

SMILE



1. Introduction



Mental Illnesses

- Mental, behavioral, or emotional disorder that includes many different conditions that vary in degree of severity (NIMH, 2019)
 - Two broad categories
 - Any Mental Illness (AMI)
 - Serious Mental Illnesses (SMI)
- Nearly one in five US adults live with a mental illness (NIMH, 2019).

Serious Mental Illness (SMI)

- SMI is a smaller and more severe subcategory of AMI.
- Results in serious functional impairment
 - Interferes with daily life
- Two of the most common SMI include:
 - Anxiety disorder
 - Clinical Depression or Major Depression

Clinical Depression

- ⬡ A serious mental illness (SMI) that may be a recurring issue if left untreated
 - Altercations in daily life
 - Low energy
 - Suicide, or thoughts of
- ⬡ Treatments include:
 - Antidepressants
 - Therapies
 - Medications



2. Population



Prevalence of AMI

- "Nearly one in five US adults live with a mental illness...", which is expected to be about 46.6 million Americans (NIMH, 2019).
- Young adults, specifically between the ages 18 and 25 years, have the largest of any mental illness (AMI) (25.8%) (NIMH, 2019)
 - Adults aged 26-49 have the second highest prevalence of AMI (22.2%) (NIMH, 2019).

Seeking Treatment

- An area of concern would be the number of individuals that seek care.
- Young adults (ages between 18 and 25 years) are least likely to seek help in order to treat their mental illnesses (38.4%) (NIMH, 2019).
 - These numbers are more exaggerated with serious mental illnesses (SMI).
- However, it is important to note that these individuals are very tech-savvy, making them the perfect group to work with technology

Los Angeles County Troubles

- Reports show nearly a 50% increase in frequency of adults with depression in LA County (Public Health, 2011).
- Los Angeles has a high number of chronic conditions and risky health behaviors.
 - May be linked with depression.

3. Problem



Increase of SMI



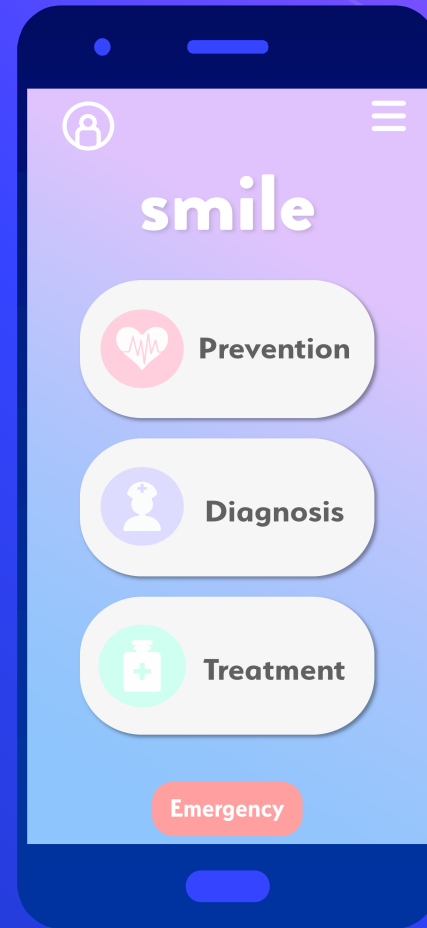
- ◊ High number of prevalence of mental illness (SMI) in the United States within young adults between ages 18 to 25
 - Increase of SMI in 2010's vs 2000's
 - No increase for people over 26

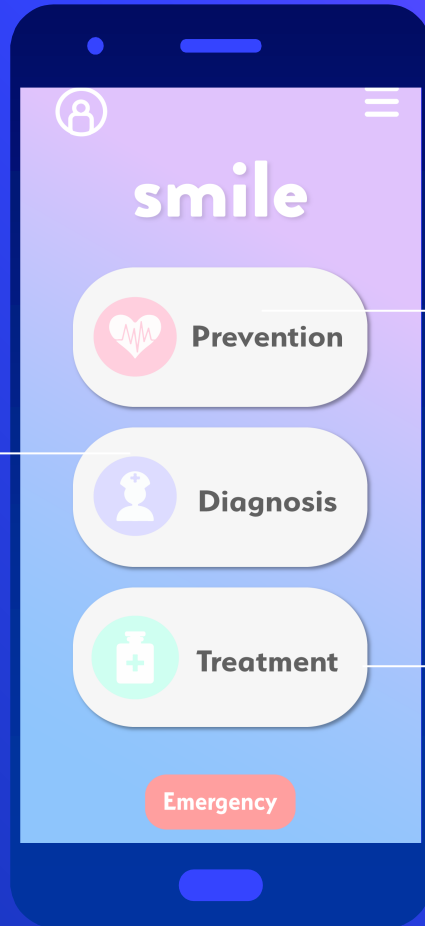
4. Project



Mobile App

A mental health
navigation app





Diagnosis

Consult with psychologist, health questionnaire, psychiatric evaluation, labs

2

Prevention

1

Coping mechanisms, psychoeducation, meditation, exercise, dieting, and sleeping

Treatment

3

Video call with psychologist, group therapy, online/in person psychotherapy, and refill medication

Goal

Provide patients with easy access to mental health services from the comfort of their home



5. Measures



Screening Tools

Measures of depression and anxiety backed by empirical research





Clinically Useful
Depression Outcome
Scale

Measures severity of depression

2

smile

GAD-7



CUDOS



Treatment
Goals

1

Generalized Anxiety
Disorder 7-Item

Assess severity of anxiety

3

Treatment Goals

Patient's/Provider's non-measurable
goals

6. Expected Outcomes



Outcome

Increase the percentage of patients whose anxiety and depression have been stabilized.



7. Timeline



Timeline of SMILE



Timeline of SMILE (cont...)

- Exposure
 - The first milestone, or the first six months
 - An emphasis of advertising and promotions
- Build an image within the young adult community
- Collection and Analysis
 - Give us ideas regarding possible changes necessary to enhance user experience
- Used to see what are the most popular attributes and our apps least used features

Timeline of SMILE (cont...)

Development

- The third stage and shortest stage (nearly 1 month)
- Aims to create updates to be held on standby

Engagement

- The longest stage, being a year
 - The pre-made updates should be launched periodically
- ## Ensure that our users would stay engaged
- Discourages relapse

8. Challenges



Access

- ⬡ No iOS or Android device
- ⬡ No knowledge of product



Addressing Access

- Available on other internet accessible devices
- Available at Kaiser Permanente facilities
- Promote application at facilities



Social Stigmas

- ⬡ Misconceptions about people with mental illness or receiving treatment
- ⬡ Acts as a preventative barrier for treatment
- ⬡ Negatively affect patient & people associated with patient

Addressing Stigma

- ⬡ Talk about it!
- ⬡ Educate people on mental illness



9. Conclusion



Conclusion

- Our mobile application provides easy access to:
 - Self-diagnosis and professional treatment
 - Young adults (aged between 18 and 25 years old)
 - Tech-savvy and high prevalence
- Transtheoretical Model (TTM) is our backbone.

Conclusion (cont...)

- ◊ Despite some setbacks like:
 - Access
 - Social Stigmas
- ◊ These can be addressed and overcome in order to better the lives of clinically depressed individuals or those at risk.

References

NIMH. (2019, February 19). Major Depression. Retrieved from <https://www.nimh.nih.gov/health/statistics/major-depression.shtml>.