



Belgian-Dutch Network for ESM Research in Mental Health

Heerlen Meetup 3 & 4 October 2024



Hackathon submission form	
Title	<i>Leveraging ESM to innovate mental health care delivery</i>
Contact person <i>(NB contact person is not necessarily same person as the organizer)</i>	<i>Name</i> : <u>Fetsje de Jong</u> <i>Affiliation</i> : <input type="checkbox"/> UMCG/RUG Groningen <i>Email address:</i> f.de.jong01@umcg.nl
Organizer(s) <i>(=the one who will prepare and facilitate the session)</i>	<i>Name</i> : Fetsje de Jong, Heleen Kuiper & Michelle Servaas <i>Affiliation</i> : <input type="checkbox"/> UMCG/RUG Groningen <i>Email address :</i> f.de.jong01@umcg.nl heleen.kuiper1@ggzdrenthe.nl m.n.servaaas@umcg.nl
Abstract (max 200 words)	This abstract introduces an interactive hackathon focused on leveraging the Experience Sampling Method (ESM) to innovate mental health care delivery. The aim of the hackathon is to brainstorm and prototype innovative solutions that enhance ESM platforms, such as Personalized

	<p>Treatment by Real time Assessment (PETRA, www.petrappsy.nl), catering to the needs of both patients and clinicians.</p> <p>To kick off the session, participants will be prompted with questions such as: "How can we leverage ESM to improve patient engagement in mental health care?" and "What features would clinicians / patients find most valuable in an ESM platform?" These statements aim to stimulate creative thinking and spark discussions among participants.</p> <p>Subsequently, the hackathon involves dividing participants into small groups for an ideation session followed by a prototyping phase. Groups will collaborate to generate ideas and create simple prototypes or mock-ups of innovative features for an ESM platform. The intended end product of the hackathon is a collection of prototype designs showcasing potential enhancements to an ESM platform, ranging from user interface improvements to personalized intervention features.</p> <p>The collection of prototypes will be compiled into an infographic, and depending on the feedback received, this may lead to the creation of an opinion article for a Dutch psychologists' professional journal.</p> <p>These prototypes serve as tangible examples of how ESM can be harnessed to revolutionize mental health care delivery, inspiring further exploration and innovation in the field.</p>
Relevance for attendees	<p>The hackathon will provide an interactive and creative approach for attendees to brainstorm ideas, inspire one another, and explore opportunities for innovative features while identifying and addressing potential barriers.</p> <p>Attendees will create tangible examples demonstrating how ESM can be effectively applied in clinical practice, facilitating a critical bridge between scientific research and its practical implementation.</p>
Other comments	<p>The hackathon will be divided in the following phases: Introduction; Idea Generation; Prototype Development; Presentation and Feedback; Wrap-up and Conclusion *</p>
<p><i>The number of participants per session will be 25-30 participants. The hackathons will take 60 min on Oct 3th and continue with (max) 120 min on Oct 4th. In addition, a summary of the session will be presented on the 4th (5 min).</i></p>	

All end products will be shared with the network on Basecamp, so they can be used as starting points for follow-up actions/collaborations.