We have recently been discussing results from a recent science report titled ‘What science has shown can help young people with anxiety and depression: identifying and reviewing the 'active ingredients' of effective interventions’ [1]. The next part of this series that we will discuss is ‘remote measurement technologies’ (or RMT’s).

What are RMT’s?

RMT’s include smartphones and wearable devices (like an Apple watch) that measure real-time data about us, our bodies and our environment throughout the day.[2]

Why are RMT’s important?

RMT’s can help monitor and notify us about how our mental health is going, and also help us reach out for support.

What did the research show?

The researchers looked at all of the evidence available addressing whether RMT’s help young people who may have depression. They found that monitoring changes in sleep, smartphone usage, social communication and self or parent reported mood could be most helpful.

What did young people think about RMT?

Young people thought that using smartphones for this purpose could be useful, but emphasised taking a holistic approach and balancing data privacy and intrusiveness.

How could a young person could try RMT?

If you are worried about your mental health, you could look to see if your phone or other wearable device has an app that could help monitor aspects of your mental health.

Are there any other resources to help with RMT?

The following website has some suggestions for online programs which may contain elements of RMT:

https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/for-self-care/unsupported-online-computer-or-app-based-cbt/

**References**

1. Wellcome. *Report summary: What science has shown can help young people with anxiety and depression*. 2022; Available from: <https://wellcome.org/reports/what-science-has-shown-can-help-young-people-anxiety-and-depression>.

2. Walsh, A.E.L., et al., *Remote measurement technologies for depression in young people: A realist review with meaningful lived experience involvement and recommendations for future research and practice.* medRxiv, 2022: p. 2022.06.16.22276510.