



# Newsletter

NEVERMIND

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Issue 1

## ***Are we overprescribing psychiatric drugs to treat mental health disorders?***

Globally, approximately 120 million people have been diagnosed with mental health disorder and are being treated with psychiatric drugs (CCHR.org.au). It is estimated that the global market for psychiatric drugs will reach \$16.80 billion USD by 2020 from \$14.51 Billion in 2014 with United States accounting for almost two third of the global market share (Zion Research). Of the number of cases affected by mental disorders in Europe, major depression accounts for the largest proportion of diagnosis. Although it has been reported that 50-60% of individuals taking anti-depressant drugs do show improvements, these drugs are associated with myriad of side effects including fatigue, headache, risk of cardiac disorders and long-term dependency (Psychologytoday.com) Furthermore, it has long been



*Freemage.com (Photo: 1524568)*

recognized that prescribing drugs at the early onset of mental health problem may lead many sufferers to believe they will not be in control of their mental state. Therefore, there is a growing trend from government, mental health professionals, patients and researchers to find alternative ways to prevent, monitor and manage depression before it even happens. The new wave of digital mental health platforms including online self-help, e-therapy and blended care, which uses a combination of face-to-face treatment with online sessions, have showed encouraging signs of

## **Recent activities by the NEVERMIND team!**



Dr. Valdimir Carli presented the NEVERMIND project at the National Centre for suicide Research and Prevention of Mental ill-Health (NASP) on May 10<sup>th</sup> 2016. Since 1993, NASP has advised the Stockholm County Council's and Swedish government on Suicide Prevention, and has collaborated with WHO and European regional WHO to aid early detection, increase general awareness and break negative trends of suicide and attempted suicide.

Dr. Enzo Pasquale Scilingo presented findings on Estimating Instantaneous Cardiovascular Nonlinear/Complex Dynamics using Inhomogeneous Point-Process Models at the University of Zaragoza.

improving access to services and reduce stigma. NEVERMIND is on track to deliver e-therapy to wider

number of patients suffering from depression and other comorbidities.

## Updates on the NEVERMIND project!

The second NEVERMIND consortium meeting was held in June 13-14 2016 at the Karolinska institute in Stockholm.



<https://i.ytimg.com/vi/QWNzClzozkQ/maxresdefault.jpg>

### **The NEVERMIND system**

The NEVERMIND system is equipped with a smart shirt that measures physiological data such as heart rate, breathing, movement and sleep, and a smartphone application (App), where patient can interact with the App and receive effective feedbacks. All these can be tracked automatically whilst sleeping.

The aim of the system is to prevent and manage depression before it even happens.



## About NEVERMIND project

### Project Coordinators

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