



Athens, 15 February 2018

### **m-RESIST: The vision which became a reality!**

**The m-RESIST Final Review will be held on February 20, 2018, at the EC premises in Brussels, to validate project results and achievements. This three-year project (2015- 2017), of more than 3 million euros, developed an innovative disease management system focused on the needs of patients with Treatment-Resistant Schizophrenia, studying new therapeutic protocols and disease management methods based on mobile technologies.**

The project **m-RESIST: "Mobile Therapeutic Attention for Patients with Treatment Resistant"** was funded by European Commission and coordinated by TICSALUT Foundation in Spain with the participation of 11 partners from 7 countries (Spain, Finland, Greece, Italy, Belgium, Hungary and Israel). Through this project, the following results have been delivered:

- **m-RESIST clinical Interventions for Treatment Resistant Schizophrenia:** Therapeutic mHealth-based intervention designed for patients with treatment-resistant schizophrenia, which allows patients, caregivers and professionals to utilize mobile technology as part of the care process. These interventions determine a personalized flow of information based on a "Need 4 Help" scale and the stratification of patients depending on a Risk Level. Basal or risk modules are offered, oriented to develop abilities in the patient in low risk situations (Symptom Management-CBTp, Treatment Adherence, Healthy Lifestyle) and medium-high risk situations (Symptom Management-Risk).
- **m-RESIST innovative clinical interventions for staff and professionals:** These interventions help the staff and people being in clinical responsibility to communicate directly and rapidly with the patient and manage their care. The focus is the risk status of patients' and the clinical follow-up of psychiatric and somatic disorders, medication monitoring, and early detection and intervention in critical situations.
- **m-RESIST innovative mHealth system:** The m-RESIST system is composed by three main parts: 1) a smartphone connected to a smartwatch for patients and caregivers; 2) a web-based dashboard for follow-up and monitoring for clinicians; and 3) a back-end system for managing data, interventions and interactions between users composed by different modules (Clinical Decision Support System-CDSS, m-RESIST Information Repository-mIR, Recommender Module, Predictive Module, Sensor Analysis Module and Integration Layer).

Main aims of the m-RESIST project were also content, usability and cost-effectiveness of the interventions developed. Scientific articles and congress presentations are already published and additional will be available in near future utilizing the research outcomes of the project.

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