



Supportive Accountability via Text Messaging

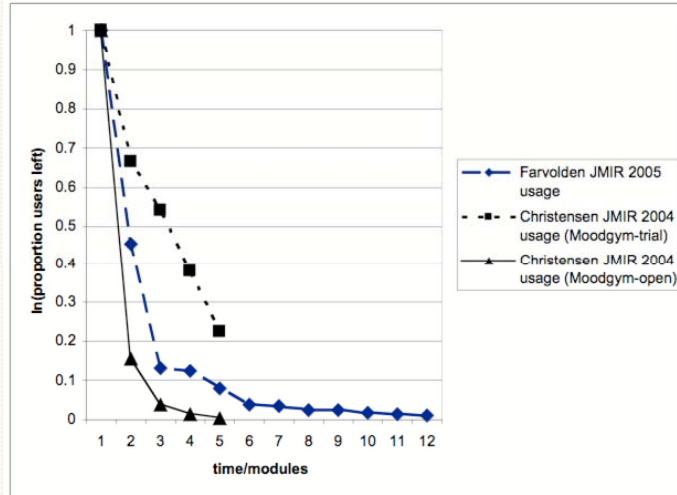
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Internet Interventions Challenges

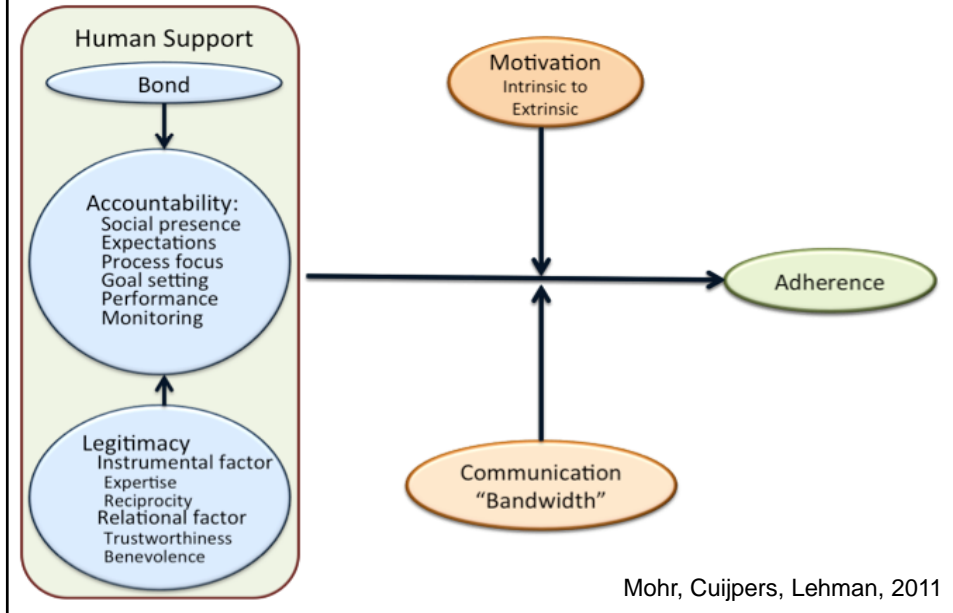
High Rates of Attrition (Eysenbach, 2005)



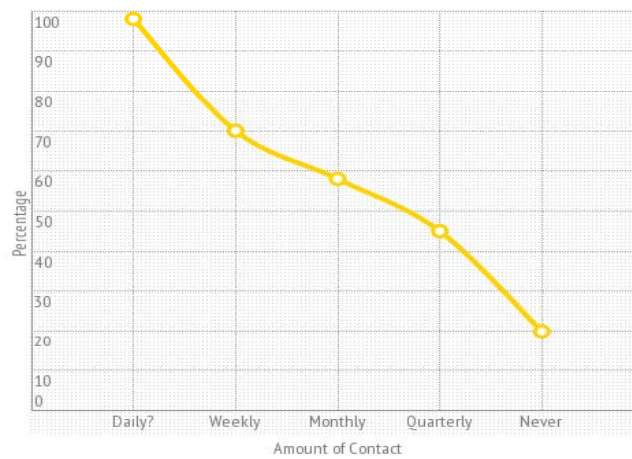
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Supportive Accountability



