

# #NAMIcon16

## The Utilization of Technology in the Recovery Process by People Living with Schizophrenia



# Schizophrenia & Technology Study

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<http://www.nami.org/About-NAMI/Publications-Reports/Survey-Reports>



# Technology use among 457 persons self-identifying as living with schizophrenia: Results from an online survey



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# Today

- Objectives and Methodology
- Key Findings
  - The people
  - Experience with technology
  - Use of technology
- Demographics
- Conclusions and Considerations



# Objectives

*Despite growing interest in the use of digital technology by people living with schizophrenia, little is actually known about how these individuals relate to, own and use technology in their daily life and with their symptoms.*

- What types of technology are people living with schizophrenia using?
  - How are they using it?
  - How does technology help someone cope?



# Methodology

- Commissioned Harris Poll via Nielson
- 457 interviews via online survey, avg. 15 min
- Aug. 25 – Sept. 8, 2014
- 298 completes came from sample obtained from Harris Poll and other approved partners
- 68 completes came from NAMI's mailing list
- 91 completes entered the survey via a link posted to NAMI's website

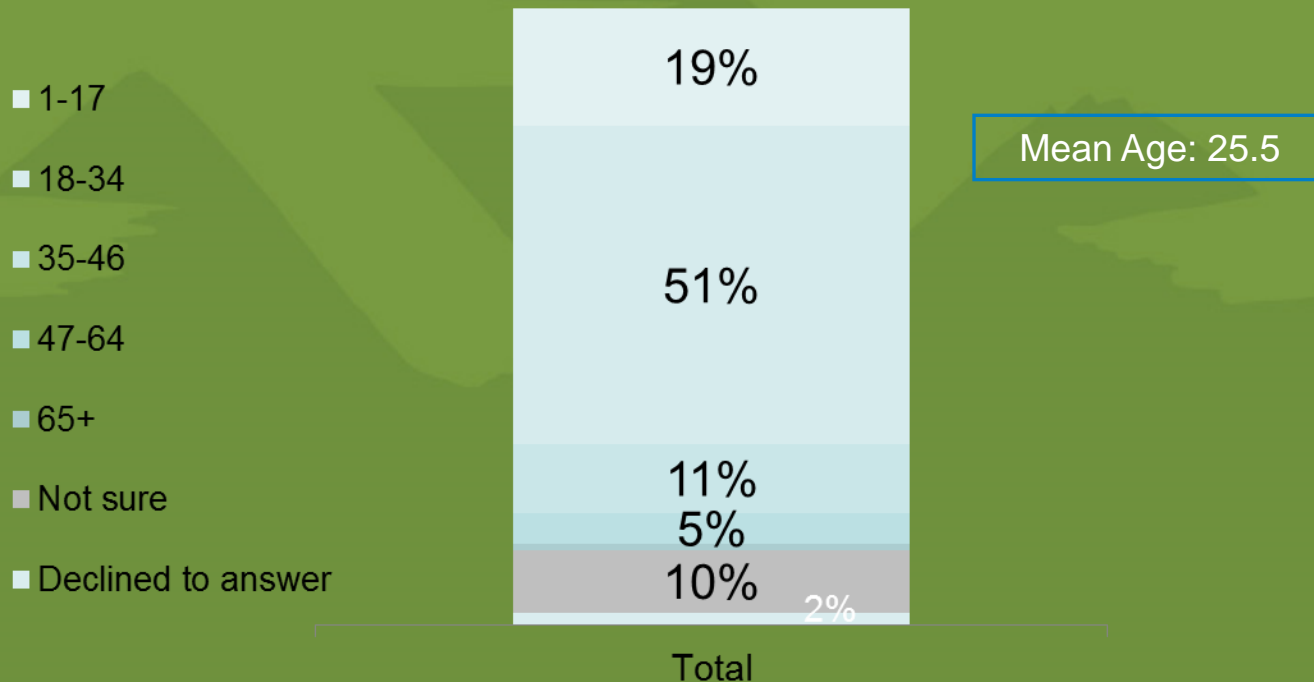


# Key Findings – The People



# Age Diagnosed

The majority (51%) of people living with schizophrenia were diagnosed with their disorder between the ages of 18-34 with a mean age of 26.

