Behavioral activities collected through smartphones and the association with illness activity in bipolar disorder - DTU Orbit (05/11/2018)

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Smartphones are useful in symptom-monitoring in bipolar disorder (BD). Objective smartphone data reflecting illness activity could facilitate early treatment and act as outcome in efficacy trials. A total of 29 patients with BD presenting with moderate to severe levels of depressive and manic symptoms used a smartphone-based self-monitoring system during 12 weeks. Objective smartphone data on behavioral activities were collected. Symptoms were clinically assessed every second week using the Hamilton Depression Rating Scale and the Young Mania Rating Scale. Objective smartphone data correlated with symptom severity. The more severe the depressive symptoms (1) the longer the smartphone’s screen was "on"/day, (2) more received incoming calls/day, (3) fewer outgoing calls/day were made, (4) less answered incoming calls/day, (5) the patients moved less between cell towers IDs/day. Conversely, the more severe the manic symptoms (1) more outgoing text messages/day sent, (2) the phone calls/day were longer, (3) the fewer number of characters in incoming text messages/day, (4) the lower duration of outgoing calls/day, (5) the patients moved more between cell towers IDs/day. Further, objective smartphone data were able to discriminate between affective states. Objective smartphone data reflect illness severity, discriminates between affective states in BD and may facilitate the cooperation between patient and clinician.

General information
State: Published
Organisations: Copenhagen Center for Health Technology, Department of Applied Mathematics and Computer Science, Embeded Systems Engineering, Psychiatric Center Copenhagen, Rigshospitalet, IT University of Copenhagen
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Number of pages: 15
Pages: 309–323
Publication date: 2016
Peer-reviewed: Yes

Publication information
Volume: 25
Issue number: 4
ISSN (Print): 1557-0657
Ratings:
BFI (2018): BFI-level 1
Web of Science (2018): Indexed yes
Scopus rating (2017): CiteScore 2.74 SJR 1.297 SNIP 1.53
Web of Science (2017): Impact factor 2.5
Web of Science (2017): Indexed yes
Scopus rating (2016): CiteScore 3 SJR 1.645 SNIP 1.669
Web of Science (2016): Impact factor 3.176
Scopus rating (2015): CiteScore 4.09 SJR 2.373 SNIP 1.774
Web of Science (2015): Impact factor 2.857
Scopus rating (2014): CiteScore 3.91 SJR 2.448 SNIP 1.859
Web of Science (2014): Impact factor 3.759
Scopus rating (2013): CiteScore 3.34 SJR 1.374 SNIP 1.663
Web of Science (2013): Impact factor 3.421
Scopus rating (2012): CiteScore 2.52 SJR 1.673 SNIP 1.231
Web of Science (2012): Impact factor 1.764
Scopus rating (2011): CiteScore 2.95 SJR 1.638 SNIP 1.406
Web of Science (2011): Impact factor 2.462
Scopus rating (2010): SJR 1.713 SNIP 1.411
Web of Science (2010): Impact factor 2.344
Scopus rating (2009): SJR 1.567 SNIP 1.174
Scopus rating (2008): SJR 0.823 SNIP 0.646
Scopus rating (2007): SJR 3.688 SNIP 2.294
Scopus rating (2006): SJR 2.924 SNIP 2.076
Scopus rating (2005): SJR 2.404 SNIP 1.845
Scopus rating (2004): SJR 1.126 SNIP 0.962
Scopus rating (2003): SJR 0.682 SNIP 0.551