



« EQUME » research project

**E-mental health : what do
French mental health users
and professionals think ?**

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EQUME

Analysis of the representations and uses of e-mental health technologies in France

Objectives

1. Identify representations, uses and usability of e-health services and tools among different stakeholders
2. Establish group profiles of these representations and uses

EQUME

Mixed research method

1. Qualitative component

- 10 Focus groups, 70 participants
- Semi-directive interviews
- Audio and video recordings for the analysis

*Morgiève M, Sebbane D, De Rosario B, Demassiet V, Kabbaj S, Briffault X, Roelandt JL
E-mental health: "fashionable gimmick" or "serious stuff you use"? Analysis of the re-composition of norms and representations in the field of psychiatry/mental health - JMIR Preprints. 23/07/2018:11665*

2. + Quantitative component – *ongoing*

- Questionnaire on the use of new technologies for health (physical health, well-being, mental health)
- Distribution: GP's and mental health centers waiting rooms
- 1550 questionnaires collected – *analysis ongoing*

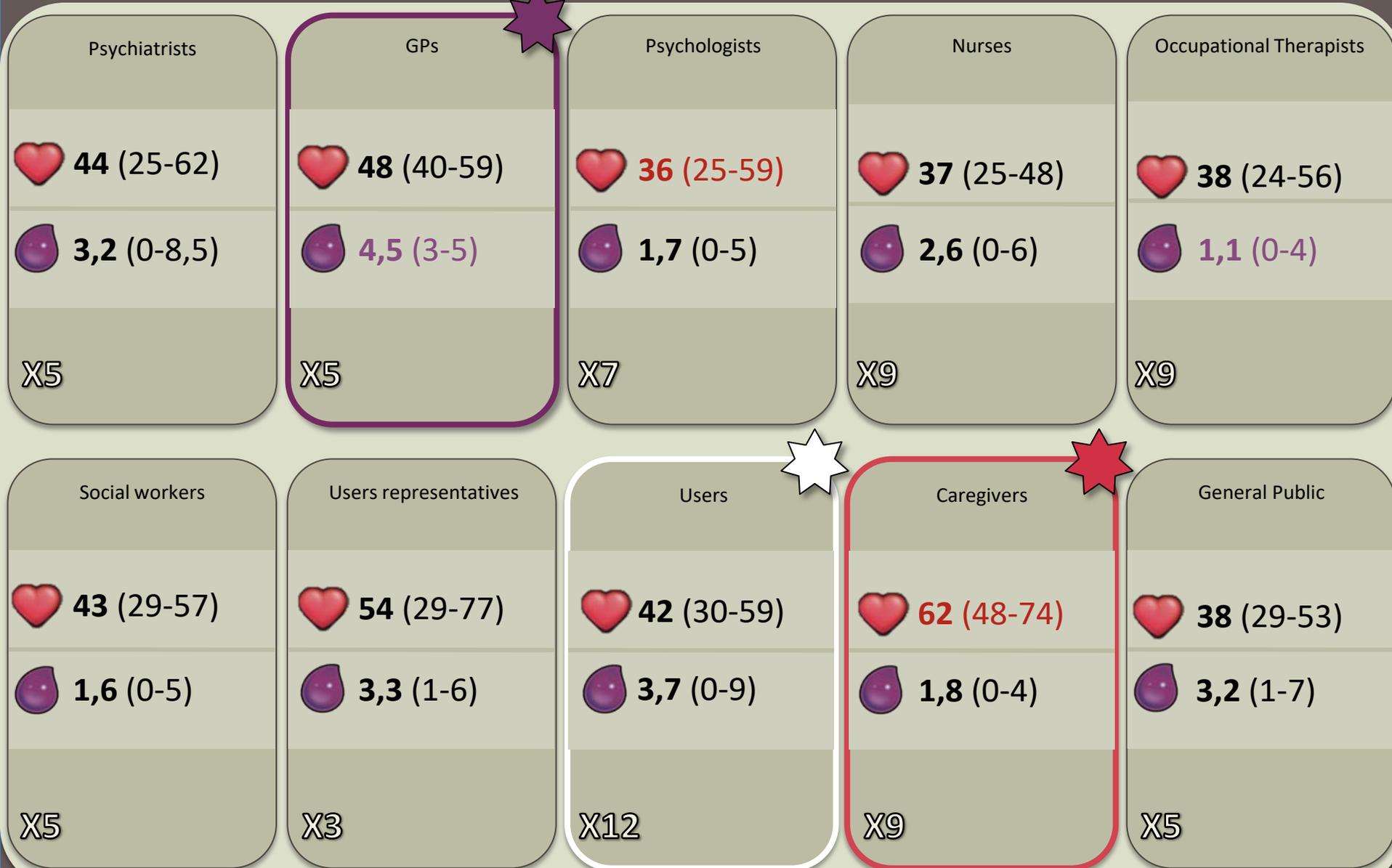
Results & discussion



- build and develop a fortified village
- train troops
- attack other players' villages
- winning clan wars against other clans