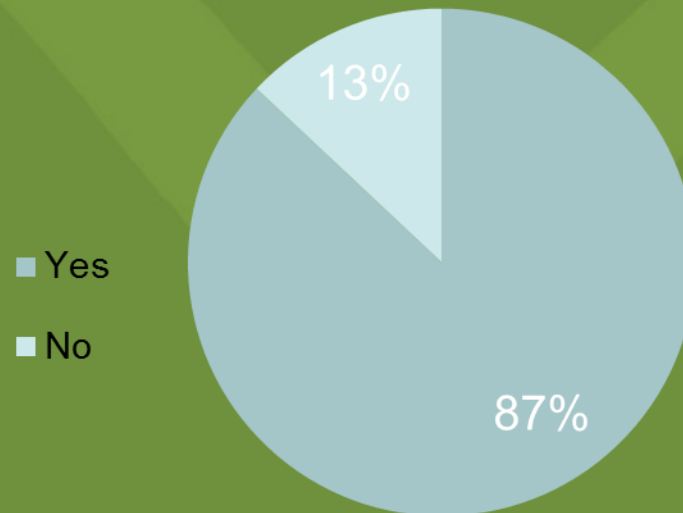




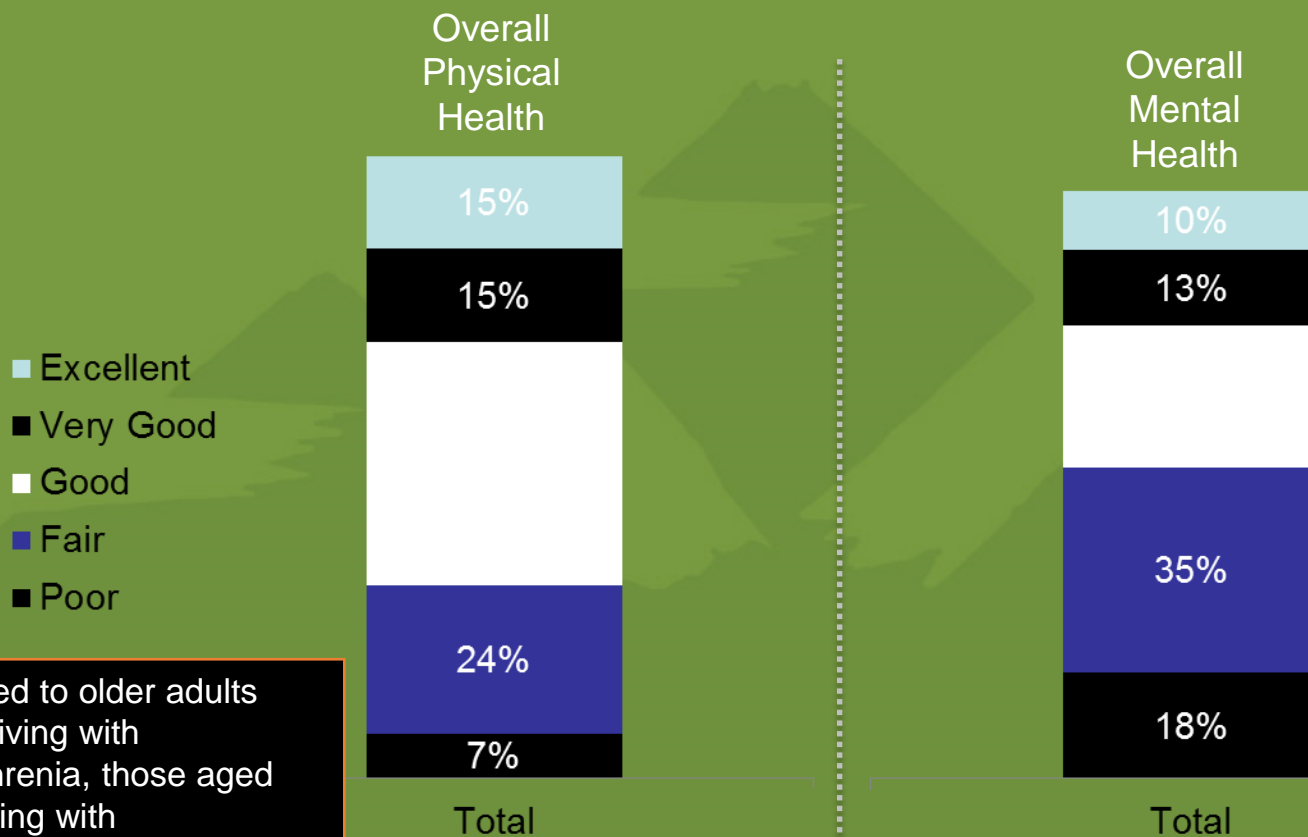
# Currently Being Treated for Schizophrenia

Nearly nine in ten of those living with schizophrenia say they are currently being treated for the disorder.

Currently Being Treated For Schizophrenia



# Physical Health and Mental Health



Those living with schizophrenia who were diagnosed between the ages of 1 and 17 are more likely to say their overall mental health is excellent/very good than poor/fair (33% vs. 15%).

Compared to older adults (47-64) living with schizophrenia, those aged 18-34 living with schizophrenia are more likely to describe their mental health as excellent/very good (29% vs. 12%).



# Importance of Relationships

## Importance In Relationships In Helping Deal Successfully Living With Schizophrenia



Men are more likely than women to find the relationships with people at their place of worship (51% vs. 31%) or workplace (47% vs. 26%) important in helping them deal with their schizophrenia.



# The people—some observations

- The respondents are predominantly people engaged in treatment.
- There are age and gender differences in personal ratings of health (age) and important relationship categories (gender).

