Stop Soldier Suicide and NeuroFlow: Partnering to facilitate support for Veterans through an mHealth technology platform

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Introduction

- Veterans are at 50% higher risk of suicide compared to those who have not served and are at risk of developing serious mental illness (SMIs)
- Veterans with SMIs face barriers to accessing evidence-based interventions that promote symptom management
- Self-management of mental health symptoms through skills-based tools are critical determinants of self-harm prevention and recovery
- mHealth platforms are accessible and community-based

Methods

Procedures

- Stop Soldier Suicide partnered with and connected veterans to NeuroFlow (NF), an mHealth platform that monitors user engagement and psychological changes while facilitating individualized supports
- Users were administered self-report measures to assess depressive symptoms (PHQ9), engaged in a variety of homework assignments, and were provided recommendations according to their individualized data
- Homework consisted of subjective metrics, pain tracking, guided breathing, self-report measures, psychoeducation activities, journaling, and skills-based tools
- *t*-tests were used to assess changes in depressive symptoms and engagement trends

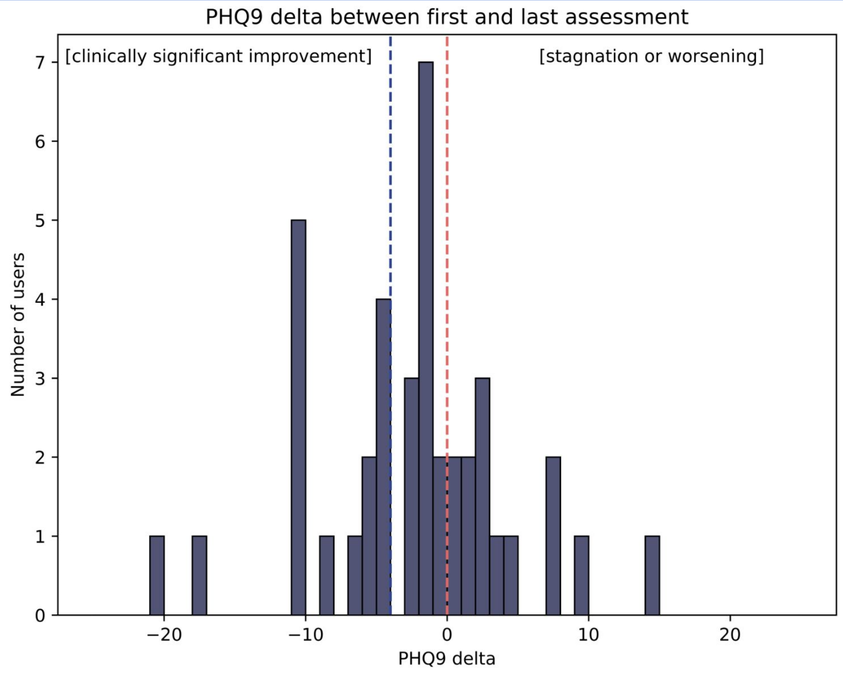
Participants

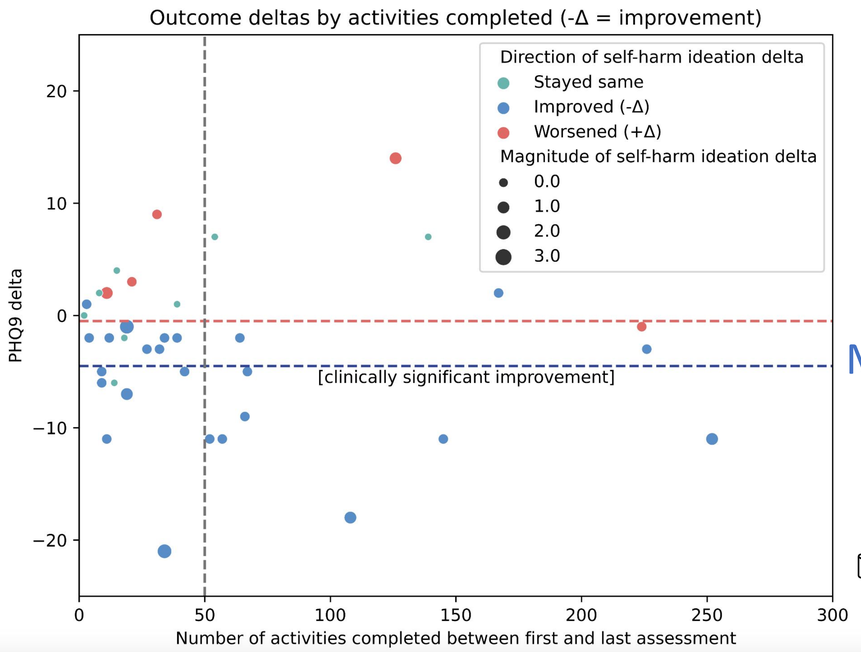
- 251 participants were invited to NF; 173 invited participants enrolled and were 60.4% male, 20-70 years-old
- 166 registered participants completed ≥ 1 activity in NF, with 40 participants completing ≥ 2 PHQ9s

Decreases in depressive symptoms were observed in veterans who engaged in psychoeducation and skill-building through a mobile health platform

Suicide and self-harm ideation had the most marked reduction of all depressive symptoms assessed on the PHQ9

Results





- 37.5% = clinically significant ↓ PHQ9
- 30% = subclinical ↓ PHQ9
- 32.5% = ↑ PHQ9
- 62% = ↓ on Q9 of PHQ9
- General ↓ PHQ9, (t = 2.44, p =.01)

Discussion

- Engaging in psychoeducation and evidence-based skill-building through mHealth platforms is a feasible and effective way of reaching vulnerable populations
- Engagement trends demonstrate that registrants under the age of 50 adopted NeuroFlow at a higher rate than those 50+
- Subjective metric reporting, breathing exercises, and guided breathing activities had the most engagement
- Variance observed in the number of activities completed
- Implications for mHealth engagement and adaptation

More Information

Scan for an expansion of results and related findings

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