A MOBILE APP TO INCREASE ACCESS TO INTEGRATED GROUP THERAPY FOR CO-OCCURRING MOOD AND SUBSTANCE USE DISORDERS

CHALLENGE
How might we define, ideate, create and test an app for users with co-occurring mood and substance use disorders?

ROLE
- Define project methodology
- Plan data collection
- Manage project tasks, timeline and resources
- Conduct 10 interviews and targeted observations with mental health and substance use clinicians, and users with lived experiences

- Analyze interview transcripts
- Derive key themes
- Collaboratively identify themes for feature ideation for MVP
- Present findings through meetings and participatory client workshops

RESEARCH METHODOLOGY
- Exploratory conversations with key stakeholders and client subject matter experts
- In-depth qualitative interviews with range of frontline clinical staff and patients with co-occurring mood and substance use disorders
- Observations of therapy groups
- Thematic analysis of interview transcripts
- Ideation workshops to synthesize findings and co-define areas of interest for feature development
- Co-develop key features and user experiences for minimal viable product

KEY INSIGHTS
- Users value Integrated Group therapy for providing a common language to describe their experiences and visualizing the recovery journey
- Independence and freedom were highly valued by patients in their recovery journey
- Forming connections with fellow patients with similar experiences was critical for mutual accountability and progress tracking

IMPACT
- Clickable prototype of MVP version of app for clients to test with real-world patients

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