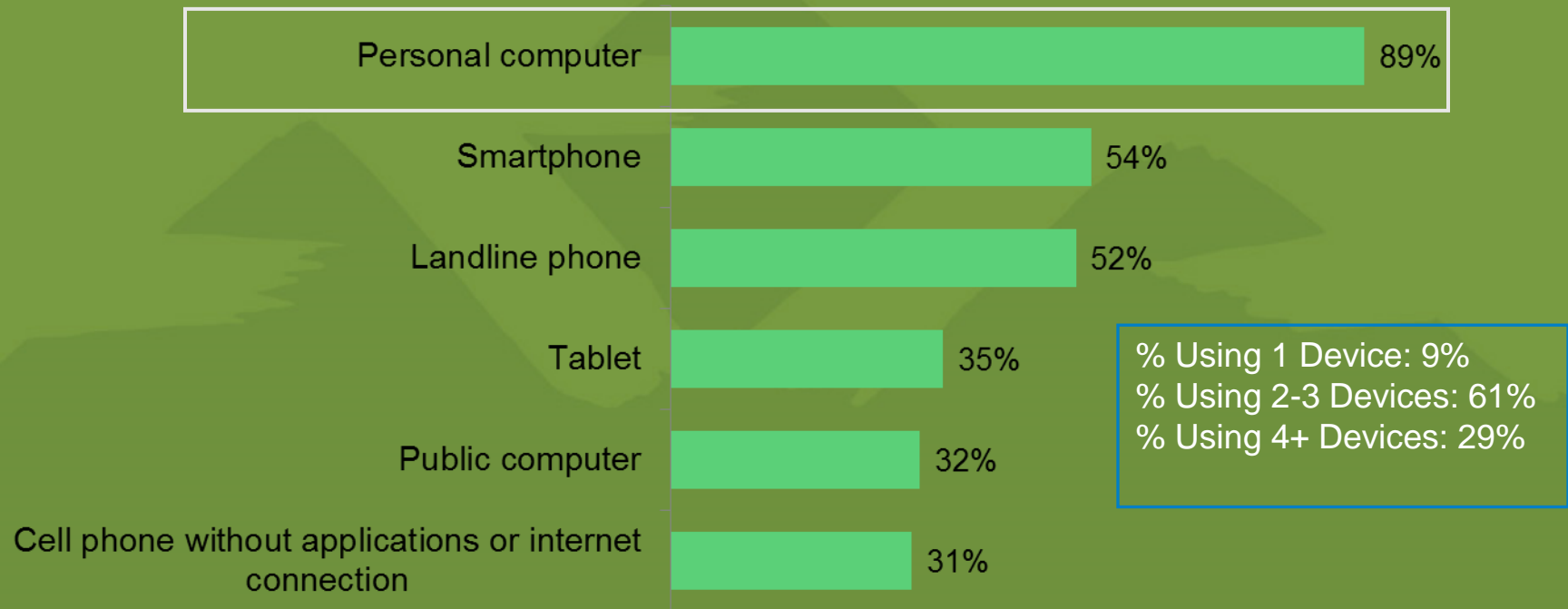


# Key Findings – Experience with Technology



# Access to Technological Devices

## Technological Devices Have Access To



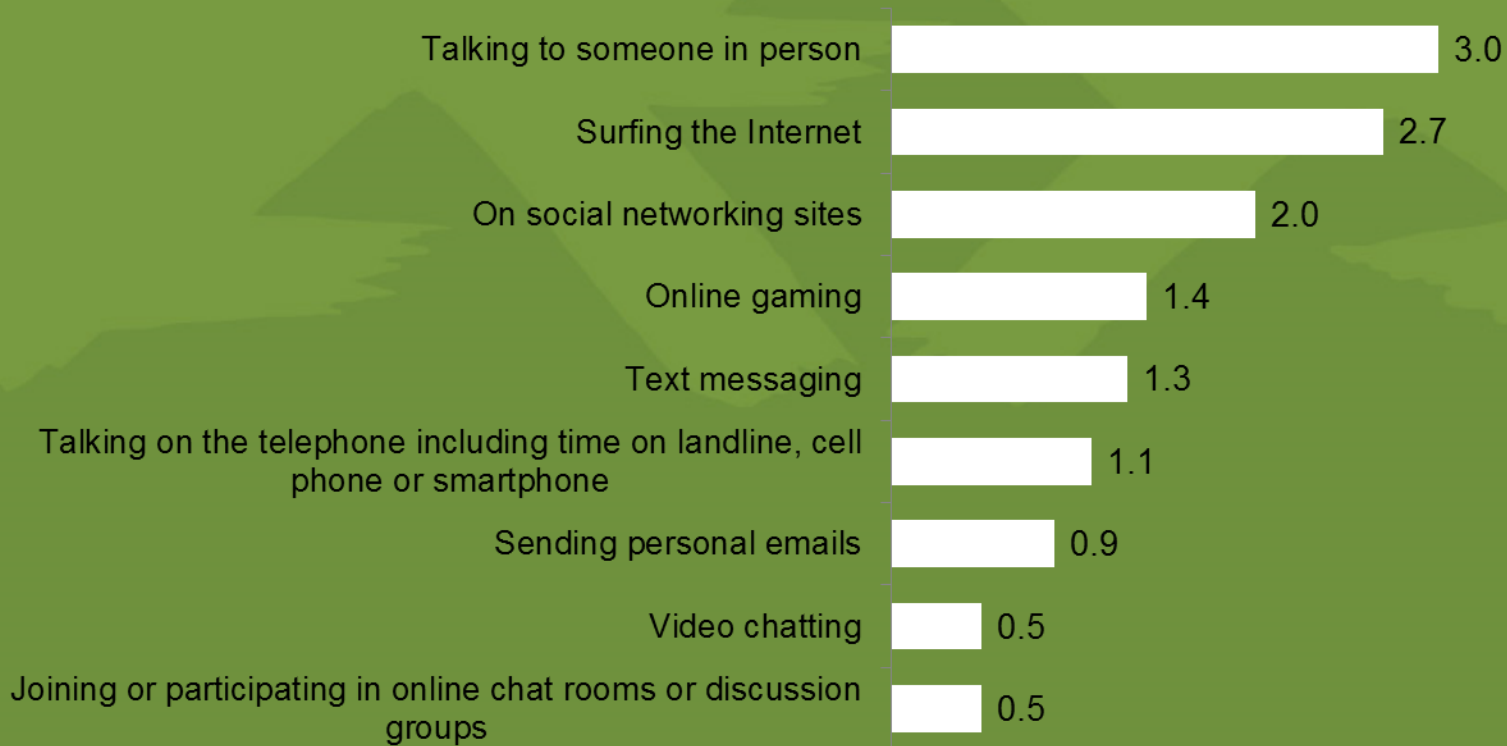
Over two thirds (68%) of those aged 18-34 living with schizophrenia have access to a Smartphone compared to 48% of 35-46 year olds and 44% of 47-



