



# Mobile Therapeutic Attention for Patients with Treatment-Resistant Schizophrenia



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## Partners



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# An innovative disease management system based on mobile technologies

m-Resist project aims to empower patients with treatment-resistant schizophrenia to better self-manage their condition. Its goal is to examine how mHealth techniques can help in early intervention and treatment of schizophrenia, by promoting collaboration between patients, caregivers, and clinicians.

## Our solution

The m-Resist platform consists of specific intervention modules specially designed for patients with treatment-resistant schizophrenia.

### Smartwatch app for patients



- Sensor data collection like sleep pattern, activity & heart rate
- Triggers warning signs

### Smartphone app for patients & caregivers



- Symptoms, adherence & lifestyle management
- Warning signs & coping strategies
- Recommendations & motivational feedback
- Self-Assessment questionnaires
- Messaging system

### Web dashboard for the clinicians



- Overview of patients data
- Clinical assessment
- Notes & medical record keeping
- Patterns analysis
- Predictive analytics
- Risk assessment
- Recommendations

## Who can use m-Resist

m-Resist is designed to be used by patients, caregivers and clinicians. The protocol within m-Resist project, encourages patients with Treatment-Resistant Schizophrenia to engage in their health care, helps caregivers play a more active role in the treatment, and provides clinicians with a remote monitoring tool to make clinical decisions.

## The benefits of m-Resist

### The m-Resist solution

- improves the communication between patients, caregivers, and clinicians,
- includes a complete assessment of personal and clinical variables,
- defines targeted interventions that mitigate the severity of worsening,
- continuously captures multidimensional behavior in real-time in real-world environments, and
- detects individual Early Warning Signs and offers personalized recommendations.