



PSYCHOnlineTHERAPIE: Substudy Mobile Sensing

Investigation of the relationship between digital markers and health variables in the psychotherapeutic process

Short description

Sensor data recorded via the smartphone (e.g. movement behavior, app use) can provide valuable information on psychological and health behavior and can be used in the future, for example, for personalized interventions or to predict the course of therapy.

Within the framework of a substudy of the PSYCHOnlineTHERAPY project, data on smartphone use is collected via the "AWARE" app (<https://awareframework.com>). A longitudinal study is conducted in a subgroup of patients participating in PSYCHOnlineTHERAPY. Participants install the app on their personal smartphone during PSYCHOnlineTHERAPY treatment. Over a period of 6 months, the app collects various smartphone usage data and mood parameters in terms of the Ecological Momentary Assessment. Patients also receive feedback on the course of some (sensor) data in the form of diagrams.

The aim of this study is to investigate the relationship between so-called digital markers (= sensor data and data collected via smartphone) and health variables as well as the general feasibility and acceptance of mobile sensing and to gain first insights into the added value of digital markers in the psychotherapy process. The following questions will be answered exploratively:

- Which digital markers allow a gain in knowledge during the course of ambulatory psychotherapy or during the integration of internet and mobile-based interventions into the outpatient psychotherapy? (Relationship of digital markers to health and symptom variables, prediction of symptoms, prediction of therapy progression and therapy coherence)
- What willingness and acceptance do patients show towards the acquisition of digital markers?

Project management

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Project team

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Cooperation partners

PSYCHOnlineTHERAPIE Consortium
<https://psychonlinetherapie.de/de/>

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2019 – 2023

Publications

Publications of the department can be found here: <https://www.uni-ulm.de/en/in/psy-klips/publications/>