# Time Spent

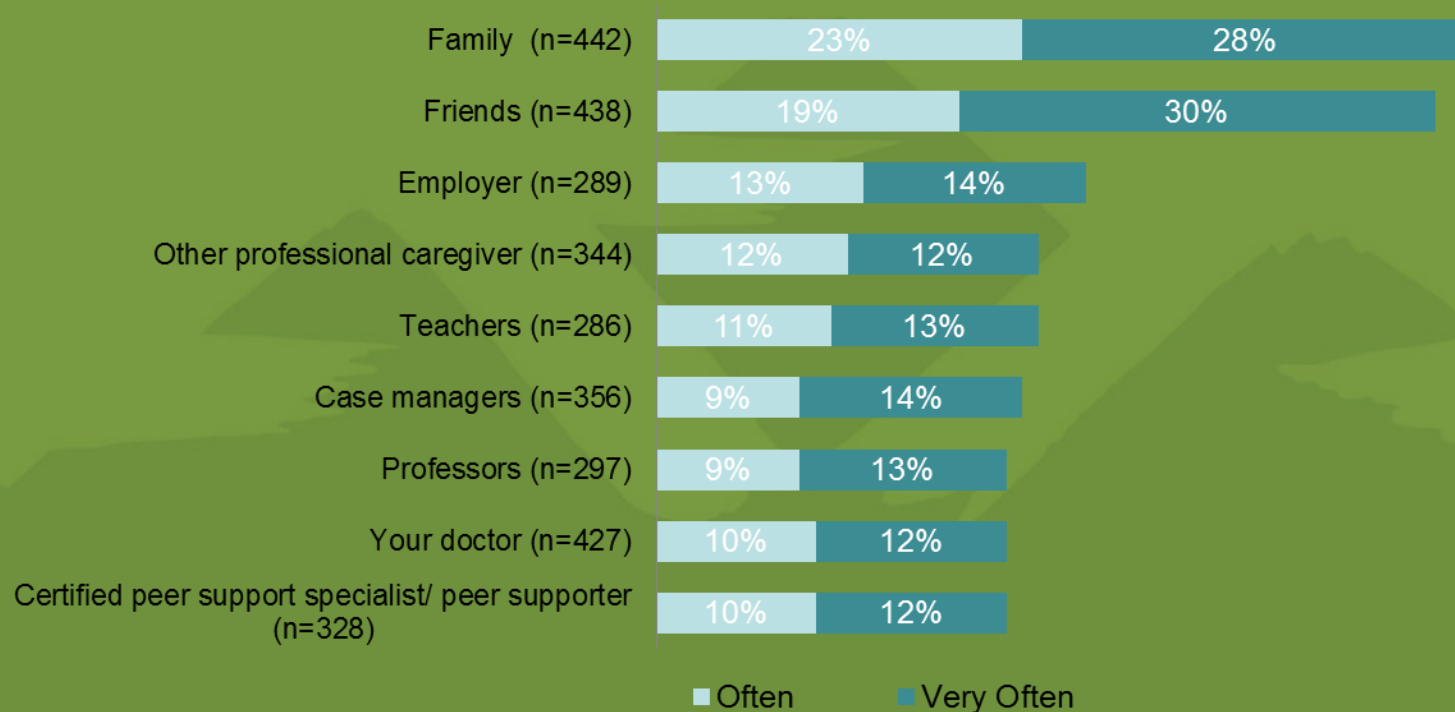
Those living with schizophrenia spend the most time on a personal computer or smart phone.

