

Planned paper IMMERSE

# Usage behavior, drivers and barriers for digital self-tracking among mental health care service-users in four European countries: A mixed-methods study

**Lena de Thurah**

Glenn Kiekens, Rafael Bonnier, Inez Germeys, Maria Wolters,  
Anita Schick, Julia Schulte-Strathaus, Adam Kurilla, Anton  
Heretik, Michal Hajduk, ...

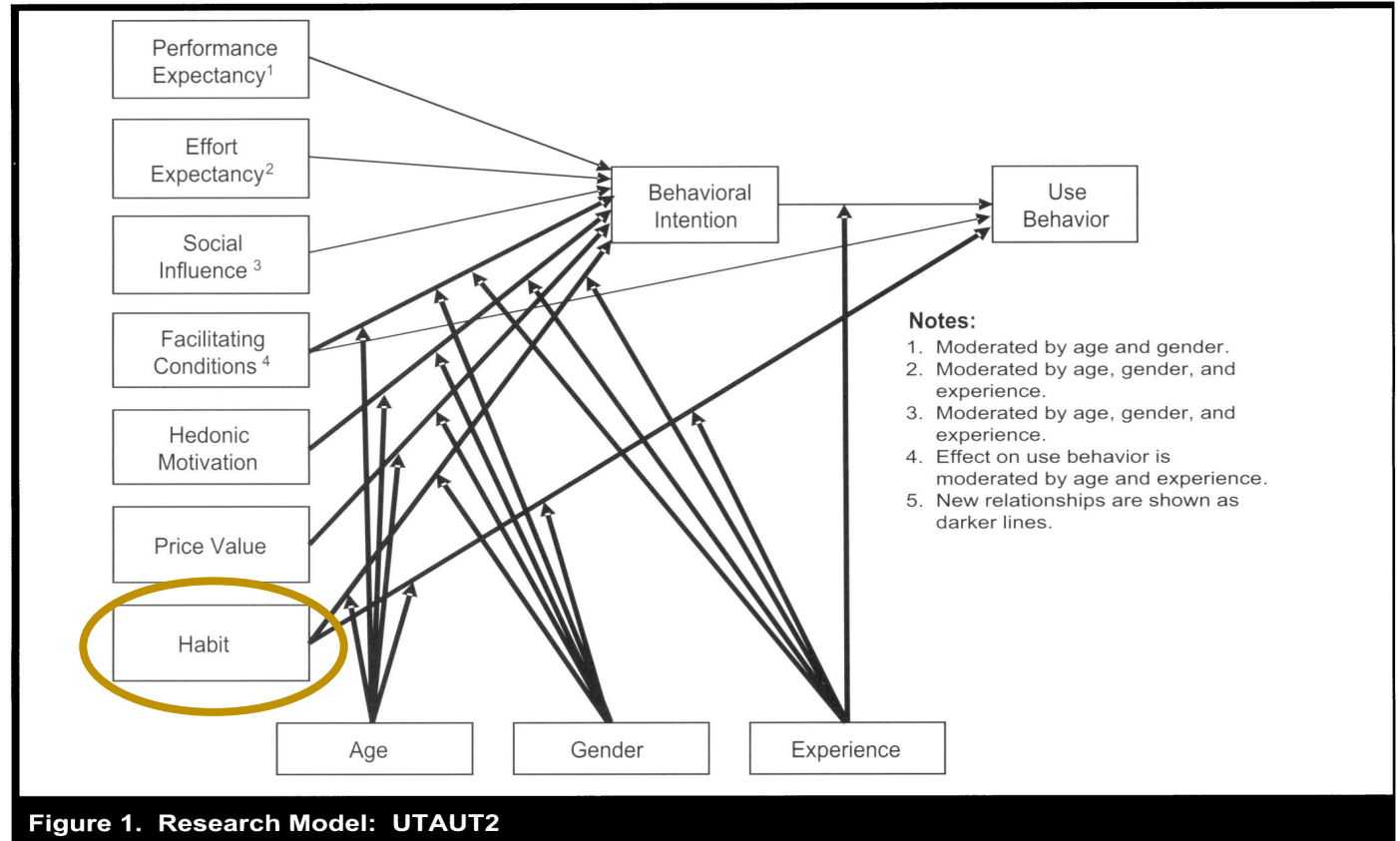
# Rational

- **DMMH tools**
  - potential to transform mental health care
  - struggling to reach real-life implementation
    - High rates of trial drop-outs and real-life disengagement
- **User-centered design**
  - In-depth understanding of users and their contexts
- **Little or no knowledge** about service users'
  - Usage of digital mental health tools
  - Existing self-monitoring behavior



