



HEALTHTECH  
WOMEN|UK



# Digital Mental Health; appetite whetter

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# Mental health has come a long way...



# Digital health



= health

# What is digital health?

~~Digitisation of the status quo~~

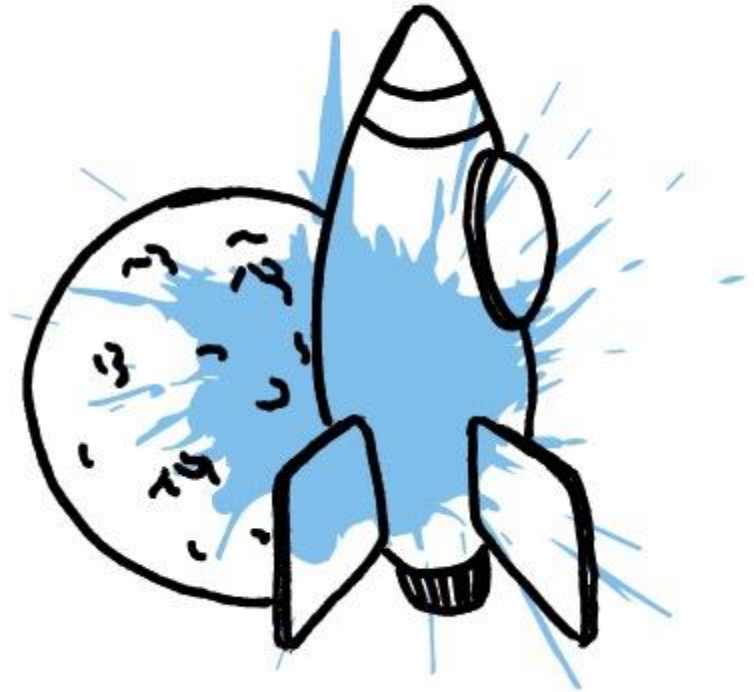
Digital is the MEANS by which new care can be delivered

IF YOU'RE OFFERED A SEAT  
ON A ROCKET SHIP, DON'T ASK  
WHAT SEAT! JUST GET ON.

-SHERYL SANDBERG

Technology moves faster than the science.

Fact.