Time Spent on Activities  
(Mean Hours)



# Use of Technology to Communicate

% Who Use Technology To Communicate With People  
Top 2 Box



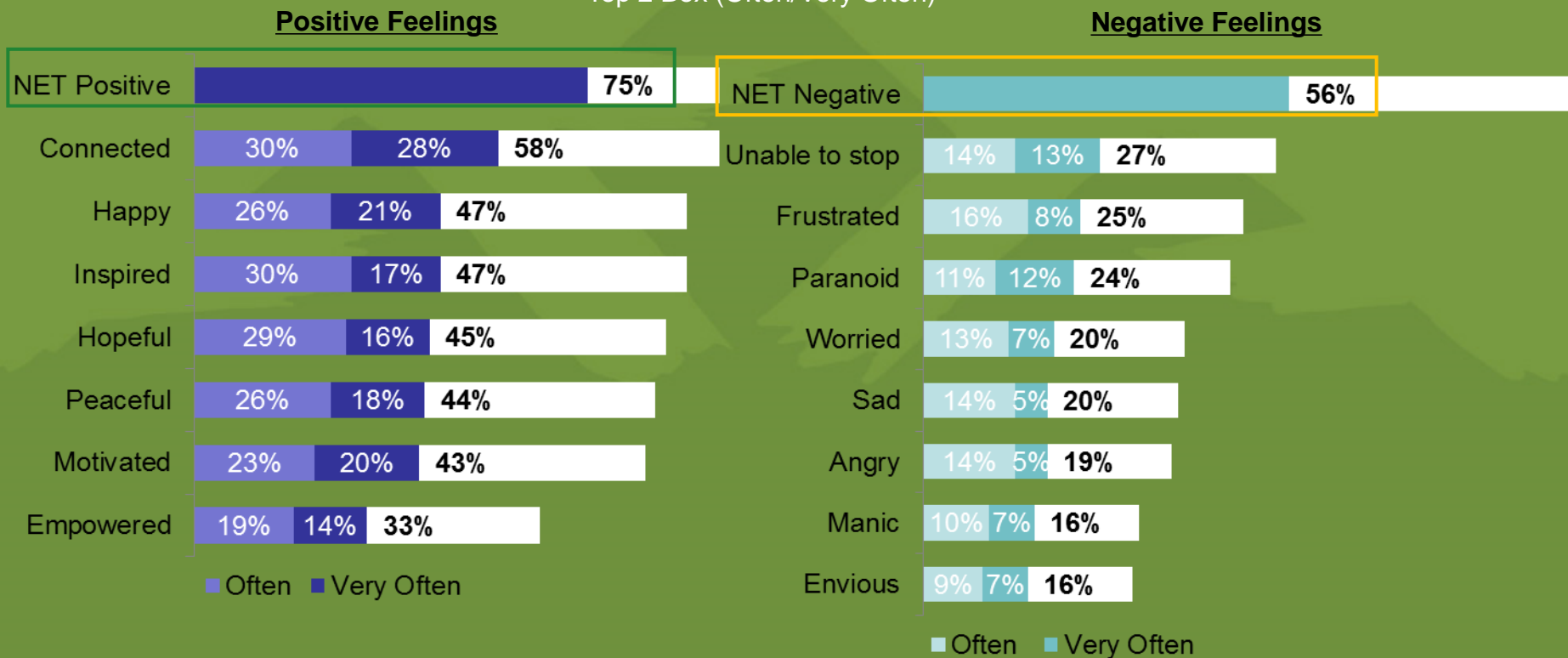
Those living with schizophrenia aged 18-34 are more likely than their counterparts (35+) to use a computer, tablet or cell/smartphone to communicate with family members, other professional caregiver, and a certified peer support specialist.





# Feelings Cause By Using Technology

Feelings Caused By Use Of Technology  
Top 2 Box (Often/Very Often)

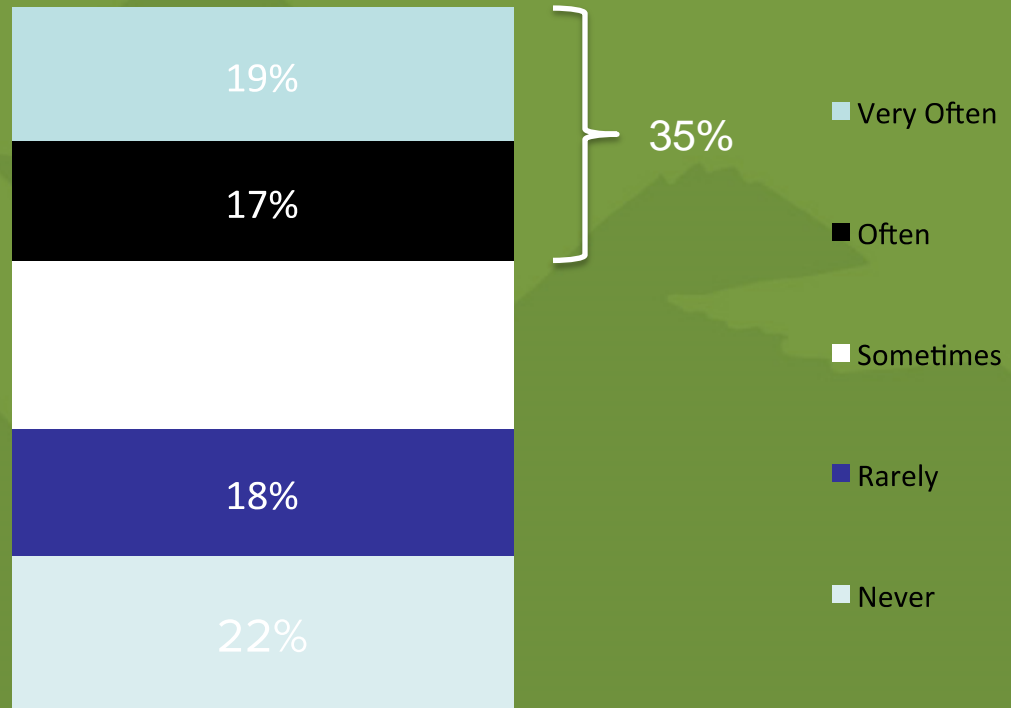


# Excessive use of the internet

Use Of The Internet Excessively In The Past 6 Months

Men living with schizophrenia are more likely than women to have rarely/never used the Internet excessively in the past six months.