The clans and their troops (n=70)





Psychiatrists

GPs

Psychologists

Nurses

Occupational Therapists

1 : Relationship patterns & tensions
between psychiatry and mental health

2 : Distribution of competences/
Modalities of cooperation

3 : Impact of e-health on health provider-user relationship

4 : Empowerment process/
injunction to autonomy

5 : Regulation of the socio-technological ecosystem

Social workers

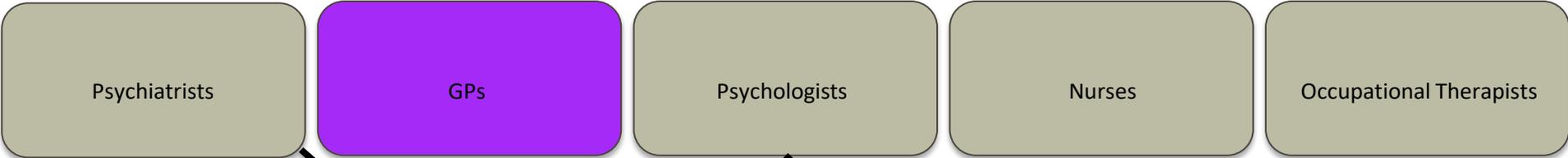
Users representatives

Users

Caregivers

General Public

Relationship patterns & tensions between psychiatry and mental health



2) Strong borders between distinct fields ★ ★ ★

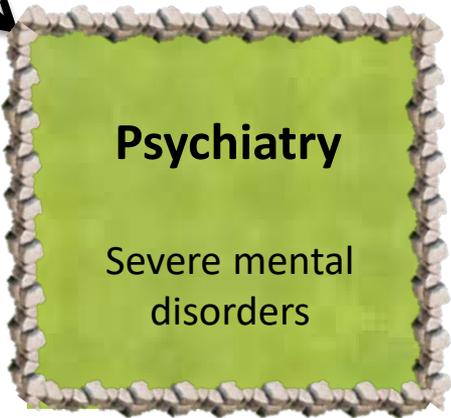
A. Severity of disorders

jurisdiction

jurisdiction



Mental health is not only the domain of psychiatrists



Relationship patterns & tensions between psychiatry and mental health



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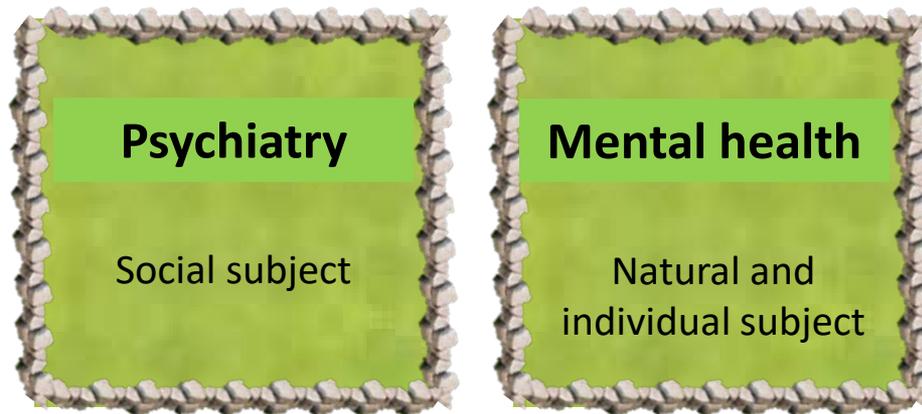
Occupational Therapists

2) Strong borders between distinct fields



A. Severity of disorders

B. Object



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Distribution of competences Modalities of cooperation



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4) Impossibility of replacing human actors by technological actors



**Defence of the field of competence
e-Health disqualification approach**



That's only
gadgets...



When I hear e-health, I think about a fashionable gimmick, marketing and commercial stuff. I don't have the impression that we're talking about medicine or health care...medicine, it's a serious stuff with serious tools to be used in this frame.

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4) Impossibility of replacing human actors by technological actors



Disqualification arguments: "*e-health...*"



- *make people believe that it is possible to recover otherwise than by listening and communicating*
- *make people believe that you can take care of yourself with your mobile phone*
- *healthcare at discounted prices*

