



# Monsenso delivers digital research platform for groundbreaking UK depression project

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University of Birmingham, Mental Health Mission Midlands Translational Centre, Birmingham and Solihull NHS Foundation Trust and Nottinghamshire Healthcare NHS Foundation implement Monsenso's digital health platform for the DECODE project, which aims to improve the understanding and treatment of treatment-resistant depression.

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*(This message includes inside information)*

Monsenso A/S, a leading provider of digital health solutions, is proud to announce its strategic role as the digital technology partner for the DECODE project in the United Kingdom.

The initiative, led by the University of Birmingham, in collaboration with the Mental Health Mission Midlands Translational Centre, Birmingham and Solihull NHS Foundation Trust, and Nottinghamshire Healthcare NHS Foundation Trust, is focused on transforming clinical research and care for patients with treatment-resistant depression (TRD).

As part of the project, Monsenso's digital platform will enable stratified recruitment, remote patient data collection, and standardised clinical endpoint measurement across multiple NHS sites — laying the groundwork for improved precision in depression research and future interventions.

## Addressing a Critical Public Health Challenge

Treatment-resistant depression (TRD) affects almost half of patients diagnosed with major depressive disorder meaning they do not respond to two or more oral antidepressants, and TRD is associated with poorer outcomes, including high comorbidity, suicidality, and economic burden. [1]

The DECODE project aims to build a digitally enabled recruitment and monitoring infrastructure to better identify, understand, and ultimately treat this complex condition.

Recruitment is expected to begin in Q3 2025, with Monsenso's platform playing a pivotal role in data collection and patient stratification.

"We are honoured to support such an important national initiative addressing one of the most challenging areas in mental health. Monsenso's platform is designed to help healthcare providers and researchers make better, data-driven decisions through real-time digital monitoring and standardised assessments," says **Thomas Lethenborg**, CEO of Monsenso. "This project reaffirms our strategic positioning as a trusted partner in supporting decentralised, real-world data studies across Europe with healthcare, academic institutions and pharmaceuticals."

## Strategic Importance for Monsenso

- **Expansion into the UK:** Strengthens Monsenso's footprint within the UK healthcare ecosystem, particularly within the NHS and leading academic partners.
- **Scalable digital, decentralised research model:** Demonstrates the scalability and flexibility of Monsenso's platform for decentralised multi-site health research.
- **Expansion possibilities:** The DECODE project has potential to pave the way for geographic expansion and follow-on precision-medicine studies.
- **Validation of product-market fit:** Reinforces Monsenso's role in delivering regulated, patient-centric digital tools that meet the complex needs of decentralised, real-world studies in psychiatric conditions and beyond.

Steven Marwaha, Co-director of the Midlands Mental Health Mission and Professor at the University of Birmingham, states: "This partnership with Monsenso enables us to streamline and enhance the way we recruit patients and assess outcomes.

By integrating continuous data collection, digital phenotyping tools and standardising clinical endpoints, we can accelerate our understanding of treatment-resistant depression and drive more precise and personalised future interventions."

The project is not expected to impact Monsenso's projections for financial year 2025.

[1]: University of Birmingham. "Nearly half of depression diagnoses could be considered treatment-resistant." *ScienceDaily*. *ScienceDaily*, 21 March 2025. <[www.sciencedaily.com/releases/2025/03/250321121442.htm](http://www.sciencedaily.com/releases/2025/03/250321121442.htm)>

#### **Further information:**

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#### **About Monsenso**

Monsenso is an innovative technology company offering a digital health solution used for decentralised trials, remote patient monitoring and treatment support. Our mission is to contribute to improved health for more people at lower costs by supporting treatment digitally and leveraging patient-reported outcomes data. Our solution helps optimise treatment and provides a detailed overview of an individual's health through the collection of outcome, adherence and behavioural data. It connects individuals, carers and health care providers to enable personalised treatment, remote care and early intervention. We collaborate with health and social care, pharmaceuticals and leading researchers worldwide in our endeavours to deliver solutions that fit into the lives of patients and healthcare professionals. To learn more visit [www.monsenso.com](http://www.monsenso.com)

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