

Digital Mental Health assessments: the 'My Feelings Form' and the 'computerised Theory of Mind'

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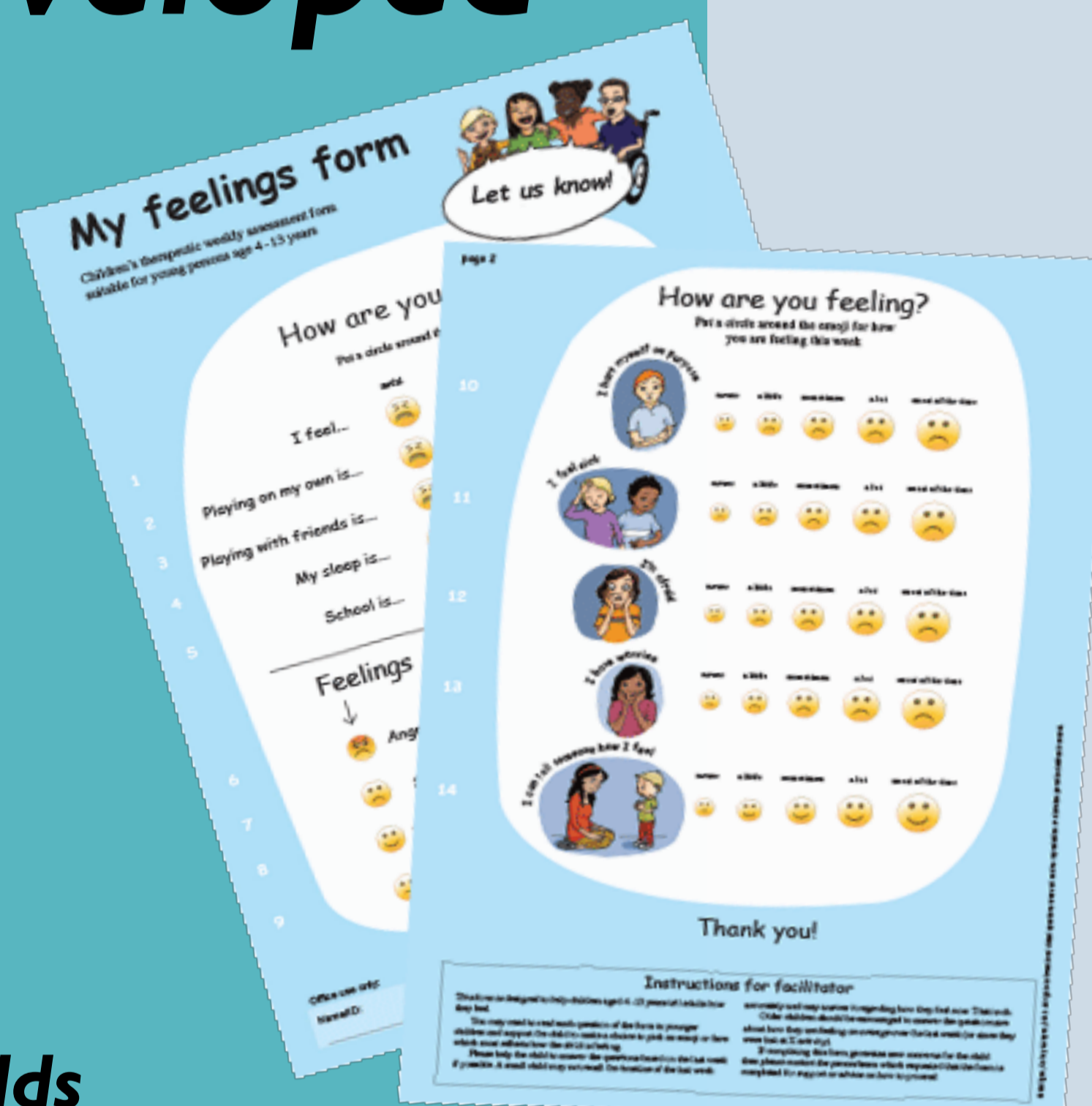
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Background

Digital assessments allow mental health professionals and researchers to examine cognition and emotion quickly, automatically, and remotely. These are critical advantages in light of the COVID-19 emergency, allowing professionals to collect data without clients needing to travel to a clinic. We are developing two digital assessments tools for use in children's mental health services.

'My Feelings Form' developed

A new **colourful** therapeutic self-report form



for 4-13 years olds

- Developed in UCD in collaboration with art psychotherapy team.¹
- 14 items which ask about symptoms of anxiety, low mood, as well as daily functioning and risk to self
- Higher score indicates negative emotions.
- Validated in the general population
- Tested in the clinical population²
- Digital version of this now being developed

References

¹ Sresthaporn N, Mulligan A, Joyce M, Coffey A, Glancy C. "MY FEELINGS FORM" A VALIDATION STUDY IN A SAMPLE OF THE GENERAL POPULATION OF PRIMARY SCHOOL CHILDREN. 2019 In IRISH JOURNAL OF MEDICAL SCIENCE (Vol. 188, No. SUPPL 11, pp. S339-S339).Vol. 188(No. SUPPL 11, pp. S339-S339):S339

² Glancy C, Gadancheva V, Coffey A, Joyce M, Sresthaporn N, Mulligan A 'My Feelings Form' A comparison study of the 'My Feelings Form' responses between a clinical group and general population sample of children aged 7-13years. 2020 RAMI Intern Study Day



Using digital mental health assessments is potentially a game changer for child and clinician

Computerised Theory of Mind (c-TOM)

A touch-screen App that measures eye gaze discrimination and false-belief reasoning using high-definition videos of actors interacting on a screen. Pilot data carried out in NUI Galway suggests c-TOM is easy and enjoyable to use in both healthy participants and clinical groups.



Future research

Studies are underway to validate the Computerised Theory of Mind (c-TOM) in the adolescent population