U-P-P

UNDERSTANDING - PREDICTING - PREVENTING NON-SUICIDAL SELF-INJURY AND THOUGHTS AMONGST ADOLESCENTS

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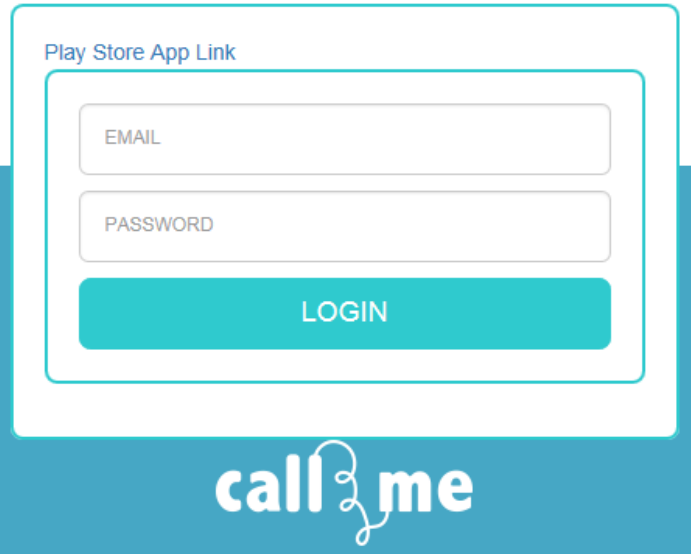
The Wider Vision

- Self-harm is one of the top 5 causes of medical admission
- Over 19,000 youth attended A&E in 2015/16
- The majority affected (approximately 40%) will not seek professional help
- Existing interventions comprise informative booklets, consultation and digitized versions
- Online support is favored due to anonymity

The Wider Vision

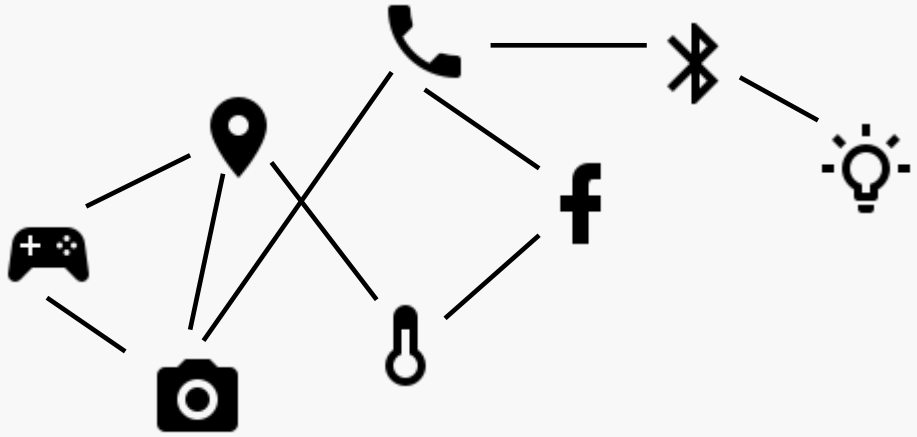
- Wider project aims to improve existing interventions by:
  - ***Understanding:*** *Better understanding experiences of those who self-harm by exploring early warning signs and triggers identifiable from 'cyber' and 'physical' social interactions;*
  - ***Predicting:*** *Develop predictive context aware tools to identify self-harm thoughts and actions;*
  - ***Preventing:*** *Exploring intervention options using digital platforms.*



Wider EPS challenges

Human Centric Systems (HCS); Data Analytics (DA); Sensing Systems (SS)

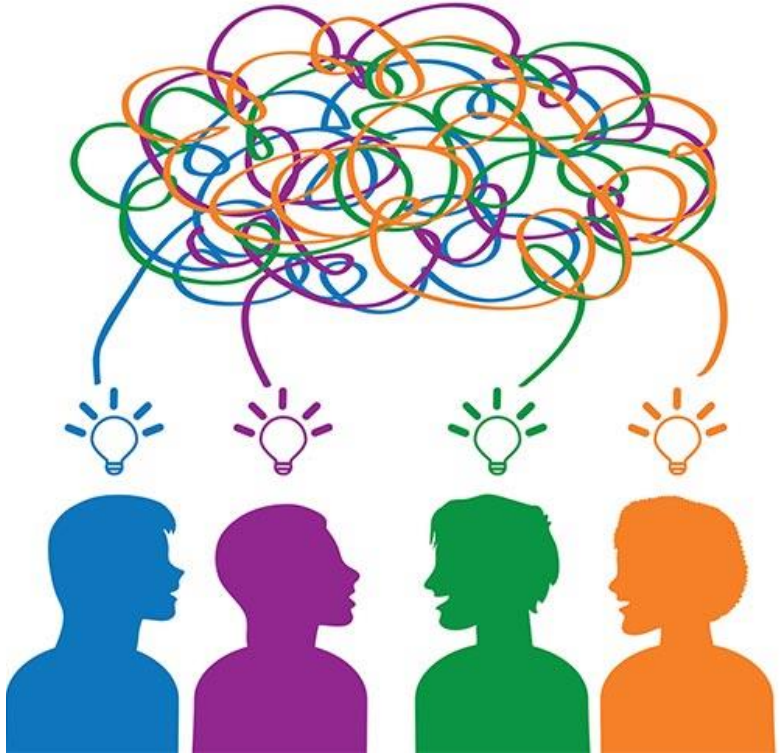
- People at the heart of technology design [HCS]
- Interaction design [HCS]
- Feedback to influence mental state [HCS]
- Inferring behaviour using sensed interactions [DA]
- Ethical behavioural sensing platform [SS]



Stage 1 activities

Will address EPS challenge "people at the heart of technology design“

- Preparation activities [Months 1]
- Scoping workshops [Months 2-3]
- Analysis activities [Months 4-5]
- Design/idea consolidation workshops [Months 6]



Stage 1 deliverables

D1: Review of existing context-aware mobile applications for self-harm for adolescents

D2: A set of early warning signs identified by our participants and mood dysregulation measures, the type of intervention to be used

D3: A set of system requirements for mobile application design

D4: Initial User Interface prototypes

Further funding for development

Lancaster University

Pennine Care NHS
NHS Foundation Trust

XENZONE
DELIVERING MENTAL HEALTH ONLINE

COMMON ROOM

KOOTH.com
FREE ONLINE SUPPORT FOR YOUNG PEOPLE

The University Of Sheffield.

HWCommunications Ltd
creating the next generation of solutions

Any questions?

- Current interventions and support – what's missing
- Recalling triggering events is challenging
- An app to capture real-time data of events prior to a self-harm thought or action – detecting relapse signatures – a mobile early warning system that aims to reduce or prevents development of NSSI thoughts into actions
- The advantage – enables early detection of self-harm warning signs than by user recalling events which is largely dependant on frequency of clinical/counselling meetings and reliance on the accurate recall of symptoms by service users
- Mobile apps minimises intrusion into user's daily life
- enable automatic data transfer allowing data to be monitored in real-time
- allowing users to see personal progress or triggers occurring prior to relapse
- Is highly personalised as it monitors changes in each individual user's behaviour
- using qualitative research and working with service users and health professionals, as well as voluntary organisations, in order to ensure user experience is central to design of the system
- Develop algorithms detecting future self-harm events
- We would use 'experience-driven design'