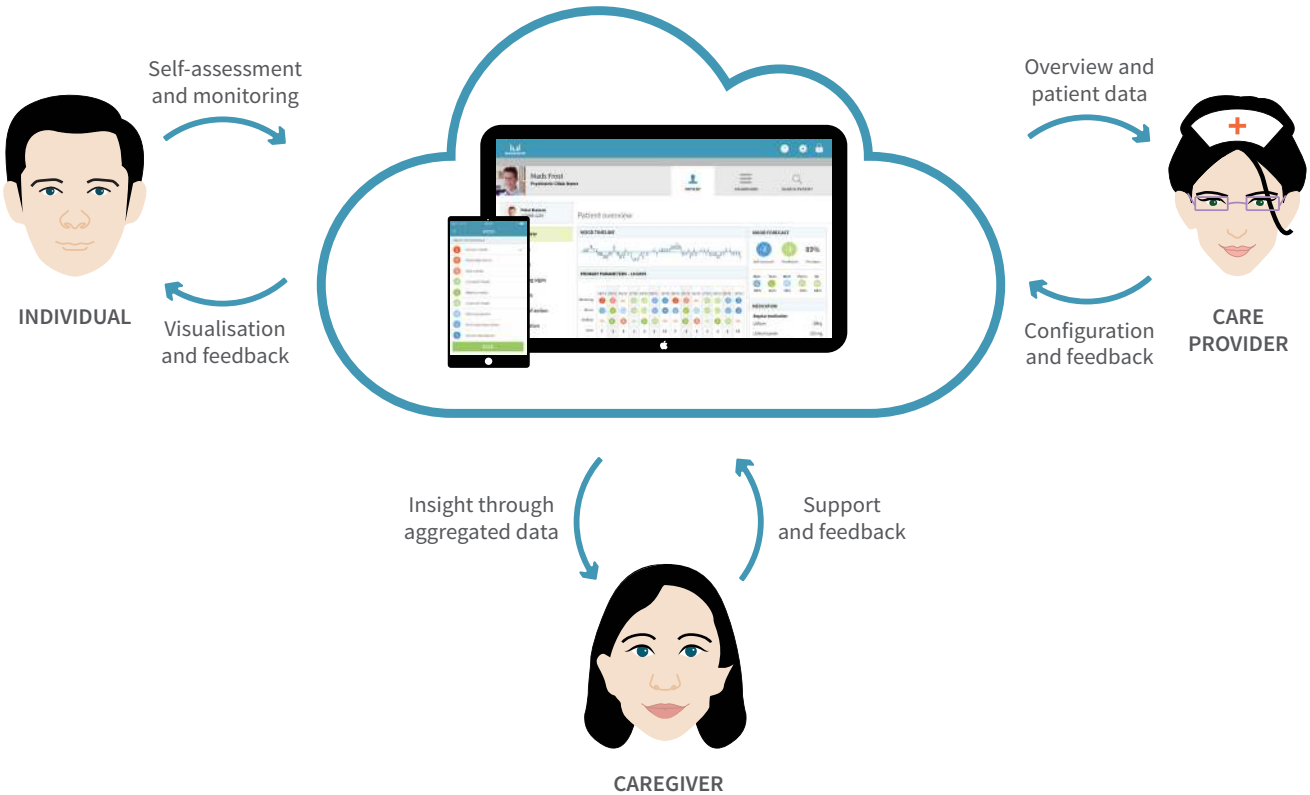
After experiencing a first episode, the healthcare provider can encourage the patient to use the Monsenso mHealth solution. This will enable the clinician to monitor the individual on a continuous basis, and react if symptoms arise.

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:


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