MONSENSO

Fact sheet

KEY RESEARCH FINDINGS

EVIDENCE-BASED MOBILE HEALTH SOLUTION

Monsenso is an innovation leader in digital health for mental illnesses. Our mission is to empower and inspire individuals, caregivers and care providers, to improve mental health and help society overcome the burden of mental illnesses.

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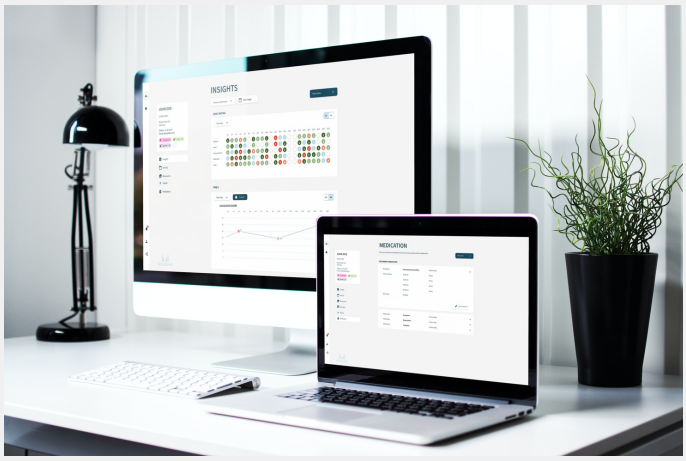
EVIDENCE-BASED DIGITAL HEALTH SOLUTION

A SOLUTION BASED ON RESEARCH

Monsenso has been involved in more than 20 research projects and more than 70 peer-reviewed articles are published on the use of the solution across different care pathways and research settings. Disorder areas investigated in these trials include depression, bipolar, schizophrenia, anxiety, borderline personality disorder, as well as promotion of mental wellbeing to help avoid the development of mental illness.
Moreover, a number of projects are focused on identifying biomarkers for different disorders.



SERVICE USER EXPERIENCE

- Compared to using paper-based forms, the adherence to self-assessment improves [1,8,17]
- System is considered very easy to use [1,6,17,18]
- High compliance rate - on average 80% to daily registration [2] and patients' individual registrations become more real-time [14,16,18]
- Mobile registrations are less demanding and more discreet for the patient [14]
- Patients use the app to follow their own development, for reflection and to get support and inspiration to handle difficult situations [14,17,18]
- Provides the power to keep a step ahead of their illness [15]
- Assist the power to get appropriate help based on their needs [15]

CLINICIAN EXPERIENCE

- The app makes the therapy less foreign to the patients [14]
- Encourages reflection [18]
- Promotion of dialogue with the therapist - creates a more focused conversation [16,17,18]
- Provides a faster understanding of a new patient [16,17]
- Facilitated easy access to registrations in therapy sessions [17]
- Facilitate the cooperation between patient and clinician [7]

CLINICAL OUTCOMES

- Higher quality of life [9]
- Lower perceived stress [9]
- Early results from a yet unpublished UK trial shows positive effect on:
  - Rumination and worry (PSWQ)
  - Anxiety level (GAD-7)
  - Depression level (PHQ-9)
  - Wellbeing level (WEMWBS)

VALIDITY OF DATA COLLECTION

- Smartphones may reflect an easy and objective way to record illness activity [3]
- An easy and objective method for monitoring of illness activity during long-term naturalistic settings with a low level of intrusiveness [7]
- Smartphone apps represent an easy and objective way to monitor illness activity with real-time data and may serve as an electronic biomarker of illness activity [5]
- Self-monitored depressive symptoms correlated significantly with HDRS-17 items score [3,8,13]
- Daily smartphone-based self-assessed stress is a valid measure of perceived stress [12]
- Sensor data from Smartphone, such as physical and social activity, correlates with clinically rated depressive symptoms [3,8,13]
- Smartphone sensor data may represent a potential diagnostic behavioural marker in bipolar disorder [10,13]
- Forecast mood for several days with low error compared with common baseline methods [11]

KEY RESEARCH FINDINGS

EVIDENCE-BASED DIGITAL HEALTH SOLUTION

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CITATIONS

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