Immersive Technologies for Mental Health & Introduction to MindTech

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Introduction to MindTech

- We are 1 of 11 MICs - MedTech & In-vitro Diagnostic Co-operatives.
- Established in 2013. Re-funded in 2018 (and hopefully in 2024).
- We are funded to support innovators navigate the development-evaluation-adoPTION process.
- We focus on all areas of Tech and Mental Health: increasing focus on XR.
- Expertise includes health economics, implementation, clinical pathways, evaluation and assessment.
Why Mental Health?

• Mental health disorders are the single largest cause of disability in the UK, affecting 1 in 4 people over their lifespan.
• 60% of adults and 70% of children receive no help at all.
• Technology has the potential to improve access, reach and engagement of existing treatments
• And immersive Technology also has the potential to deliver completely new and transformative treatments.
• Few Digital MH innovations are supported by research evidence and those that are struggle to be implemented in the NHS.
How can technology help?

New non-pharmaceutical treatments

More objectivity and efficiency to diagnosis and management

Improving reach and engagement
The Challenge for XR

From potential → evidence → practice
What Technologies are the NHS interested in?

**Low cost/low risk technologies**
- Technologies aimed at improving general mental health/wellbeing (or prevention):
  - Stress
  - Relaxation
  - Mood
  - Anxiety

**Transformative Services & Products**
- Technologies that will deliver significant and tangible to patients and the NHS:
  - Improvements in health outcomes
  - Support service-redesign (e.g. reduce costs)
  - Improve access – particularly for under-served groups
  - Reduce burden on NHS, e.g.:
    - Treatment Costs
    - Waiting lists
    - GP appointments
    - A&E Attendance

There may be other markets for these technologies (B2C, B2B)
And what outcomes?

- Improved patient outcomes + NHS Savings
- Improved patient outcomes
- NHS Savings (N.B. for which part of NHS?)
- Improves self-management (e.g. reduces GP appointments)
- Reaching/engaging underserved groups
- Addresses local or national NHS priorities
Advice to Applicants

- What unmet need/priority will the technology address?
  - Involve clinicians, service users, commissioners

- What pathway/service will the technology fit into?
  - Mapping and understanding care pathways
  - Interoperability, data sharing, security and privacy
  - What additional burden does it place on services or staff

- Start to develop the commissioning case/value proposition
  - Are you selling a product or a service?
  - Know what the NHS will pay for and what it won’t
  - Understand who the decision makers are & their priorities (commissioners, clinicians, managers)