USE OF A WEB-BASED SUPPORT DURING A RANDOMISED CLINICAL TRIAL ON FIRST-EPISODE PSYCHOSIS: PRELIMINARY ACTIVITY DATA

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Background

Difficulties in social functioning are common among people with schizophrenia-spectrum disorders (SSD) (Palumbo et al., 2015). Social cognition is a core predictor of social functioning (Green et al., 2015), but no mindfulness-based interventions (MBIs) targeting aspects of social cognition have been developed for people with psychosis.

SocialMind is a Mindfulness-based program oriented to improve social cognition. It has shown to be safe for people with schizophrenia-spectrum disorders in a feasibility trial.

Objective

To analyse participants’ activity on a website created as support for an ongoing clinical trial among people with first-episode psychosis.

Material and methods

We designed a randomised controlled trial to compare this program versus a psychoeducation intervention. A website was created, presenting either complementary Mindfulness material (homework and guided meditation clips) or psychoeducation content. Participants assisted group sessions and got a personal ID to access the corresponding website content. We collected activity data through Google Analytics obtaining descriptive measures.

User ID	Sessions	Average session duration	Device
pc-23	10	6’10’’	Desktop + Mobile
pc-12	4	1’50’’	Mobile
pc-21	3	11’45’’	Tablet
pc-17	1	2’10’’	Mobile
pc-3	1	1’21’’	Mobile
pc-11	1	5’49’’	Desktop
pc-19	1	2’48’’	Tablet

Table 1.

Results and Conclusions

An overview of activity data is shown in Figure 1. From October 2018 to February 2019, 7 out of 15 participants (47%) had registered. 4 participants have accessed just once, while 3 participants have accessed 3-10 times. Detailed information may be found in Table 1.

Participants with first-episode psychosis can use a website as support to social cognition or psychoeducation training. In particular, the users from our sample **preferred access through mobile devices**. This kind of platform provides data that constitute new variables of interest. However, **low usage rates** of our website suggest the need to get users’ feedback.

Figure 1.

Keywords: social cognition, web, first-episode psychosis, mindfulness, psychoeducation

Green, M. F., Horan, W. P., & Lee, J. (2015). Social cognition in schizophrenia. *Nature Reviews Neuroscience*, 16(10), 620–631. <https://doi.org/10.1038/nrn4005>
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