Younger people living with schizophrenia (18-34) are more likely than those aged 35+ to say they have used the Internet excessively.



Total



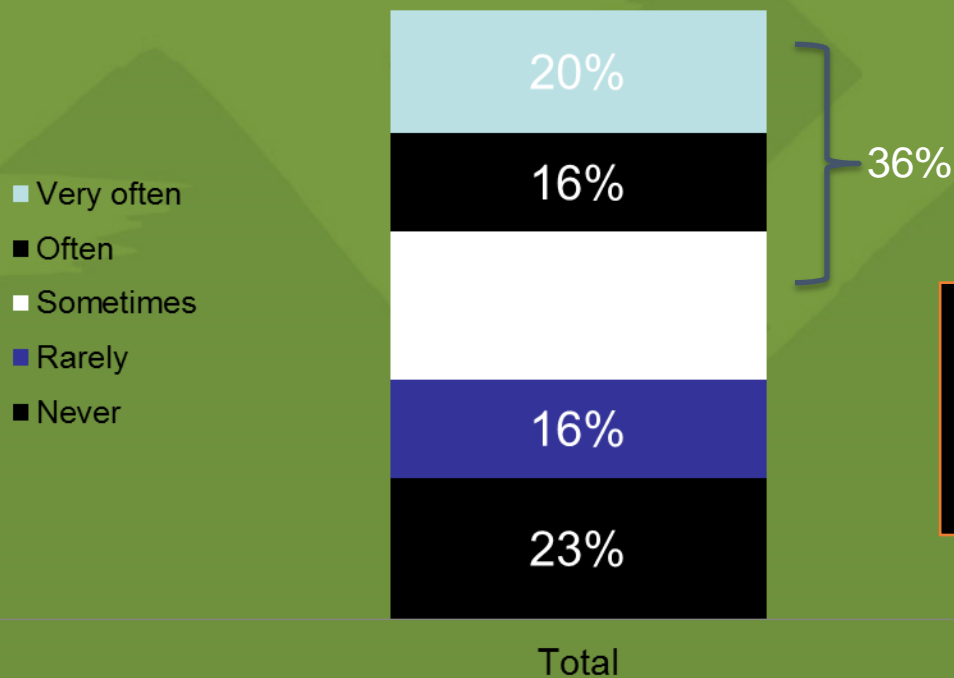
# Experience with Technology— some observations

- People living with schizophrenia have access to personal technology at similar rates as the general population.
- Younger people living with schizophrenia uses personal technology more than older people with schizophrenia.
- A majority of people living with schizophrenia report feeling positive about their use of technology.
- Women and younger people report using technology more excessively than men and older individuals.



