



## Contact us

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### Any other questions?

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Contextual Mental Health Centre of University of Edinburgh



Strategies, processes, contextual factors, outcomes, and costs of implementing Digital Mobile Mental Health in routine care in four European countries: A parallel randomized control trial

## Manual for clinicians

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Table of contents

**INTRODUCTION..... 2**

**ABOUT THE DMMH ..... 3**

    OVERVIEW OF THE TOOLS..... 3

    BENEFITS OF USING THE DMMH..... 3

    AIMS OF THE DMMH INTERVENTION ..... 4

**SETTING UP THE DMMH ..... 5**

**ABOUT THE MOMENT APP ..... 6**

    MOMENTARY CORE MODULE ..... 6

    MORNING CORE MODULE ..... 7

    EVENING CORE MODULE ..... 7

    THERAPY GOALS ..... 7

    ADD-ONS (SYMPTOMS) ..... 8

    HOW IS THE MOMENT APP USED?..... 9

**USING THE MOMENT APP ..... 10**

    INSTALLING MOMENT ..... 10

    SETTING UP YOUR CLINICIAN ACCOUNT ..... 10

    ENROLLING ON THE DMMH INTERVENTION AS A CLINICIAN ..... 11

    GETTING YOUR CLIENT STARTED WITH THE DMMH INTERVENTION ..... 12

    PERSONALISING THE DMMH INTERVENTION TO MEET YOUR CLIENT’S NEEDS ..... 14

    ADDING ADD-ON MODULES ..... 14

    CHANGING THE NOTIFICATION SCHEDULE ..... 15

**WORKING WITH THE DATA ..... 16**

    VISUALISING YOUR CLIENT’S DATA..... 16

    HOW DO YOU INTERPRET MOMENT APP DATA? ..... 18

    HOW TO TALK WITH YOUR CLIENT ABOUT THE DATA ..... 19

    THERAPEUTIC SUGGESTIONS..... 20

    USAGE OF THE DMMH IN A CLINICAL CONTEXT ..... 20

**FURTHER INFORMATION..... 22**

    WHY IS THIS STUDY IMPORTANT? ..... 22

    FREQUENTLY QUESTIONS AND ANSWERS (FAQS) ..... 23

    WHO WE ARE ..... 23

# Introduction

The IMMERSE project aims to introduce a Digital Mobile Mental Health (DMMH) intervention facilitated by a software application, the **MoMent App**, linked with an online platform, the **MoMent Management Console**, for calculating and visualising the patient’s data.

This manual is intended for clinicians and mental health professionals aiming to use the **DMMH intervention** within their daily clinical work with clients.

The manual describes the content and structure of the DMMH, provides step by step instructions on setting up and running the intervention, and explains how to interpret the feedback with your client within your current therapeutic practice.

The manual provides guidelines on using the intervention in order to feel confident applying it within therapeutic practice. You and your client can use the intervention in a way you both find appropriate in meeting the therapeutic goals you have set together.





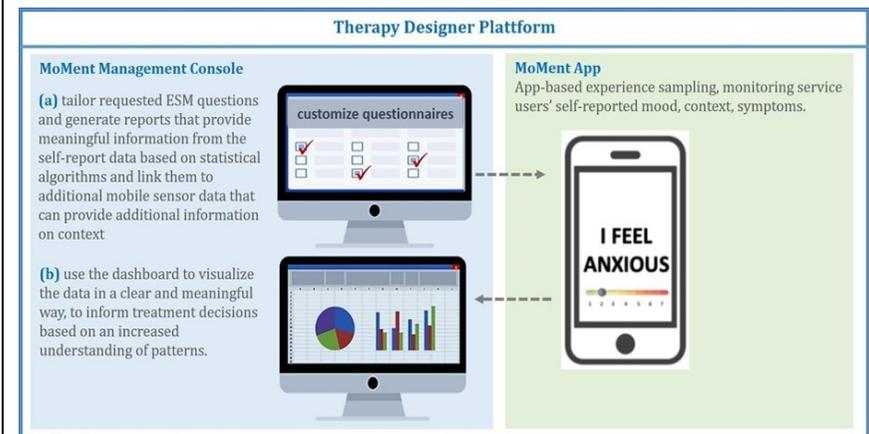
## About the DMMH

As a clinician, MoMent will provide you with two tools to incorporate in your day to day patient care:

(1) the **MoMent App**, a digital application for mobile devices based on Experience Sampling Methodology (ESM), to systematically monitor service users' self-reported momentary mental state, mood, symptoms, activities, context, therapy goals, key problem areas, and momentary quality of life in the real world.

(2) the **MoMent Management Console**, a dashboard that allows clinicians to (a) tailor the idiosyncratic treatment goals and questionnaires that are presented by the MoMent App (together with the individual service user), and (b) generate visualisations and graphs that provide meaningful information from the self-report data based on statistical algorithms.

## Overview of the tools



## Benefits of using the DMMH

Implementing and using the DMMH in patient care allows you to:

- (1) Collaboratively select with patients the appropriate areas of clinical need and additional relevant areas of assessment.
- (2) Obtain momentary and ecologically valid information about the patient's condition.
- (3) Decide on key treatment goals that are going to be central to the monitoring of progress and recovery over the period of active treatment.

