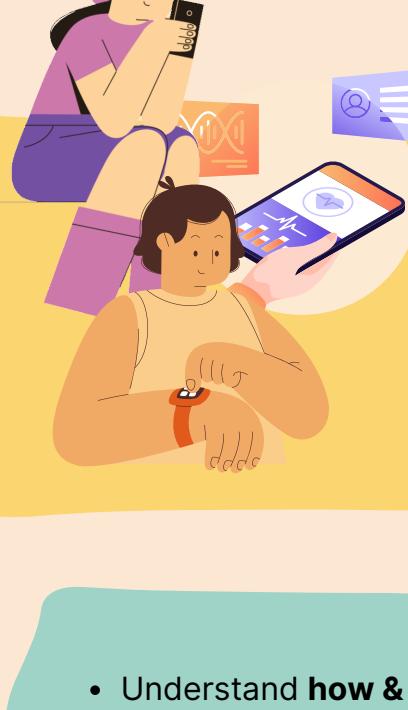


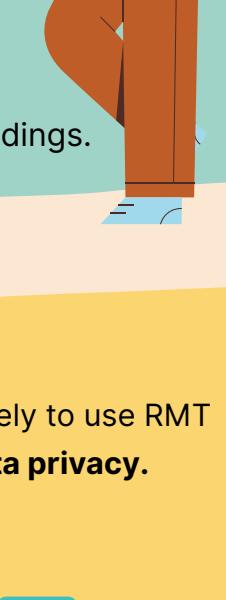
Could remote measurement technologies help with depression in young people?



What are remote measurement technologies (RMT)?

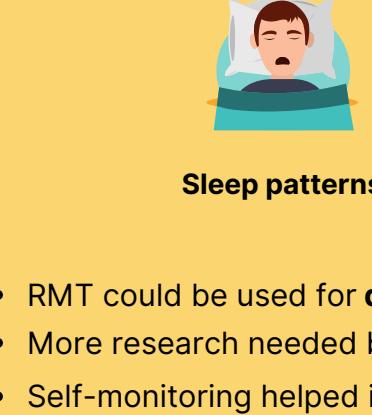
- Smartphones & wearable devices.
- Collect information from a person in **real-time** during **day-to-day life**.
- Could monitor & **detect changes** relevant to mental health.

Aims & Methods

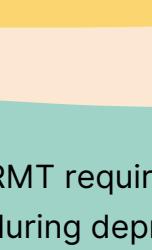


- Understand **how & why, for whom & the contexts** in which RMT may or may not work for **depression** in **young people** aged **14 - 24**.
- Carried out a **realist review** with 2 young, lived experience co-researchers.
- Literature searches produced a total of **6114 records**.
- **100** were relevant & included.
- Spoke to **young people with lived experience** of depression about our findings.

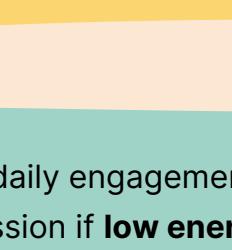
How & Why?



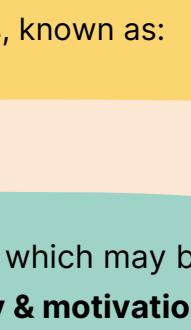
- Young people most preferred using **smartphones**.
- May be an overestimation of how much they are likely to use RMT for their mental health with many worried about **data privacy**.
- Depression best detected by changes in:



Sleep patterns



Phone use



Movement & location



Social communication



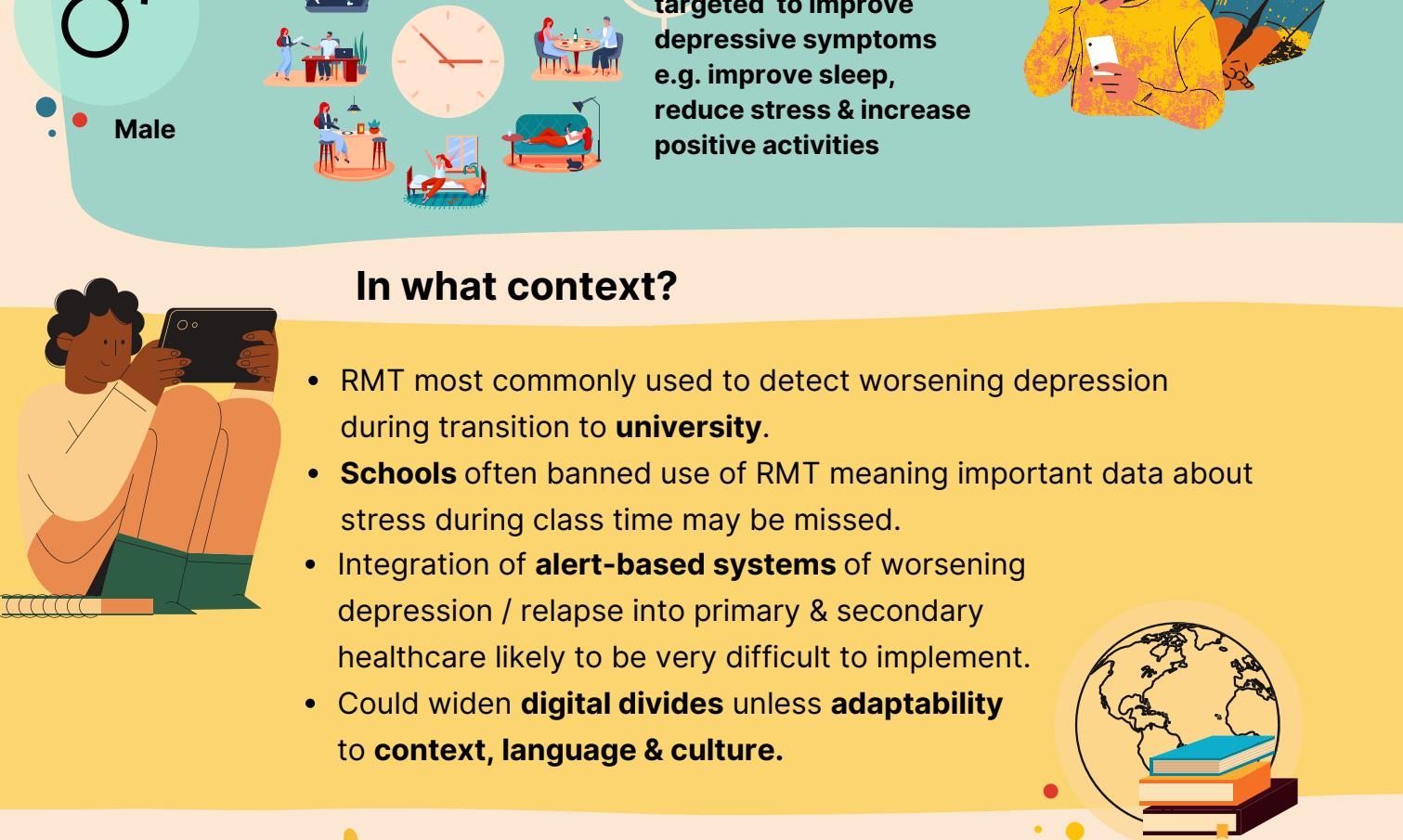
Mood logs

- RMT could be used for **depression screening & self-monitoring**.
- More research needed before use in **relapse-prevention**.
- Self-monitoring helped in understanding the links between certain events or thoughts & later emotions, known as:

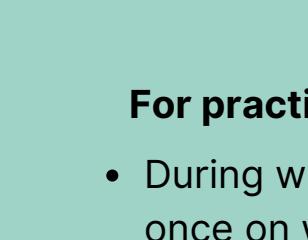
emotional self-awareness



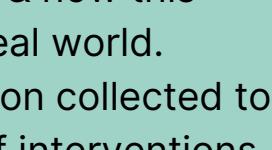
For whom?



In what context?



- RMT most commonly used to detect worsening depression during transition to **university**.
- **Schools** often banned use of RMT meaning important data about stress during class time may be missed.
- Integration of **alert-based systems** of worsening depression / relapse into primary & secondary healthcare likely to be very difficult to implement.
- Could widen **digital divides** unless **adaptability** to **context, language & culture**.



Recommendations



For practice:

- During watchful waiting & once on waiting lists.
- During therapy to enhance its effects on emotional self-awareness.

For future research:

- Potential harms.
- Relapse-prevention & how this would work in the real world.
- Use of the information collected to adapt & deliver brief interventions.



Funded by Wellcome to advance science so no one is held back by mental health problems



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