# Frequency of use of technology to cope with schizophrenia

Use Of Technology To Cope With Schizophrenia

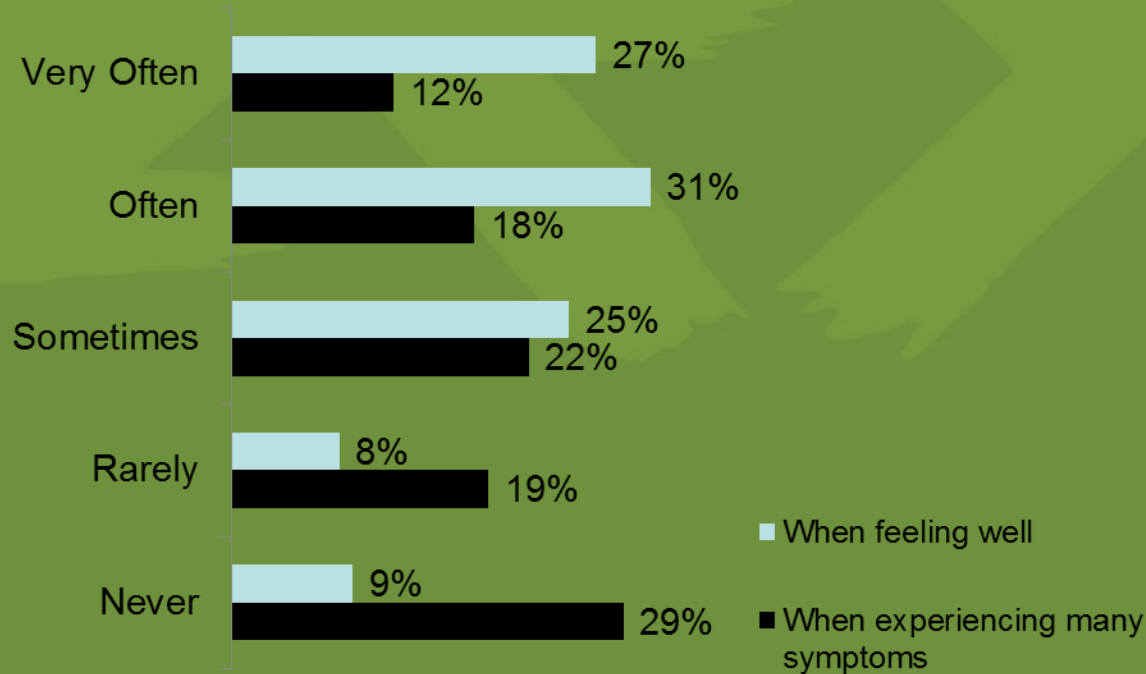


Those living with schizophrenia aged 18-46 are more likely than their older counterparts (47-64) to use technology to help them cope with schizophrenia.



# Use of technology when feeling well or experiencing symptoms

## Use Of Technology To Communicate With People



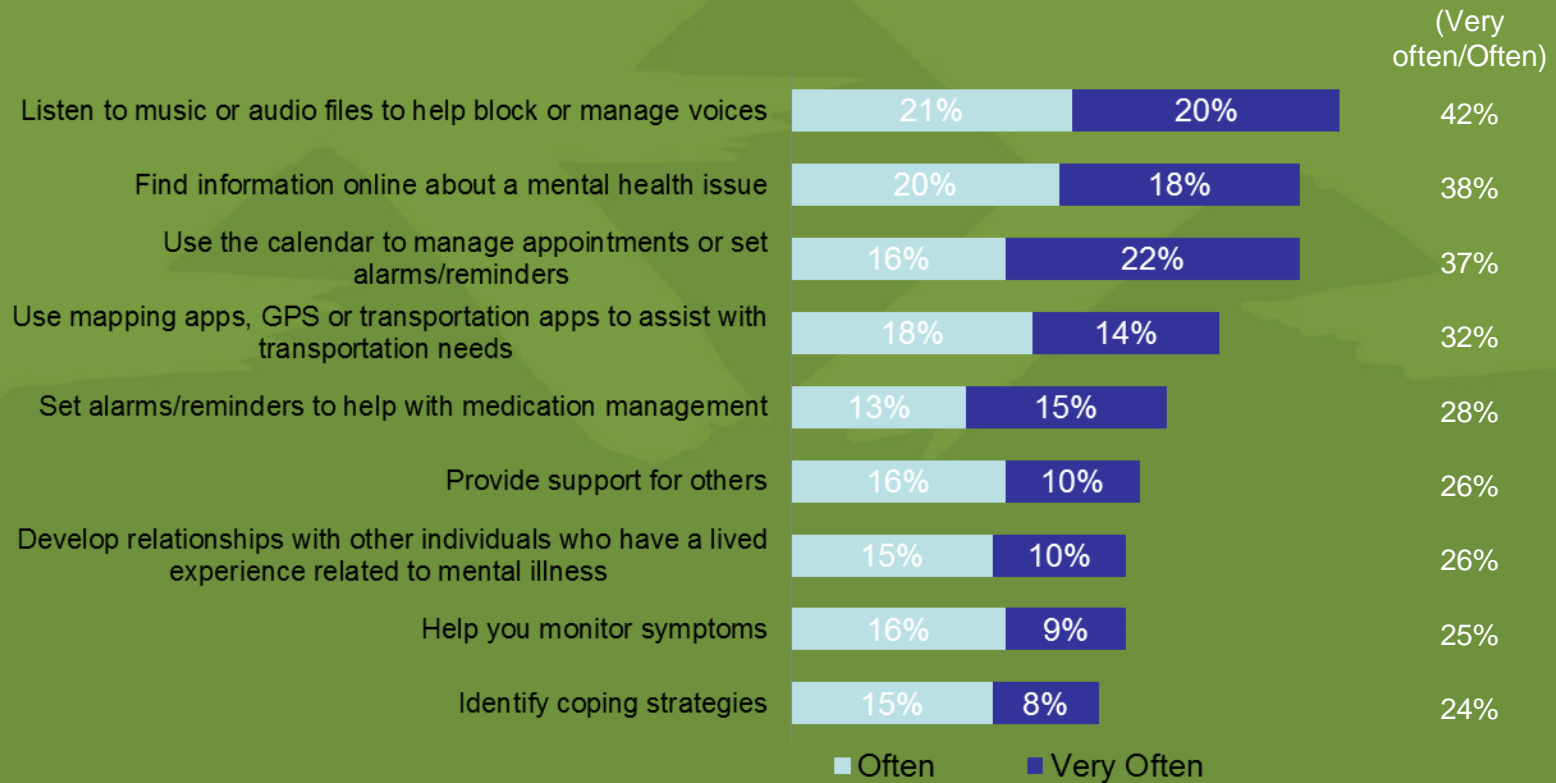
Men living with schizophrenia are more likely than women to never use technology to reach out to other people when they are experiencing many symptoms (35% vs. 23%).

