

Advocacy Bulletin: A Technology-assisted life of recovery from psychosis



Annie is a 21-year-old student who began to experience depressed moods and derogatory auditory hallucinations. She went to an early psychosis specialty clinic which helped her implement technology assistance into her daily life.

Every morning Annie receives a tailored text message that reminds her to *take her* antipsychotic medications.

[Multiple approaches using text messages to remind users about their medications have been deployed and appear feasible and highly usable among people with serious mental illness].

While she is eating breakfast, Annie receives an instant message from her community-based case manager who reminds her that her driving exam is next week and that her rent is due.

[A study of “hovering” treatment via text messages demonstrated that participants with serious mental illness respond to the majority of clinical messages sent by their community-based mobile interventionist and most find this intervention useful].

Annie has an encouraging text from her mother. Her mom has been participating in an online group of family members of young adults with psychosis.

[Proof-of-concept studies have demonstrated that online psychoeducation for individuals with schizophrenia and their family members is feasible and acceptable. A web-based family and client psychoeducation intervention has demonstrated significant improvements in positive symptoms and knowledge about schizophrenia].

Leaving class, she checks the likelihood of traffic on her commute on her phone. Because walking through crowds increases her anxiety and paranoia, she had been previously intentionally avoiding crowds on her commute.

However, today, she decides to take the quickest (but also busiest) way home. Over the past few weeks, she has been challenging her beliefs about the dangerousness of crowds with a virtual reality (VR) self-training tool, and she decides today’s the day she’s going to give this route a shot.

She has an online session scheduled with her therapist just before dinner and wants to snack before the call.



[Individuals with psychosis use and are satisfied with clinical services delivered via two-way videoconferencing].

Later, she passes several liquor stores. In her pocket, her phone generates several new notifications reminding her that alcohol can exacerbate her symptoms. She remembers that a few years ago, when she was starting college and struggling with significant depression, she was drinking heavily.

[A mobile app supports the recovery of individuals with substance abuse concerns by providing them with information and support as well as a monitoring feature that prompts app users when they are near high-risk locations as detected by GPS].

Annie kills time by watching today’s vlog update by an individual with lived experience she has been following who posts his recovery testimonials on YouTube.

[Survey studies suggest that young adults with early psychosis often turn to YouTube as a primary source for information and virtual community support related to mental illness].

**This is a snip-it from the original publication. To read the full peer-reviewed article please visit:*

<https://rdcu.be/bV7tG>

References Cited:

Ben-Zeev, D., Buck, B., Kopelovich, S. *et al.* A technology-assisted life of recovery from psychosis. *npj Schizophr* 5, 15 (2019)
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