Development of Smartphone Application for Cognitive Behavioral Therapy-Based Case Management in Patients with Schizophrenia

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Introduction: It is time to change the paradigm that structures the case management services provided to members of this digital generation who suffer from psychotic illnesses. In 2013, we developed a smartphone app designed to deliver real-time case management and self-directed cognitive-behavioral therapy services to young patients with early psychosis. Objectives: This study examines the acceptance and potential clinical benefits of smartphone application through a pilot survey.

Methods: Gwangju Bukgu-Community Mental Health Center developed and launched a smartphone application (HYM) for cognitive-behavioral case management and symptom monitoring. The HYM application for clients includes six main modules including Thought record, Symptom record, Daily life record, Official notices, Communication, and Scales. The key module is the ‘Thought Record’ for self-directed cognitive-behavioral treatment. When the client writes and sends the self-cognitive behavioral therapy sheet to the case manager, the latter receives a notification and can provide feedback in real time. We conducted a survey to investigate the acceptance and feasibility of this approach among young clients with early psychosis.

Results: A total of 24 clients with early psychosis participated in this survey. More than 80% of participants reported that it was easy to learn to use this application, and no one described this application as very complicated or reported that they needed a long time to learn how to use it. About 80% of participants were satisfied with this application, and 70% reported that they received help as a result of using this application.

Conclusions: This study suggests that this smartphone application is useful for young individuals with early psychosis and that it may contribute to the development of both young customer- and case manager-friendly systems for this clinical population.