Younger people living with schizophrenia aged 18-34 are more likely than those aged 47-64 to use technology often to communicate with others when experiencing many symptoms (40% vs. 22%).



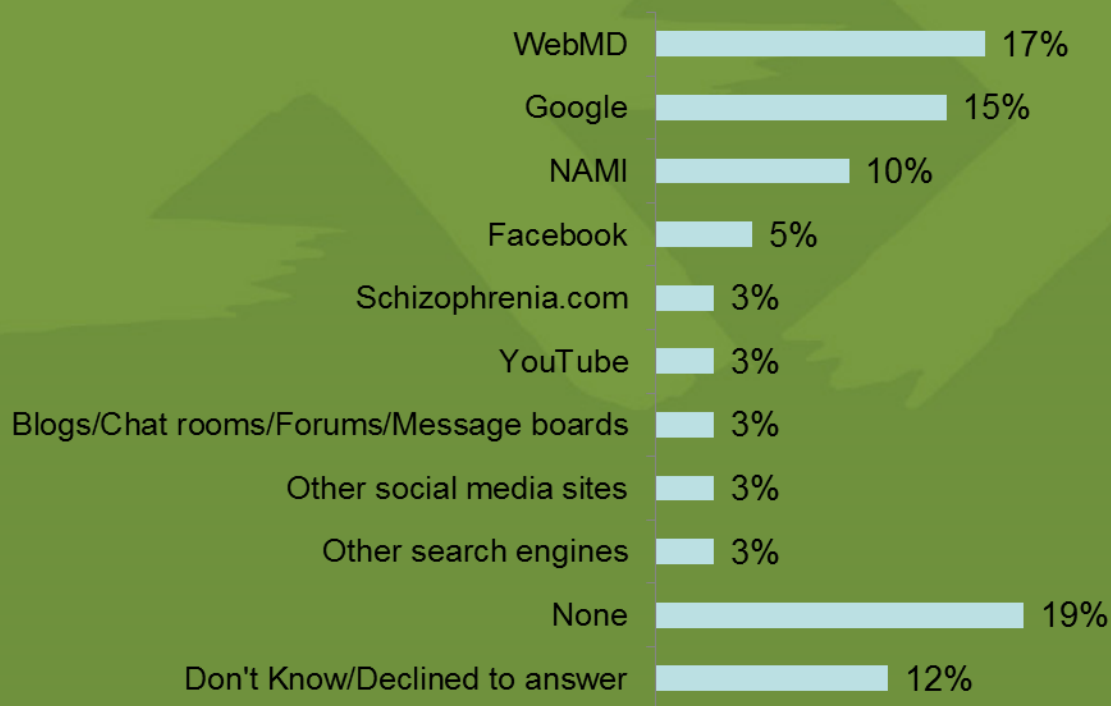
# Use of technology for activities

## % Who Use Technology To Do The Following



# Websites Used For Wellness/Recovery

Websites Visited For Information Related To Wellness/Recovery



# Use of Technology





# Use of Technology—some observations

- Younger people use technology more to help them cope than others.
- Men and younger people report using technology more when they are experiencing symptoms than women and older individuals.
- Some of the ways people living with schizophrenia use technology are unique to the condition—helping them block or manage voices, develop relationships with those who also live with schizophrenia.



# Demographics



<b>Employment Status</b>	<b>Total (n=457)</b>
Full time	19%
Part time	12%
Self-employed	4%
Not employed, but looking for work	7%
Not employed and not looking for work	4%
Not employed, unable to work due to a disability or illness	33%
Retired	9%
Stay-at-home spouse or partner	7%
Student	5%
<b>Health Insurance Status</b>	<b>(n=457)</b>
Covered	90%
Not Covered	10%
<b>Type of Health Insurance Among Those Covered</b>	<b>(n=415)</b>
Health insurance or HMO through work or union or someone else's work or union	13%
Health insurance or HMO bought directly by me or another member of my family	12%
Medicare or a Medicare HMO	38%
Medicaid, Medicaid HMO or medical assistance	32%
Health insurance from some other source	5%
<b>Region</b>	<b>(n=457)</b>
East	22%
Midwest	26%
South	30%
West	22%



# Conclusions and Considerations

- There is a subset of individuals living with schizophrenia who often have access to several mobile and Internet connected devices such as smartphones and personal computers.
- They use them in a similar manner as the general population: to make phone calls, browse the Internet, and send text messages.
- Our results suggest they use technology in positive ways—for coping, appointments and medication reminders, and connection to family, friends, and peers.
- A subset suggests a risk of overuse, as in the general population.



# Conclusions and Considerations

- While our survey does not inform us that there are those who are not connected, understanding those who are underscores the potential and fact that schizophrenia should not be considered a barrier to mHealth (mobile health) innovation and the use of digital health tools.
- Our survey also suggests that technology alone is not a panacea and that there are potential risks associated with technology use.
- As technology and mHealth continue to expand, it is critical we that we study and understand how mobile devices and Internet tools can be used to further promote recovery in people living with schizophrenia.



# Limitations of the Study

- Self reported data.
- Internet access is part of the requirements of the survey.
- Survey population shows high engagement in treatment.
- Unknown what percentage of individuals living with Schizophrenia this survey represents.



# Questions, Comments, Considerations

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