

## W049

### Identifying service and care needs from the users' perspective in treatment-resistant schizophrenia

K. Rubinstein<sup>1,2,3</sup>

<sup>1</sup> *The Gertner Institute of Epidemiology and Health Policy Research, Israel*

<sup>2</sup> *Psychiatric Division, Sheba Medical Center, Israel*

<sup>3</sup> *Tel-Aviv University, The Sackler School of Medicine, Israel*

Exploring service and care needs of patients with treatment-resistant schizophrenia is necessary for a better understanding of their psychosocial functioning, in order to develop rehabilitation goals as well as to provide them with better care.

m-RESIST is an innovative project aimed to empower patients with resistant schizophrenia, to personalize treatment by integrating pharmacological and psycho-social approaches, and to develop knowledge related to the illness using predictive models designed to exploit historical and real-time data, based on environmental factors and treatment outcomes.

m-RESIST is a system based on computer and cellular applications and wearable computing devices. The system will serve patients, caregivers and clinicians, and include the following functions: Information, Assessment, Monitoring, Communication, and Intervention.

The first step in the development process included definition of the end user needs and preferences, in order to involve users in the design of the system. Outpatients with treatment-resistant schizophrenia, informal carers (relatives), and clinicians were included in the sample. There were a total of 9 focus groups, 3 in each pilot country. Each group was composed of one of the participant profiles. Additionally, 35 individual interviews were performed, which were unevenly distributed throughout the 3 institutions.

The current workshop section will present the outcomes of this process: perceived advantages and disadvantages of the technological solution, as well as conclusions for further development. In addition, methodological issues, future challenges, relevant for the evolution of the m-RESIST project, in particular, as well as technological developments in the field of mental health, in general, will be discussed.

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## W050

### m-RESIST project as an example of m-health approach in schizophrenia: Content, aims and realization

I. Corripio

*Barcelona, Spain*

This communication aims to present m-RESIST, the first mHealth program for patients with treatment resistant schizophrenia (TRS). The main objective of this European project is to develop an intervention programme to allow TRS patients to self-manage their condition, which is associated with persistent positive symptomatology, extensive periods of hospital care, and a greater risk of excess mortality and multi-morbidity.

m-RESIST could offer a new tool for mental health professionals to better monitor TRS patients, providing a tailored and optimized therapeutic intervention. In this sense, m-RESIST will develop and validate a mHealth tool aimed to reduce the severity of episodes and further complications. Moreover, this tool will involve and promote a proactive role of patients and caregivers in the therapeutic process, promoting an active and collaborative role with the medical team in the treatment decision-making procedure.

m-RESIST intervention, will integrate: (1) a sensor data analysis module, which will process data coming from smart phone and wearable devices, providing passive information such as movement or social activity; (2) a predictive modeling engine, which will enable prediction of clinically significant events, such as hospitalization, risk behaviors and social isolation; and (3) a clinical decision support system (CDSS), which will provide the users with necessary information to support health-related and clinical decision-making.

The pilots of this project will take place in Tel-Aviv, Budapest and Barcelona during May, June and July of 2017. Although cost-effectiveness variables will also be measured, the main assessment will be focused on acceptability, usability, satisfaction, empowerment and quality of life outcomes.

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