**Digital tools provide:**

*Flexibility*

*Choice*

*Control*

*Access*

*New models*

*Social Networks*

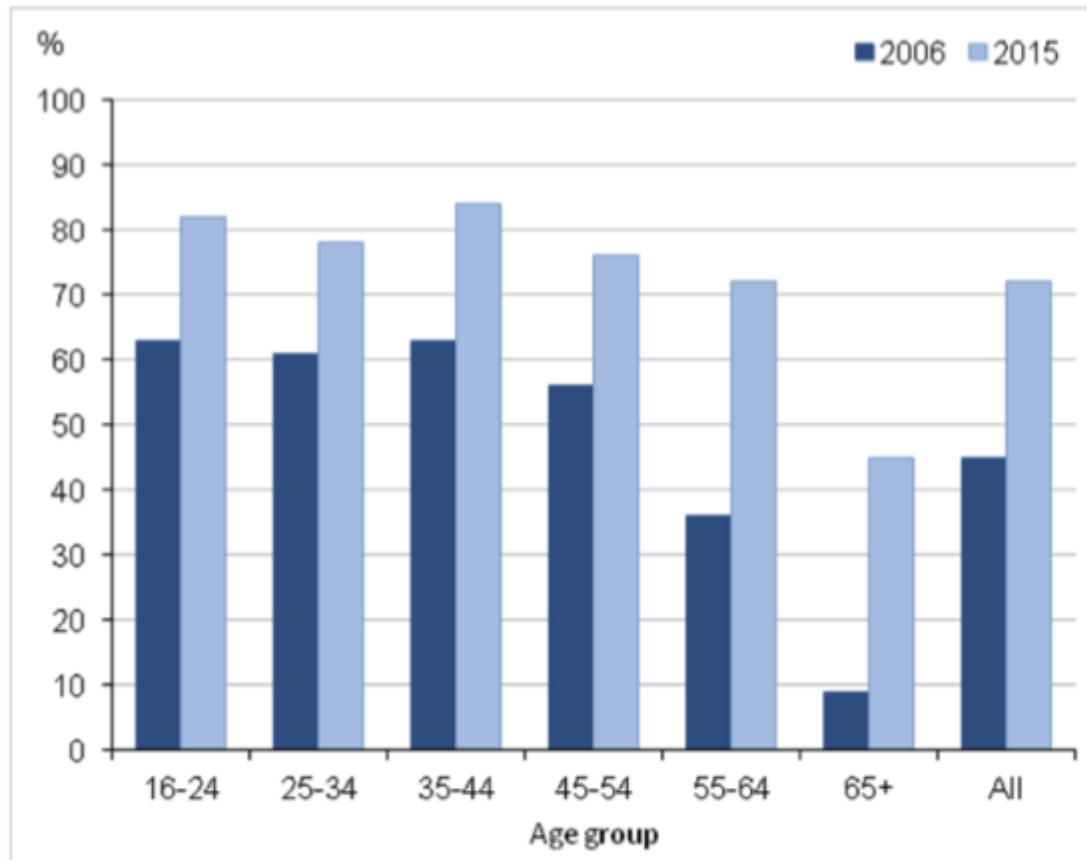
*Research*

