Participants in the study will use the EMPOWER app for a full year, it providing early warning sign monitoring. People will be prompted to report on their symptoms on a daily basis. If the app detects a worsening of symptoms it will then send out personalised messages to improve self-management. If things don’t improve or become significantly worse, the research team can initiate a relapse prevention pathway into the clinical care team in secondary care.

The Results
From patient interaction, we will identify how successfully people were recruited and if they stuck to the study, along with the safety of the EMPOWER intervention. We will assess relapse, symptom recovery, emotional recovery, empowerment and engagement. After documenting processes and learning from these approaches, this will then feed into the design of the main trial.

The Impact
We aim to recruit 120 participants from eight CMHTs and follow up their app interaction for a year. This will enable us to investigate the feasibility of a larger scale trial and the acceptability and safety of the EMPOWER intervention.

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