Engagement and Supportive Accountability

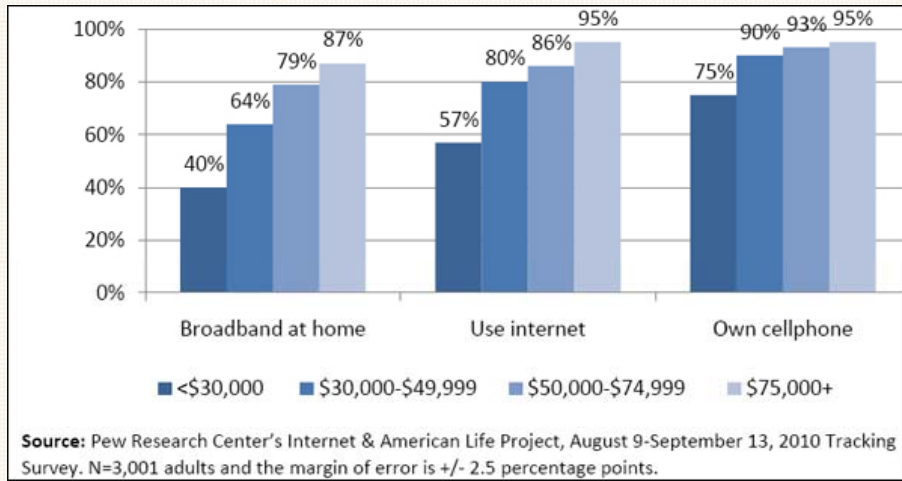


Adherence Rates

More Human Contact = Higher Adherence/Engagement

Internet Interventions Challenges

□ Access Problems



>6 Billion phones worldwide (BBC, 10/12)



Text Messaging as CBT Adjunct

- Increased treatment dosage
 - ▣ Cue to Action
 - ▣ Reinforce Skills
 - ▣ Promote mood state awareness
 - ▣ Increase contact and connection to group even after missed sessions
- Helps clinicians track progress
- Personalize Care

Strengthen Engagement/Adherence





Usability/Feasibility Pilot

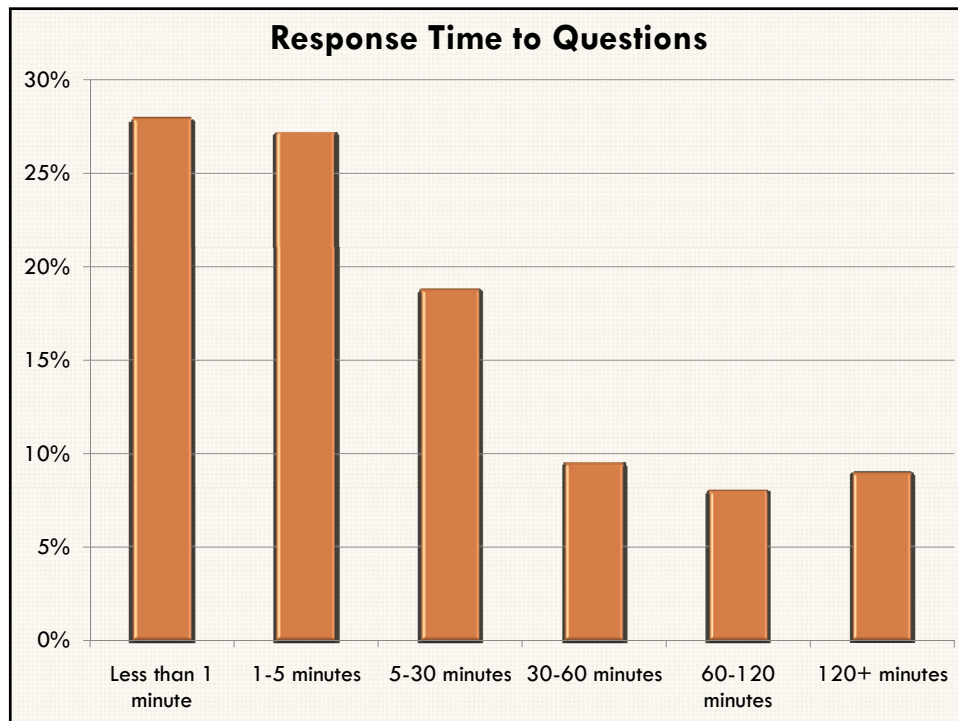
- Group CBT for Depression (Muñoz et al, 2000)
- Patients at San Francisco General Hospital
- 26 patients – 22 responded at least once
- Age M=49.7 (SD=10.1); range 28-63
- 5 English speakers, rest Spanish
- PHQ-9 M=10.91 (SD = 6.7)
- 91% had mobile phones
- 77% knew how to use SMS