# 10 digital mental health nuggets to consider...



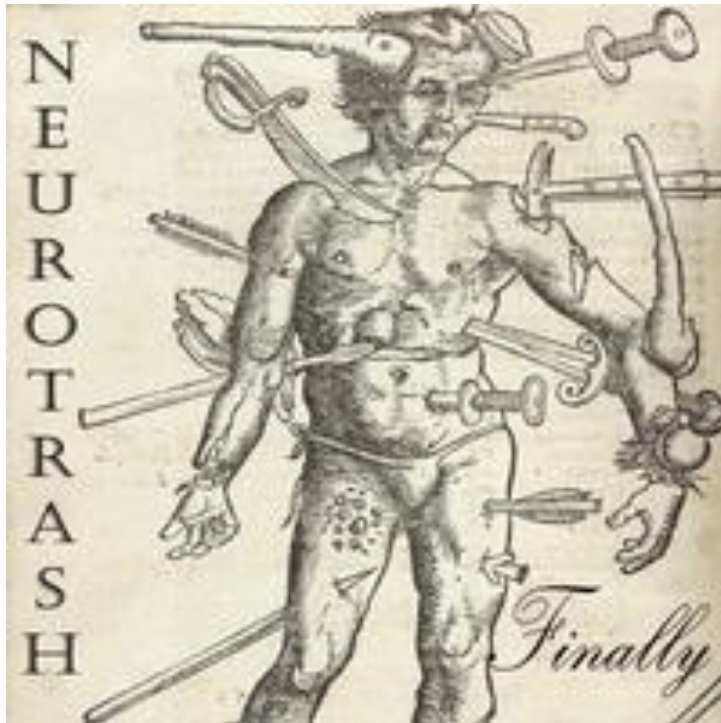
# 1. Digital inclusion

Daily computer use by age group, 2006 and 2015, Great Britain

