

Background

Digital Psychiatry is a promising new field of mental health care and will soon be present on our campus via the [REDACTED] Digital Clinic. Mood-reporting and activity-tracking apps have increasingly been embraced by the public, and research is ongoing into how smartphone and social media activity can predict relapse/rehospitalization in psychiatric patients. The purpose of this survey is to measure your attitudes and expectations towards these technologies as they are integrated into clinical care.

Participation is voluntary. If you would prefer not to participate, simply return the blank survey. If you agree to participate, please complete the attached survey. Your responses are anonymous; do not put your name or other identifying information on this survey unless you would like to participate in a focused interview regarding the Digital Clinic. We ask that you try to answer all questions. However, if there are any questions that you would prefer to skip, simply leave the answer blank.

You must be at least 18 years old to participate. If you are not 18 or older, please inform the researcher and do not complete the survey.

This research has been reviewed by the Institutional Review Board (IRB). If you have any questions about your rights as a participant, or if you feel that your rights have been violated, please contact the IRB at [REDACTED].

Researcher Contact Information:

Dr. [REDACTED]
[REDACTED]
[REDACTED]

1. Could digital data about your patients' activities inform your treatment?

- | | |
|--|---|
| <input type="radio"/> No | <input type="radio"/> Yes |
| <input type="radio"/> I'm not sure, I need to know more | <input type="radio"/> Definitely, I incorporate this data already |
| <input type="radio"/> I think so, but would need to try it out | |

2. Please rate the relative levels of usefulness you think each category of information would have for your practice:

| | Low | Medium | High |
|---|-----------------------|-----------------------|-----------------------|
| Sleep | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Physical activity | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Social media activity (frequency of posts or content of posts concerning for symptoms of mental illness) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Online search activity (content of which is concerning for symptoms of mental illness) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mobility (time spent away from home versus at home) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Location | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Substance use | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Self-reported symptom ratings | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Screen time | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Treatment adherence | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Homework completion | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Criminal justice data (inmate registries, <input type="radio"/> Webcrims etc) | <input type="radio"/> | <input type="radio"/> | |

3. Would you consult a dashboard of patient digital data prior to or during an appointment?

- Yes
- Maybe once in a while
- No

4. What do you anticipate would be the greatest barriers against your use of digital data?

| | Not a barrier | Somewhat of a barrier | A significant barrier |
|---|-----------------------|-----------------------|-----------------------|
| Uncertainty about how to integrate digital data into practice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Uncertainty about how to respond to flagged digital events | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Increased time demands tending to digital data during clinic visits | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Lack of trust in digital data | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Volume of data created by digital monitoring | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Increased documentation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Invasion of patient privacy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Training for patients | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Training for clinicians | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Increased time demands tending to flagged digital events | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Patient participation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| A lack of useful interventions for flagged digital events | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Interference with alliance | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Other (please specify)

5. What do you anticipate would be the greatest benefits of digital data?

| | Not a benefit | Somewhat of a benefit | A significant benefit |
|---|-----------------------|-----------------------|-----------------------|
| Having a consistent source of collateral data | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Being able to monitor patient well-being <input type="radio"/> between appointments | <input type="radio"/> | <input type="radio"/> | |
| Helping patients track their activities and symptoms | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Helping patients feel better understood | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| As a support for clinical intervention (e.g., medication reminders, thought logs) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| As an alert system when patient activities change | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| As a tool for initiating conversations with patients | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Other (please specify)

6. Have you ever viewed a patient's social media (Facebook page, Twitter account, Instagram account etc)?

Yes

No

7. If you answered yes to Question 6, what have been your goals in looking at patient social media (please select all that apply)?

- For context about an anecdote the patient is relating
- For collateral information about a patient
- To evaluate the clinical significance of a post
- Other (please specify)
- To evaluate the clinical significance of a patient's interpretation of a post
- N/A

8. If you answer yes to Question 6, how did you make use of the social media you observed? (please select all that apply)

As collateral data about the patient's clinical status

As the focus for a conversation with the patient

As a tool for psychoeducation/skill building

N/A

Other (please specify)

9. Do you think your patients would share their digital data?

Yes

No

Probably some types of data, but not all

10. Do you think it would be beneficial for patients to have access to an app-based dashboard with information about their digital data?

Yes

No

11. If you answered no to Question 10, why not?

12. Please rate your level of agreement with the following statements:

Having access to information collected in a Digital Clinic will...

| | Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
|--|-----------------------|-----------------------|----------------------------|-----------------------|-----------------------|
| ...Lead to more frequent patient encounters. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Lead to less frequent patient encounters. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Lead to increased phone contact with patients. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Lead to more frequent medication changes. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Improve medication adherence. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Increase patient satisfaction. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Increase clinician satisfaction. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Improve clinical outcomes. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Increase the amount of documentation to complete. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Create more responsibility for clinicians. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Improve therapeutic alliance. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| ...Be common in mental health clinics in the future. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Demographics

Thank you for your participation - please tell us a bit about yourself!

13. Age?

14. Gender?

- Male
- Female
- Decline to answer
- Other (please specify)

15. Role in clinic?

- Psychiatrist
- Nurse Practitioner
- Resident/Intern
- Nurse
- Psychologist
- Social Worker
- Other (please specify)

16. Department? (please check all that apply)

- AOPD
- ED
- Centers
- PHP
- Inpatient
- CAP
- Other (please specify)

17. Years in practice? (Residents, use numbers 1-4 to indicate year of training)

18. What type of care do you provide? (please check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Medication Management | <input type="checkbox"/> Neuromodulation |
| <input type="checkbox"/> Individual Psychotherapy | <input type="checkbox"/> Administration |
| <input type="checkbox"/> Group Therapy | |
| <input type="checkbox"/> Other (please specify) | |

19. Which diagnoses do you primarily treat? (please check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Schizophrenia Spectrum and Other Psychotic Disorders | <input type="checkbox"/> Trauma- and Stressor-Related Disorders |
| <input type="checkbox"/> Bipolar and Related Disorders | <input type="checkbox"/> Disruptive, Impulse-Control and Conduct Disorders |
| <input type="checkbox"/> Depressive Disorders | <input type="checkbox"/> Substance-Related and Addictive Disorders |
| <input type="checkbox"/> Anxiety Disorders | <input type="checkbox"/> Neurocognitive Disorders |
| <input type="checkbox"/> Personality Disorders | <input type="checkbox"/> Neurodevelopmental Disorders |
| <input type="checkbox"/> Obsessive-Compulsive and Related Disorders | |
| <input type="checkbox"/> Other (please specify) | |

20. Have your feelings about digital psychiatry changed in response to COVID?

- Yes
- No

21. If yes, how have your feelings changed?

22. Thank you for your participation in this survey, would you be interested in participating in a focused interview about the digital clinic?

Yes

No



23. If you answered yes to Question 20, please give us the best contact information by which to reach you:

Name

Email Address

Phone Number