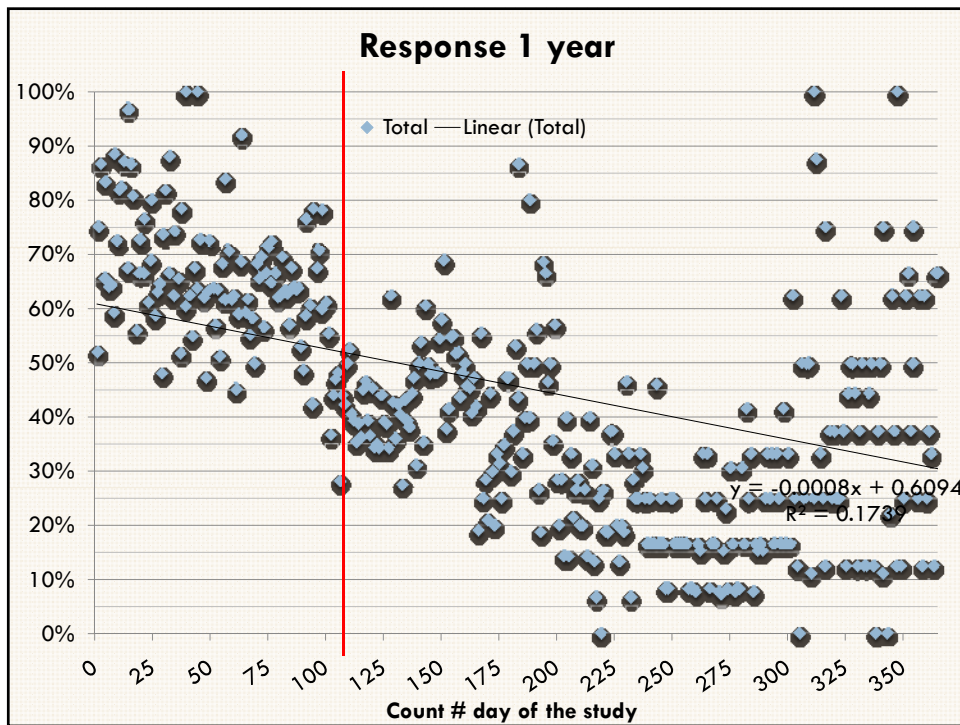
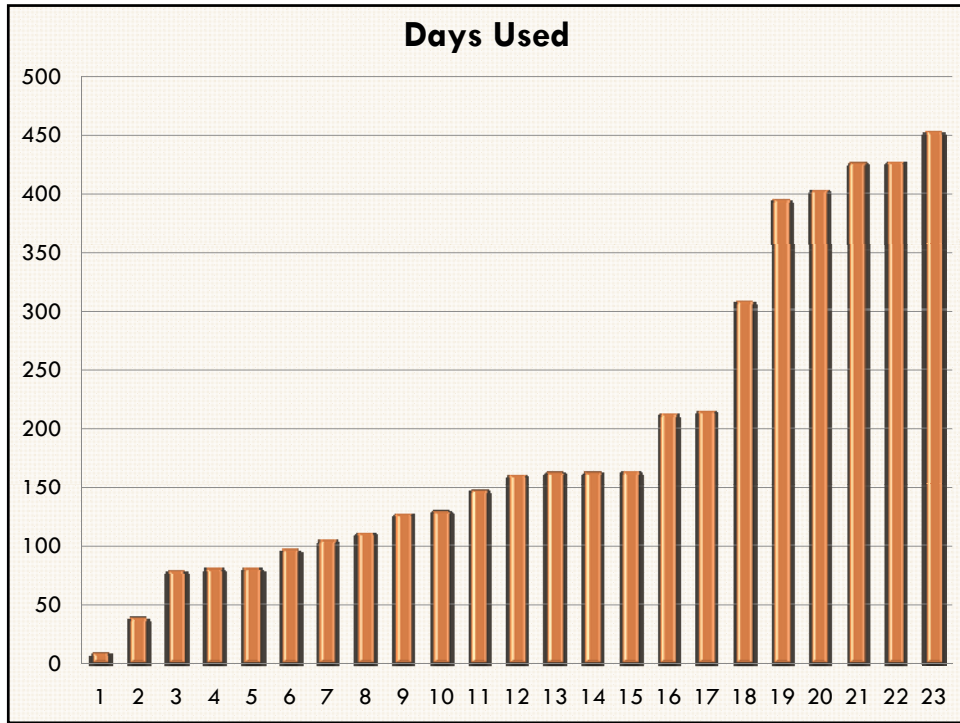
Group CBT for Depression