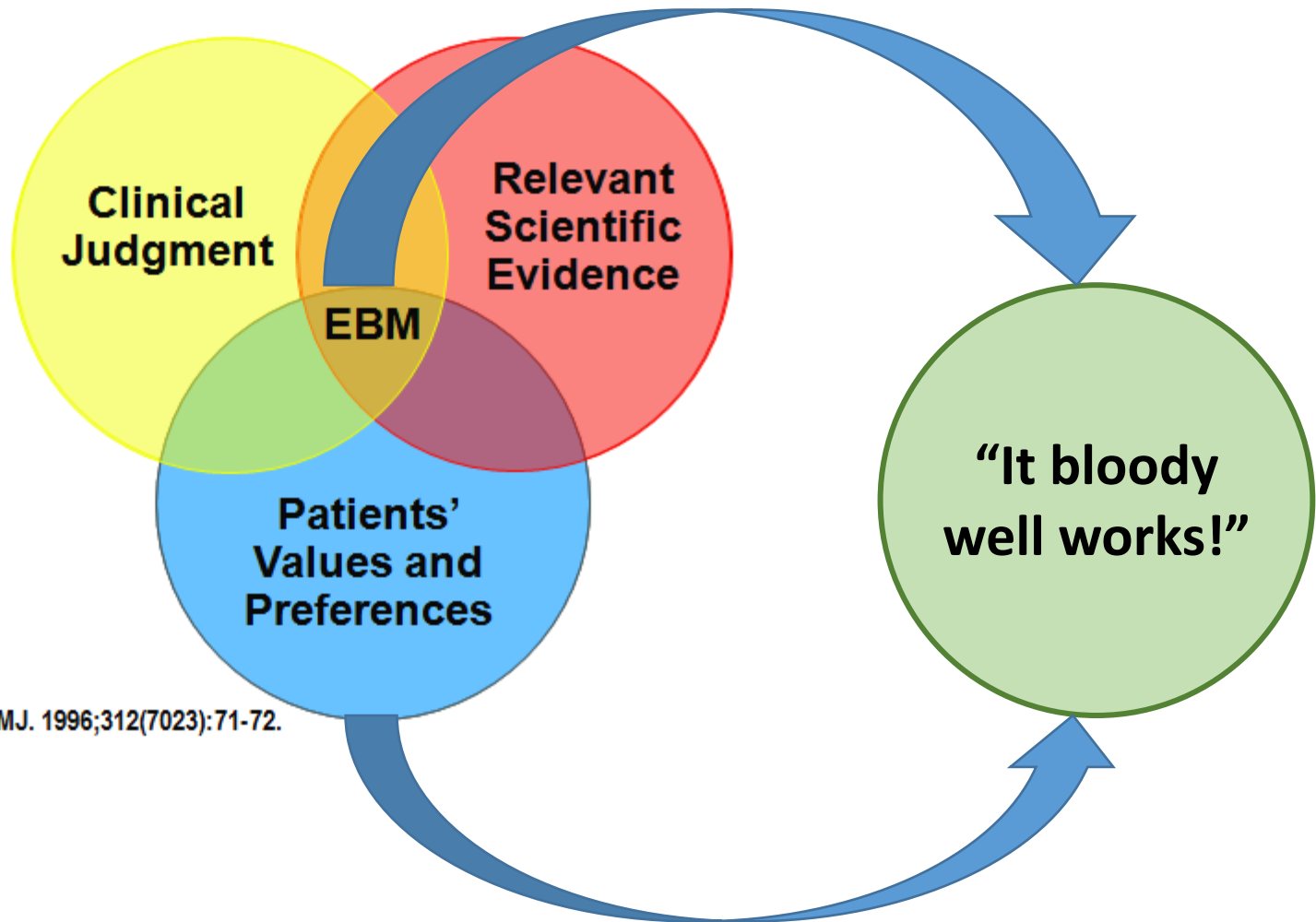




## 2. Beware the Neurotrash

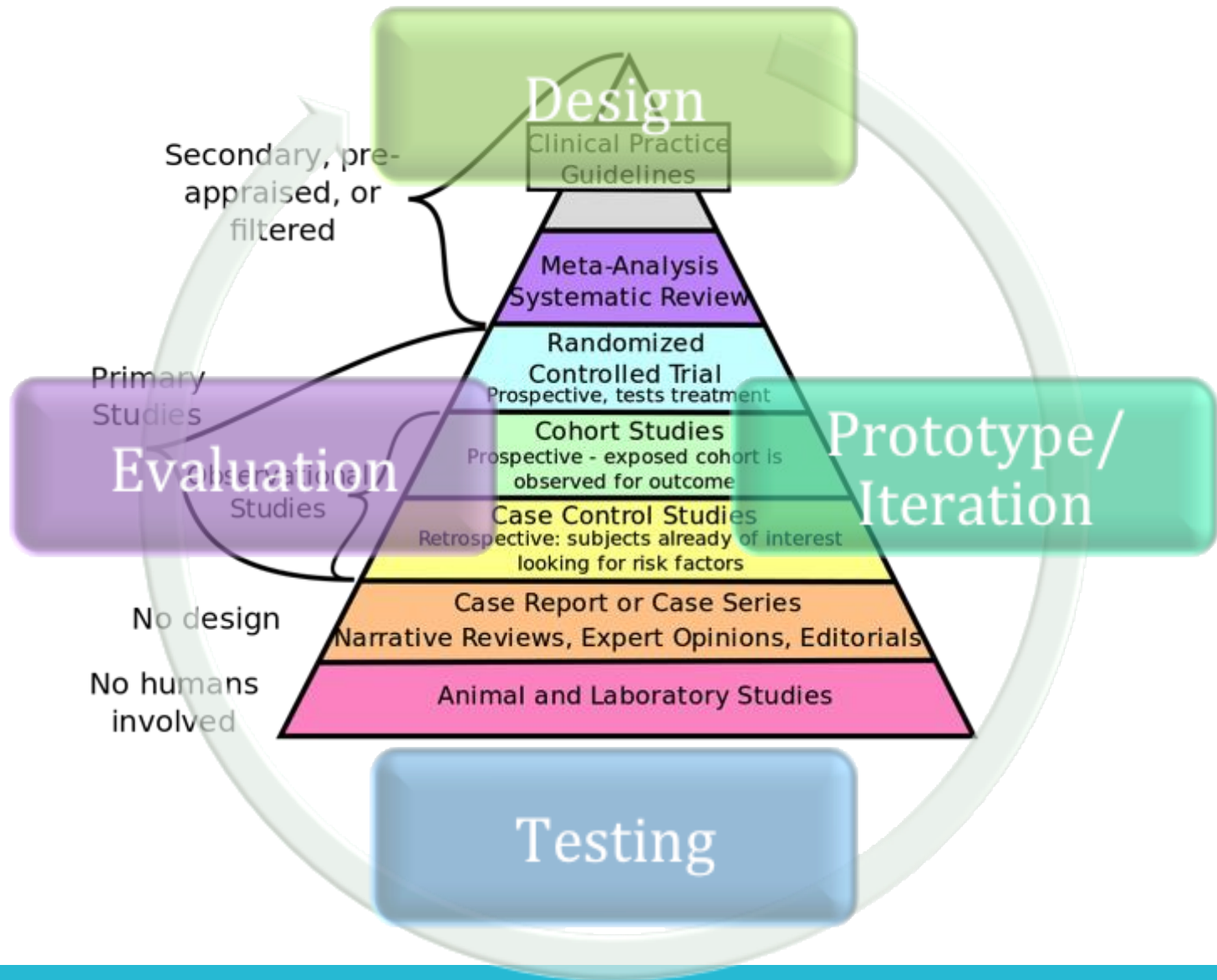


# 3. The evidence pickle



Sackett DL, et al. BMJ. 1996;312(7023):71-72.

