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Introduction

Given the situation of an international pandemic, there has been a paradigm shift in actively using apps by all the stakeholders of mental health. Smartphone Health Assessment for Relapse Prevention (SHARP) is an international, innovative study that uses MindLAMP app aiming to minimize the access gap to mental health education and treatment, essentially in Low- and middle-income countries like India. MindLAMP (Learn, Assess, Manage, Prevent) app is a patient-centric, transparent, and collaborative digital health app, operable on iOS and Android. There is an emerging need in understanding the transition, from physical to digital and virtual mental health management and services (Torous et al.,2020). However, less is known about the three important end-users - patients, caregivers, and mental health professionals dealing with schizophrenia and their attitude towards MindLAMP app.

Objective

The current study aimed to understand attitude towards MindLamp app utility and acceptability in persons with schizophrenia (PWS), their caregivers (CG) and mental health professionals (MHPs).

Methodology

The SHARP study comprises two phases. In Phase I, we conducted focus group discussions (FGD) to explore the attitude of PWS, CG and MHPs towards the utility and acceptability of the MindLAMP app. We report the findings of FGDs performed at NIMHANS, Bangalore (one of the three SHARP study sites). All participants were recruited through purposive sampling methods and they used the MindLamp app for a day before participating in the FGDs. FGDs were conducted in a hybrid model using in-person and virtual interactions. Participants discussed their views in their native languages such as Telugu, Kannada, Hindi, English, Oriya.

	Sample size	Age range	No of FGD's conducted	M/F
Patients	13	25-45	3	11/2
Caregivers	12	30-65	2	8/4
Clinicians	20	24-70	4	13/7

Demographics of PWS, CG and MHP

Analysis

Data gathered from FGDs were independently live-coded by the authors (SD, SSN, SC). Inter-coder blinding was maintained until all the FGDs were coded. We followed Thematic analysis approach during the live-coding process. Codes were reviewed from all the three authors and clubbed into categories and further into themes. The themes are applicable for all aforementioned languages.

Results (Themes)

Attitudes	Positive attitude	Negative attitudes
Participants		
Patients	<ul style="list-style-type: none"> Instant Smooth games Engaging User friendly 	<ul style="list-style-type: none"> Login difficulties Sophisticated language Navigation issues
Caregivers	<ul style="list-style-type: none"> Useful Medication reminders Cognitive games 	<ul style="list-style-type: none"> No relaxation techniques Complicated to use
Clinicians	<ul style="list-style-type: none"> Impressive features Caters for self assessment Easy to use 	<ul style="list-style-type: none"> Login difficulties Content not appropriate for patients with Schizophrenia

- Content revisions- More information on mental health, physical exercise, local language.
- Technical revisions- User friendly interface, improvement in navigation.
- Learn and assess needs- more education material on the illness, treatment and adverse effects, nutrition checklist, activities of daily living survey.
- Caregiver app version- monitor medications and follow up, mood changes.

Conclusion

Stakeholders were quite welcoming about the utility of MindLAMP app. Understanding their attitudes towards MindLAMP enabled co-designing the app attuning to their needs thereby enhancing the real world app implementation.

References

Torous, J., Myrick, K. J., Rauseo-Ricupero, N., & Firth, J. (2020). Digital mental health and COVID-19: using technology today to accelerate the curve on access and quality tomorrow. JMIR mental health, 7(3), e18848.t