Mobile therapeutic attention for patients with treatment resistant schizophrenia

Co funded by the European Union
mHealth Tools for patients with treatment resistant schizophrenia
Europe: 30% to 50% of people suffering from schizophrenia are treatment-resistant cases.

They live with highly persistent symptoms.
They require long periods of hospital attention.
They are at greater risk of mortality and multi morbidity.
What is it about
An innovative disease management system based on mobile technologies

Empower patients with treatment-resistant schizophrenia to better self-manage their condition

Co funded by the European Union
Goal 1

Involve patients & their carers in managing the disease
## The elements of the solution

<table>
<thead>
<tr>
<th>Smartwatch app for patients</th>
<th>Smartphone app for patients &amp; caregivers</th>
<th>Web dashboard for the clinicians</th>
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</thead>
<tbody>
<tr>
<td><strong>Sensor data collection</strong></td>
<td><strong>Symptoms, adherence &amp; lifestyle management</strong></td>
<td><strong>Overview of patients data</strong></td>
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<tr>
<td>Monitor sleep pattern, activity &amp; heart rate</td>
<td>Warning signs &amp; coping strategies</td>
<td>Clinical assessment</td>
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<td>Triggers warning signs</td>
<td>Recommendations &amp; motivational feedback</td>
<td>Notes &amp; medical record keeping</td>
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<td>Self-Assessment questionnaires</td>
<td>Patterns analysis</td>
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<td>Messaging system</td>
<td>Predictive analytics</td>
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An application promoting a healthy & active lifestyle to avoid weight gain & type 2 diabetes
Cognitive therapeutic interventions
# The benefits of the solution

<table>
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<tr>
<th>Benefit</th>
<th>Description</th>
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<tbody>
<tr>
<td>Improves communication</td>
<td>between patients, caregivers, and clinicians</td>
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<td>Includes a <strong>complete assessment</strong></td>
<td>of personal and clinical variables</td>
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<td>Defines <strong>targeted interventions</strong></td>
<td>that mitigate the severity of worsening</td>
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<td>Captures <strong>multidimensional behavior</strong></td>
<td>in real-time in real-world environments</td>
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<td>Detects individual <strong>Early Warning Signs</strong></td>
<td>and offers personalized recommendations</td>
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Goal 2

Take steps forward in knowledge about TRS by studying predictive models
Leading to new treatment protocols

Predict the behavior of the disease & the patient
Create protocols to support professionals
Identify risks & shortcomings of treatments
Analyze behavior patterns

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First time that a therapeutic project is based on mHealth tools for schizophrenic patients resistant to treatment.
Testimonials

Dr. Iluminada Corripio,
Hospital de la Santa Creu i Sant Pau

“It is a very innovative project as it is the first time in Spain and Europe that work is being done to develop the therapeutic project for patients with treatment-resistant schizophrenia with the help of mobile health tools”
Testimonials

Dr. Asaf Caspi,
Dir. of Ambulatory Psychiatric Services at the Sheba Medical Center

“They hope that the m-Resist will prove to be of true benefit for schizophrenic patients by expanding the area of application of personalised pharmacological and psychological treatment, the continuity of the healthcare and the participation of the carers”
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