

Does my phone know how I feel? What mobile technology can tell us about mood.

Dr Katherine E. Saunders, Department of Psychiatry, Oxford University

The emergence of mobile technologies enables us to collect high frequency low friction prospective data. The ubiquity of mobile phone networks, and the empowerment associated with mood monitoring means that the adoption of such approaches is well tolerated by patients and uptake is high. This method of data capture combined with the expansion in machine learning technologies present the possibility of not only minimising the inherent bias of retrospective descriptions of psychopathology, but also the chance to identify proxy markers for emergent crises.

Dr Saunders will present findings from the AMoSS study: a large longitudinal prospective monitoring study augmented by behavioural (e.g., activity) and environmental (e.g., daily stress, contextual threat) of individuals with bipolar disorder, borderline personality disorder and healthy volunteers.

Dr Kate E. Saunders' research has focused on suicidal behaviour and psychiatric phenotypes, specifically the distinction between bipolar disorder and borderline personality disorder on the basis of cognitive function and social behaviour. Dr Saunders is the clinical lead for the AMoSS study, which uses smart-phones and wearable devices to prospectively explore mood and related behavioural variables in a cohort of bipolar and borderline patients.

Free lecture, open to the public

12 april 15.00-17.00

Sal Rockefeller, Nobels väg 11

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