# Technology adoption theory

- **Habit** is a strong predictor of both *intended use* and *actual use* of technology.
- **Habit** has been shown to have a direct effect on technology use over and above the effect of intention and also to moderate the effect of intention.



**The Unified Theory of Acceptance and Use of Technology 2**  
(Venkatesh et al 2012)

# Aims

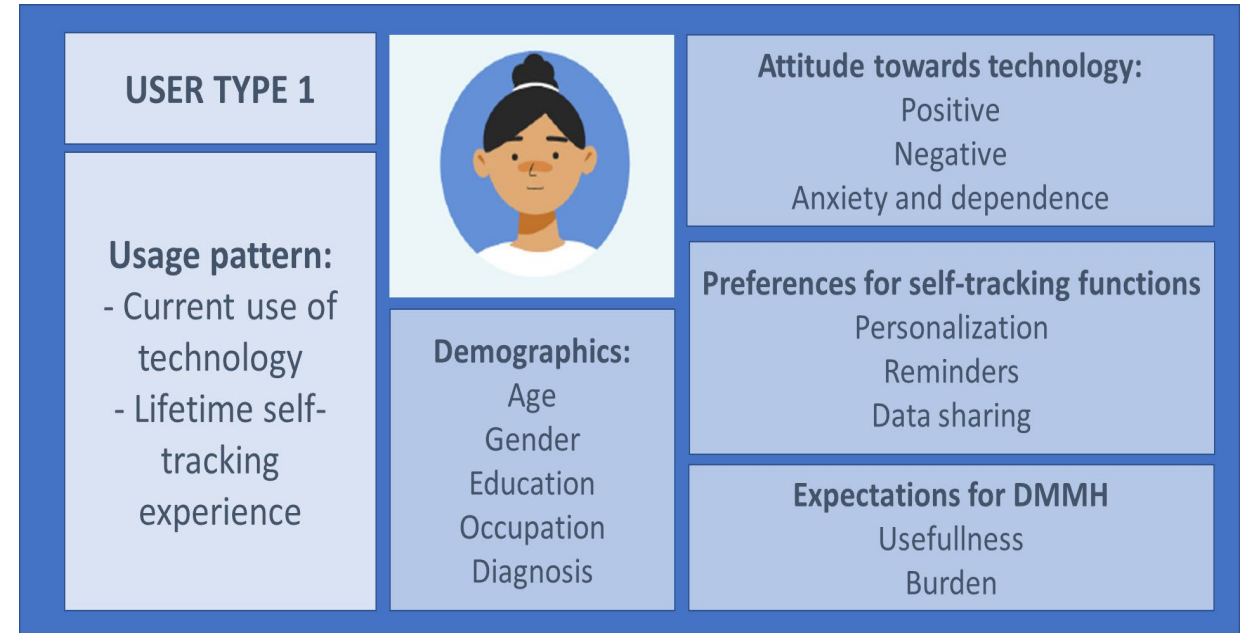
- 1)** Identify and quantify *patterns in technology usage* and self-monitoring behavior (user types) among mental health care service-users, and describe key characteristics of each user type.
- 2)** Identify *drivers and barriers to the adoption and use* of digital self-tracking tools for different types of users.

# Aim 1: Identify and quantify technology usage and self-monitoring behavior patterns

## Latent class analysis



- Technology use survey
- Usability self-tracking survey
- Demographic items: age, education, gender
- Patient specific items (self-reported diagnosis)
- Patient activation measure (PAM-MH)
- Perceived stress scale (PSSI item)



# Aim 2: Identify drivers and barriers to the adoption and use of digital self-tracking tools

SUS questionnaire



Thematic/sentiment analysis



- Selected interview transcripts service-users
- (Interview transcripts clinicians/supporters)

