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Applications of Ecological Momentary Assessment in Clinical Practice

J. Swendsen¹

¹Neurosciences cliniques, CNRS 5287, Bordeaux, France

Abstract for the symposium "**Mobile technologies in psychiatry**"

Presenter: Joel Swendsen, Ph.D.

Title: EMA for therapeutic interventions

Abstract

The near totality of interventions in psychiatry rely on patients to actively participate in their own treatment, ranging from medication compliance to psychotherapy exercises. However, it is precisely in these daily life contexts that patients are paradoxically the least accompanied or assisted. While ambulatory monitoring techniques such as the Experience Sampling Method or Ecological Momentary Assessment have been most often applied to identify risk factors or to test etiologic models, their ability to deliver interventions at the moments that they are most needed in daily life is increasingly recognized. In parallel, there is a growing realization that the concept of personalized medicine is not limited to the human genome, but that it also includes the unique lifestyles and environments of each individual. Mobile technologies can contribute to this objective by integrating person-specific information that is difficult or impossible to utilize in clinical settings. This presentation will first discuss the therapeutic applications of mobile technologies as a treatment aid, as well as their capacity to personalize interventions for each patient. Recently completed and ongoing studies will then be described that use mobile technologies as a means of providing cost-effective treatment to the broadest possible population. Finally, the limitations of mobile technologies as a means of delivering interventions will be reviewed in the goal of promoting the safe and ethical use of this important resource for both patients and clinicians.