=> Technology placed at the service and under the medical authority



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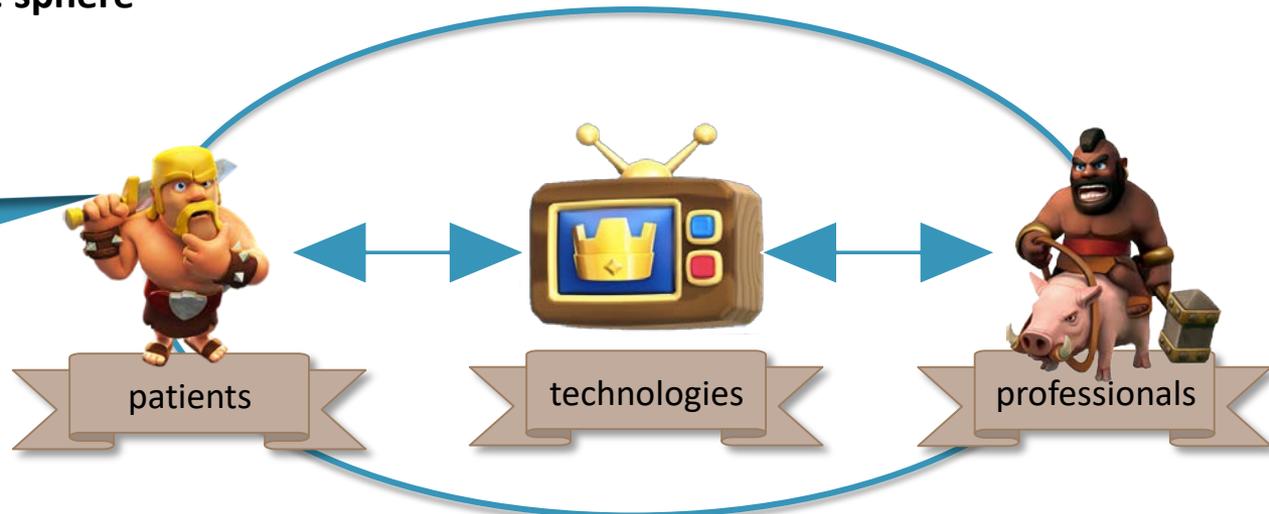
Occupational Therapists

3) Technology: an agent of relational densification



- ✓ A vector of connection and network
- ✓ Redefine relationships hierarchy
- ✓ Location of care in the private sphere

A patient can now consult his psychiatrist in his living room



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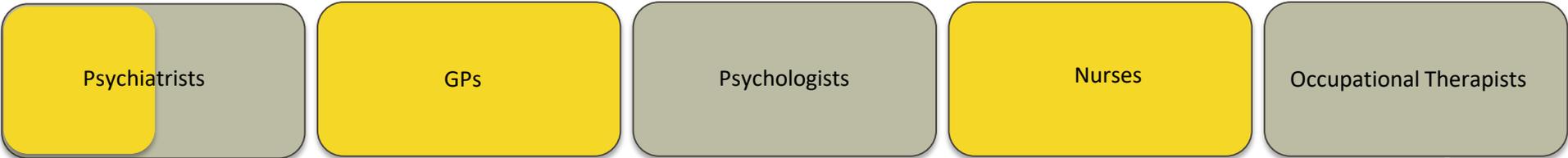
Users representatives

Users

Caregivers

General Public

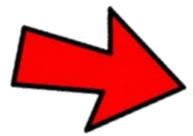
Empowerment process/ injunction to autonomy



1) Technology participates in the user's empowerment processes



Horizontalize the *power of care* & the *power to decide*



Accessing information makes us independent from doctors. It leads us to recovery.



Empowerment process/ injunction to autonomy



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Occupational Therapists

1) Technology participates in expertise and empowerment processes



Empowerment is also being able as a patient to create its treatment. We will not synthesize penicillin in our kitchen but patients, through new technologies, are able to invent and use tools for their recovery.



Professionnels



patients

Social workers

Users representatives

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Regulation of the socio-technological ecosystem

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Regulation under the authority of the health system



✓ Legitimate actors to regulate the field of e-health:

- Ministry of Health
- Researchers
- Health professionals
- Users representatives
- Family carers
- Peer carers
- Ministry of Justice

New technologies enters in a health system: a health system has its rules.



Social workers

Users representatives

Users

Caregivers

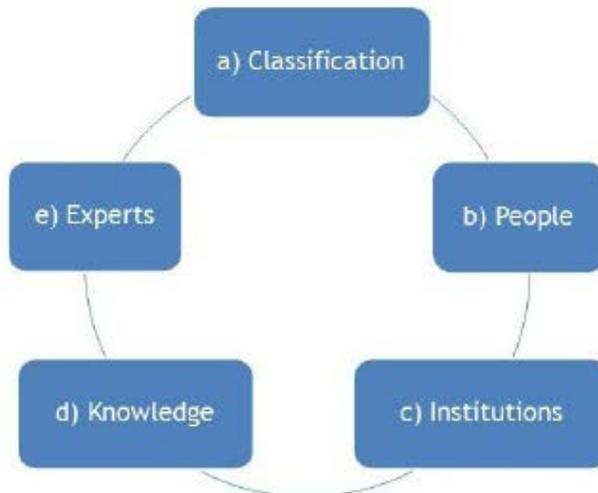
General Public

In conclusion

- Heterogeneity
- Shared interests
- Complementary approach to new technologies in a care framework
- Future steps: quantitative results to come, new study to measure the evolution of the uses of new technologies

E-mental health: **accelerator of the "gender retroactive loop in mental health"**

Technology influences human beings, who themselves influence the technological tools.



**« looping effet »
(I. Hacking)**

Thank you for your attention from the WHO CC Lille clan
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