

Using technology to provide a "one-stop shop" of holistic care for youth at their fingertips!

Technology-Enabled Collaborative Care for Youth (TECC-Y): A Feasibility Study

Osnat Melamed^{1,4}, Laura Lachance^{1,4}, Rebecca Carriere^{1,4}, Rosa Dragonetti^{1,4}, Elizabeth Dettmer^{2,4}, George Fousias^{1,4}, Seena Grewal^{2,4}, Margaret Hahn^{1,4}, John Haltigan^{1,4}, Sean Kidd^{1,4}, Sara Ahola Kohut^{2,4}, Daphne Korczak^{2,4}, Benoit Mulsant^{1,4}, Athina Perivolaris¹, Trisha Tulloch^{1,2,4}, Aristotle Voineskos^{1,4}, Ian Zenlea^{3,4}, Peter Selby^{1,4}

BACKGROUND

- People with severe mental disorders have a higher risk of cardiovascular morbidity and mortality than the general population¹
- Contributing factors include tobacco smoking, low levels of physical activity and poor nutrition.

AIM

1. Evaluate the use of the TECC-Y model to engage youth with early psychosis
2. Feasibility for early detection and management of poor nutrition, physical inactivity and smoking

METHODS

- Ontario residents (ages 16-29) with early psychosis (diagnosed in last 5 years) randomized to receive health coaching (high intensity group, HI: n = 29) or self-directed learning (low intensity group, LI; n = 23) for 12 weeks.

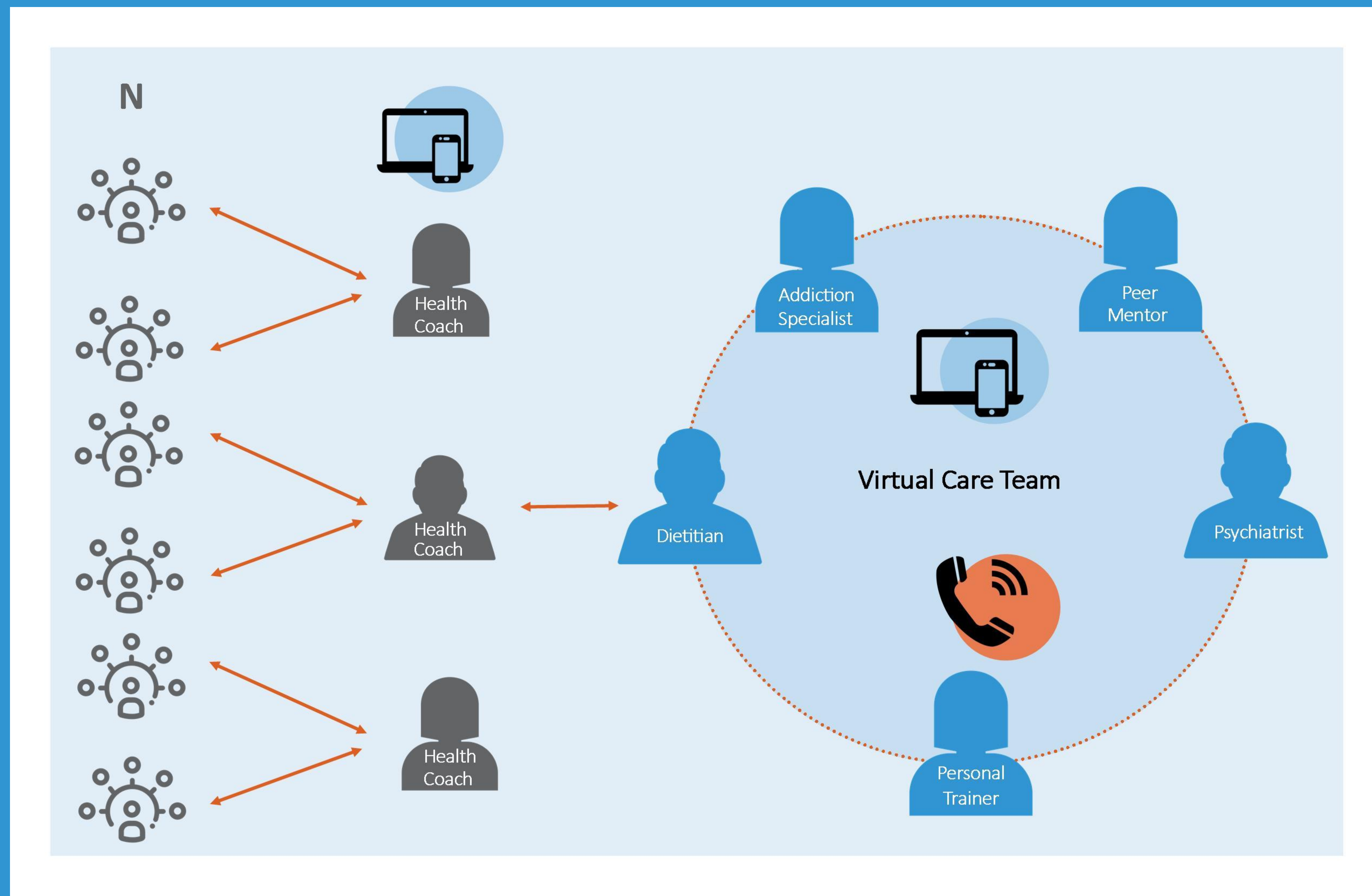
RESULTS

1. Engagement was higher over time for HI group for physical activity (p < 0.001) and nutrition (p = 0.001), but not smoking.
2. Symptoms on QIDS (depression) were lower (p = 0.006) at follow-up for HI group.

CONCLUSIONS

- Personalized health coaching for youth with psychosis is feasible and may have sustained perceived benefits.
- Overall engagement and retention of this population is challenging.

TECC-Y: Is it feasible to engage youth with early psychosis to address their physical health (diet, exercise, smoking) via an online platform?



Take a picture to view the protocol paper



1. Correll, C. U., Solmi, M., Veronese, N., Bortolato, B., Rosson, S., Santonastaso, P., ... & Pigato, G. (2017). Prevalence, incidence and mortality from cardiovascular disease in patients with pooled and specific severe mental illness: a large-scale meta-analysis of 3,211,768 patients and 113,383,368 controls. *World Psychiatry*, 16(2), 163-180.