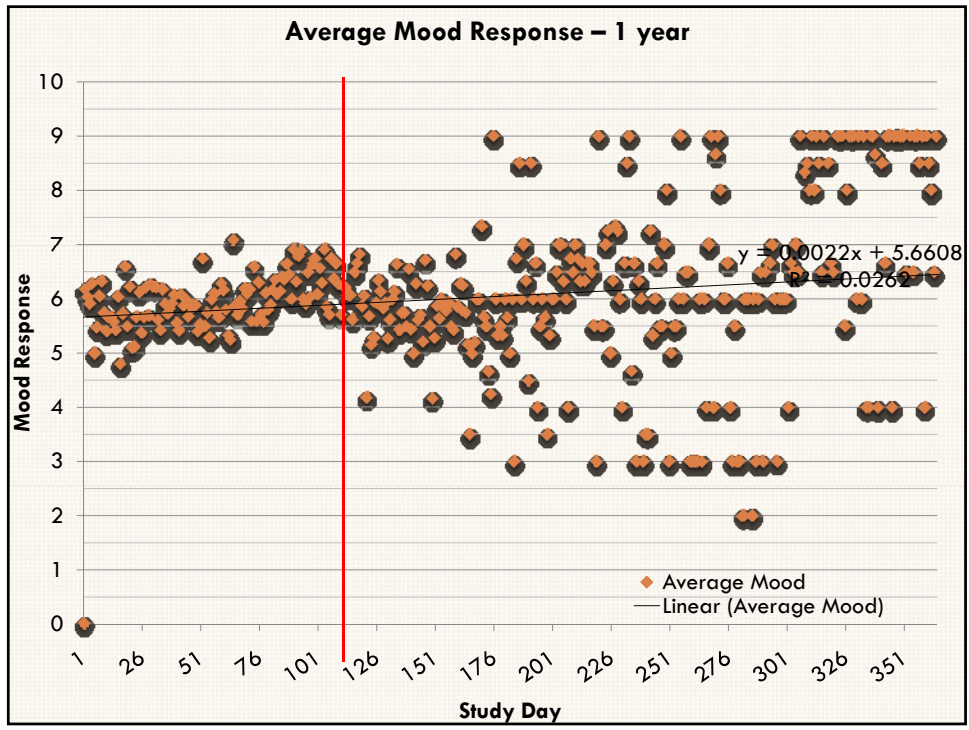
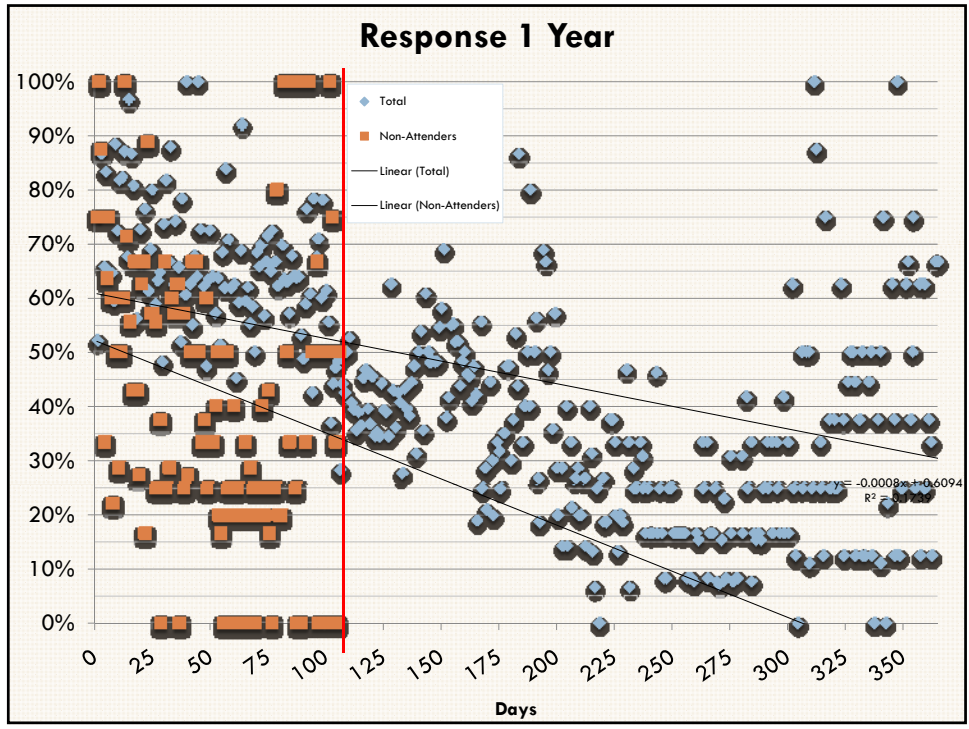
4-Week Module	Focus
Thoughts	Cognitive interventions with a focus on awareness of helpful and harmful thoughts and how they impact mood
Activities	Importance of pleasant activities and behavioral activation in improving depressive symptomatology
People	Impact of positive and negative social relationships on one's mood and depressive symptoms
Health	How co-morbid chronic health problems interact with mood & depressive symptoms. Medication adherence.