# How do you triangle a circle?



## 4. Supplement not replace



# 5. Beyond remote consultation...

Clinical trial recruitment



Patient communities



Community care



Wellness



Not just software



# 6. Health = Digital health, but Digital health $\neq$ Health

Logistics

**SH:24**

Social Networking

HealthUnlocked

Gaming



# 7. Continuums are allowed

## Buzz phrases

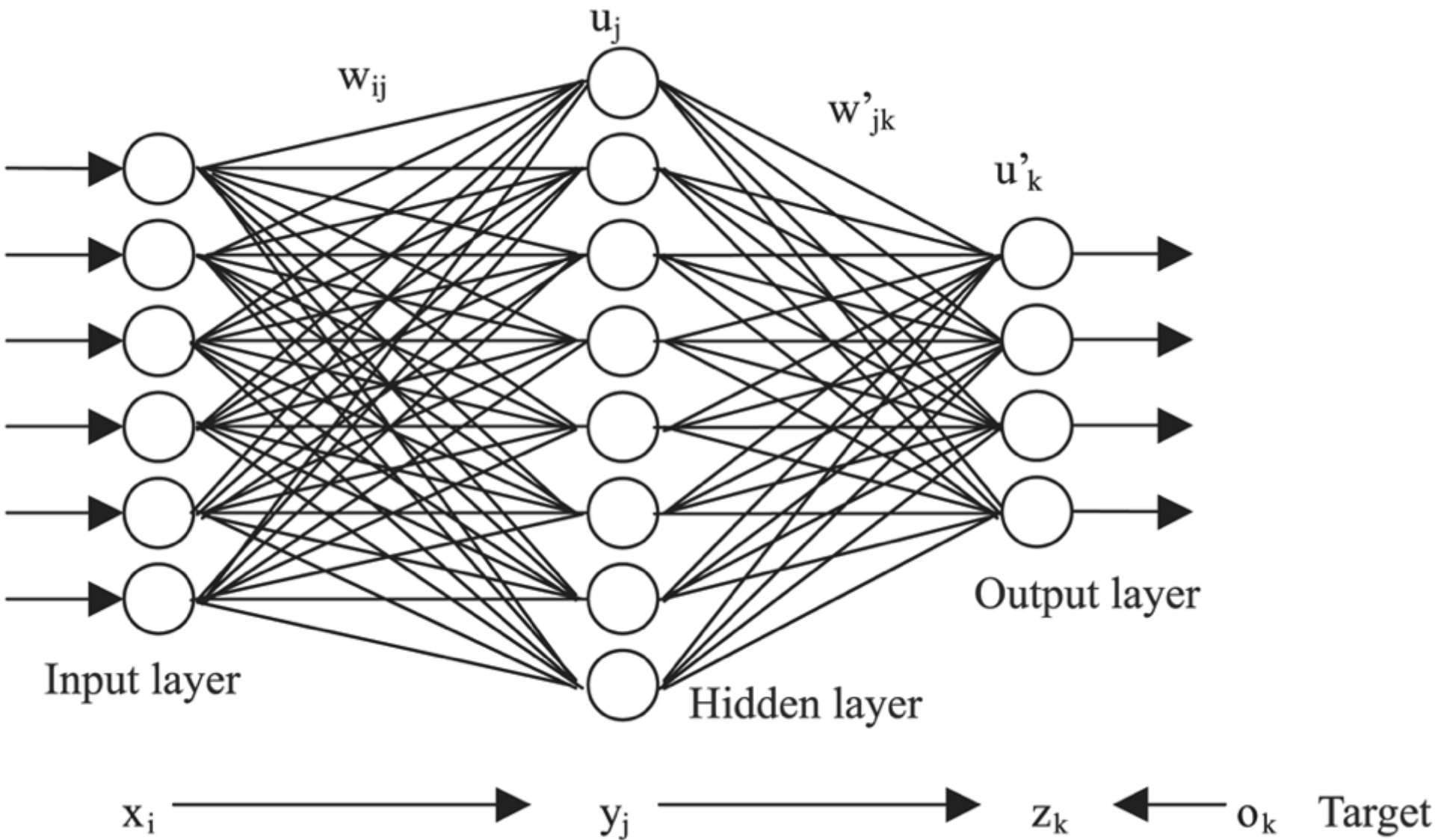
*Sickcare → Healthcare*

*Reactive → Proactive*

*Sickness → Wellness*

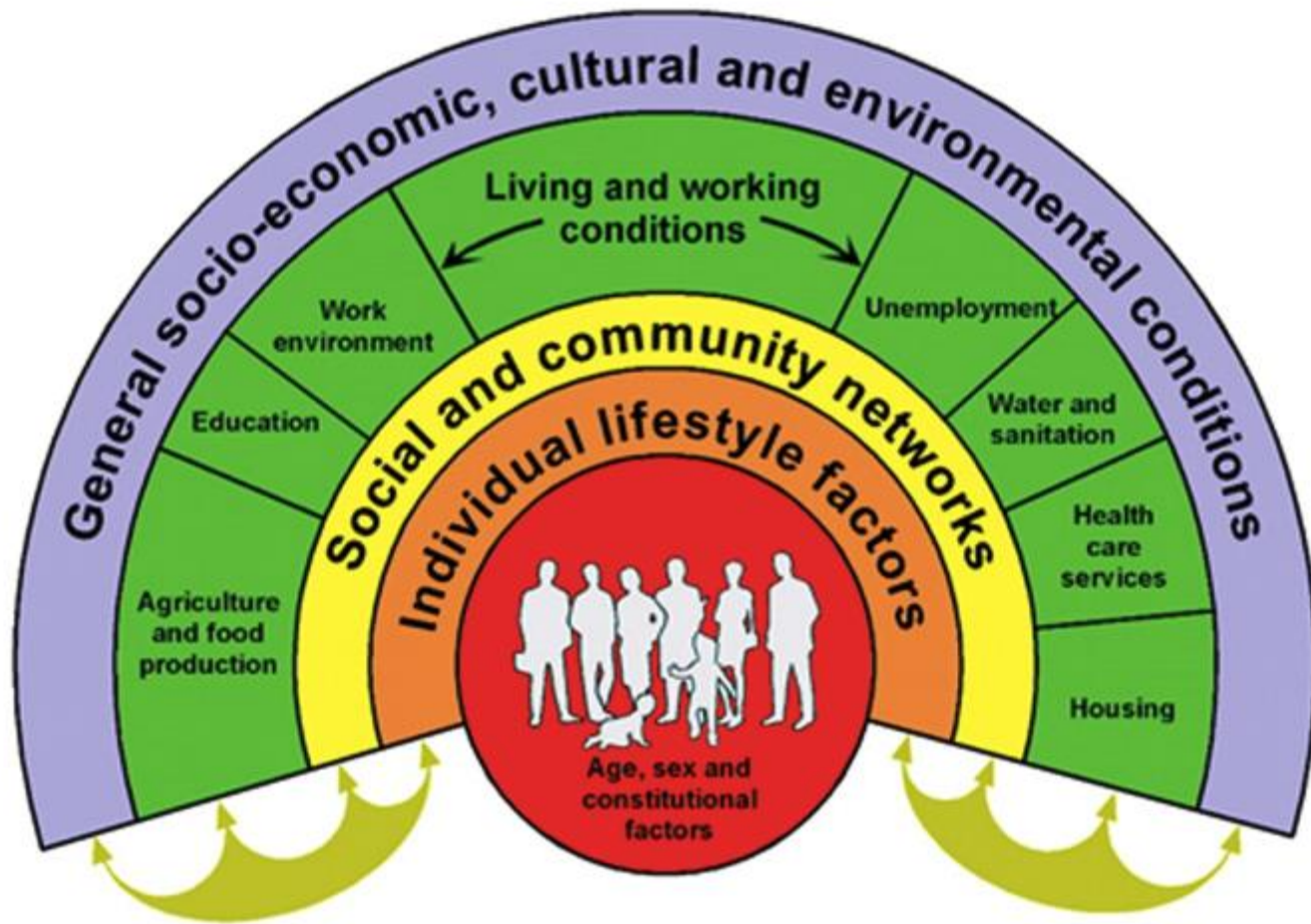


# 8. Let's talk about AI...





# 9. Data for re-framing and silo jumping



# 10. “People-powered health”

## Young women and mental health in England

**26%**

of young women (16-24) reported a common mental health disorder (9% of young men)

**26%** of young women have self-harmed (10% of young men)

**13%** of young women screened positive for post-traumatic stress disorder (4% of young men)

**4%** of young women screened positive for bipolar disorder (3% of young men)

Source: NHS Digital, 2014 figs



The technology moves faster than the science.



# Key things to ponder

1. Digital inclusion
  2. How to deal with “neurotrash”
  3. What’s evidence?
  4. Where to supplement not replace
  5. It’s not just remote consultation
  6. Look beyond health
  7. Position on the continuum
  8. The AI thing
  9. Data breaks down silos
  10. People-powered health
- (Bonus) Think about the road not the car



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