‘My Journey’ Mobile App

Sarah Amani
Manager of Early Intervention in Psychosis Service &
Youth Mental Health Network Lead for
NHS South of England (East)
MY Journey Mobile App
What Is Early Intervention?

Early Intervention in Psychosis (EIIP) is a mental health service for 14-35 year olds experiencing a First Episode of Psychosis.

EIIP aims to Reduce Delays in treatment & increase chances of Recovery.

Surrey and Borders Partnership NHS Foundation Trust
“Following a wide eyed collective gasp of realization, we were quickly swept up in a heady conversation about how useful it would be to have a designated mobile app that could help young people manage their mental health through reminders and trackers.”

Sarah Amani

Department of Health Maps & Apps Competition – September 2011
7th out of 500 ideas submitted for health apps
*2010 estimates put the population over 6.8 billion inhabitants...
77% of people have a mobile device

Released: 1998
CPU: 233 MHz
RAM: 32 MB (512 MB max)
Storage: 4 GB (+ optical drive)
Display: 38.1 cm Millions of colours
Dimensions: 40.1 x 38.6 x 44.7 cm
Weight: 17.3 kgs

Released: 2007
CPU: 412 MHz
RAM: 128 MB
Storage: 4 GB (8 GB max)
Display: 8.9 cm Millions of colours
Dimensions: 11.4 x 6.1 x 1.2 cm
Weight: 135 g
Your mobile phone has more computing power than all of NASA in 1969.
“For kids like my 13 year-old, the boundaries between the internet and life are so porous as to be meaningless.”

Comment on the Guardian web site
Smartphone penetration is 47%...
mobile usage can be this...

Public space

limited attention

distractions

glanceable?

onehand

simple?

tedious input

personal
Focused user
1hr train ride
privacy
comfy chair
Reliable network? Unlimited wifi?
two hands
Reliable power source?

or this...
Reliable power source

One hand

Gravity

Comfy chair

Privacy

Prone to interruptions

...or this?

http://www.flickr.com/photos/joeshlabotnik/2359224681
The most profound technologies are those that disappear. They weave themselves into the fabric of everyday life until they are indistinguishable from it. — Mark Weiser
Our behaviour is changing, because devices are changing...
Mobile Opportunities

tiny screen

navipad

touch screen hybrid + keypad input

large touch screen

many of these are now <£50

yesterday
today
A big screen...

web browser + application layer + APIs

With a button or two!

Is now a highly customisable always on, always connected blank canvas...
With a button or two!

web browser
+ application layer
+ APIs

a big screen...

enabling users to choose their own experience

work

learning

play

sharing

camera

communication

navigation

discovery

music

chat

video

Health

creativity
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For a better life
Making it Happen

IDEA
METAPHOR
MODEL
DISPLAY
ERROR
SCENARIO
TASK
CONTROL
PHASE 1 – February 2012
PHASE 2 – September 2012
Ce n'est pas un phone.

My Journey

PHASE 3 – January 2013

Personal
Responsive
Intuitive
Usable
Customizable
Helpful

motivation
For a better life
The best feature of the APP is:

- The colour scheme
- The layout
- The medication reminder & pill information tracker
- The health tips
- The ability to record my own journey

For a better life
What would you use this APP for?

- To find out more about mental health & wellbeing: 70%
- To keep track of how I feel: 70%
- To pass the time if I am bored: 10%
- To find information about my medication: 50%
- To keep track of my medication and take it on time: 50%
- To find out about services available in my local area: 50%
- Not sure: 10%
So What?

Secure Data Base

Self Rated Measures + Activity Trackers

Mobile Internet + N3 Network

Electronic Health Record

EIIP

My Journey Mobile App

Service Users

Care Coordinator + MDT

This is the world we are living in and we can either lie to ourselves about it or we can dive headlong into the new forms and effects that it produces.

– James Bridle
Thank You

Questions?

Sarah.amani@sabp.nhs.uk

Twitter: @S_Amani

Children and Young People’s Services

For a better life