Message Schedule

- What is your mood right now on a scale of 1 to 10? - Daily
- One of these at end of day:
 - How many positive thoughts have you noticed today?
 - How many pleasant activities have you done today?
 - How many positive social interactions have you had today?
 - How many things have you done to improve your health today?
- Optional Medication Reminders







Feedback

Disagree	Somewhat Disagree	Neutral	Agree	Strongly Agree
<i>Did the messages make you feel closer to the group and/or your therapists?</i>				
0%	0%	10% (n=1)	50% (n=5)	40% (n=4)
<i>Did receiving messages make you more likely to attend group sessions?</i>				
0%	0%	20% (n=2)	30% (n=3)	50% (n=5)
Wanted Fewer	Wanted More	Right Amount		
<i>Please rate the number of messages that you received</i>				
0%	40% (n=4)	60% (n=6)		

How were messages helpful? (English)

- “They forced me to “check” in with myself”
- “Quick to respond to”
- “Trigger self examination”
- “They made me stop and think for a moment about how I was feeling and why I was having those feelings.”
- “Ability to actually look in the proverbial mirror.”
- “Sometimes I am so busy I hardly stop and think about how I feel. Now that I’m getting texts I stop and think everyday. When it stopped I missed it. My life is so crazy I need a reminder to think about how I feel.”

How were messages helpful? (Spanish)

- *“The messages helped motivate me to continue working to feel better”*
- *“When I was in difficult situation and I received a message, I felt much better. I felt cared for and supported. My mood even improved”*
- *“The most positive thing about receiving text messages is when one is in a difficult moment and a message arrives, I realize that someone cares for me and I don't feel alone”*
- *“The messages are refreshing and are very helpful. They make me feel that there are people that care about my health”*

What could be improved?

- *“Sometimes you had a delayed response from me. I might have been pre-occupied.”*
- *“Maybe getting a text when I was in the middle of something and felt rushed. But that wasn't a big problem.”*
- *“Inopportune times of calls”*
- *“Sometimes the message wasn't accepted”*
- *“Texting isn't easy for me”*
- *“They feel like an added burden at times”*