



# Artificial intelligence creates individually tailored treatment for depression

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A new innovation project "Personae" will provide easier access to personalised digital treatment for patients with depression through Monsenso's digital health platform. The project leverages patient-reported outcomes and AI to screen patients and to deliver a treatment tailored to the individual patients' needs.

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According to the WHO, more than one billion people worldwide have mental disorders, but the number of individuals receiving help is alarmingly low. In Western Europe, for instance, only half of the citizens with anxiety or depression receive relevant treatment. At the same time, the healthcare system is challenged by a shortage of healthcare professionals.

Therefore, Innovation Fund Denmark is funding the development of a personalised treatment based on Monsenso's digital health solution, which will leverage artificial intelligence to tailor the treatment to the individual patient's needs.

Today, digital programs provide evidence-based treatment to citizens with depression, for example in the Danish clinic "Internetpsykiatrien". Research shows that such programs have the same effect for citizens with mild to moderate depression as physical therapy sessions. The potential is huge, with thousands of citizens on waiting lists or receiving no relevant support at all. However, delivering a personalised intervention to everyone is challenging. Some patients benefit from a fully automated, digital treatment program, others need their treatment program supported by a psychologist, and yet other patients with complex life situations need physical meetings with their healthcare providers.

"The project enables us to use artificial intelligence, which, in collaboration with Monsenso's digital health solution and the Internetpsykiatrien, can ensure that more people can quickly get access to the right treatment. This next generation of digital treatment will make it much easier to offer a fully or partially digital treatment that matches each individual's needs," says Kim Mathiasen, research director at the Center for Digital Psychiatry, who leads the Personae project.

"We see great potential in this project. It enables us to continue the development of our digital health solution and further validate it. It will improve the way we use people's own health and behavioral data to keep them engaged, customise their treatment and support clinical decision-making at scale", says Thomas Lethenborg, CEO at Monsenso.

"The unique, patient-reported data that will be generated from the screening and continuous use of Monsenso's solution in Internetpsykiatrien is a fantastic foundation for development, training and validation of algorithms for automatisisation of decision support and optimisation of treatment pathways", says Pepijn Van de Ven, Professor at Limerick University.

The primary ambition of the project is to develop intelligent adaptations of treatment content to match patients' symptoms and life situations. The solution should be able to identify early signs of drop-out and support patients' and healthcare providers' decisions concerning treatment. The artificial intelligence solutions will be incorporated into both the public Internetpsykiatrien clinic, which the Center for Digital Psychiatry operates, and into the digital health solution of Monsenso.

The project is led by the Center for Digital Psychiatry, which, in Danish and international contexts, is a pioneer in internet-based therapy in terms of development, research, and operation. This project combines their research and extensive clinical experience with the competencies and commercial platform of Monsenso, as well as the unique competencies in artificial intelligence for mental health at the University of Limerick.

Investment and collaboration agreements for the project, previously mentioned in company announcement 15-2022 at receipt of grant letter, have now been signed and the project is starting on May 1, 2023. The project does not impact Monsenso's financial expectations for 2023, but is expected to contribute to the growth in 2023 and beyond.

## Facts

Project title: Personae - Personalised Digital Treatment of Depression

Total budget: DKK 22.1 mio.

Innovation Fund Denmark investment: DKK 16.5 mio.

Net contribution to Monsenso: DKK 3.9 mio.

Duration: 4 years

### **About the partners**

Center for Digital Psychiatry at Region Southern Denmark works to ensure that all Danes have easy and equal access to mental health. In a Danish and international context, the Center for Digital Psychiatry are frontrunners in the use of digital solutions for mental health promotion and psychiatric treatment and they are experts in matching the current needs of psychiatry with the right digital technology.

The University of Limerick, Department of Electronic & Computer Engineering, has high expertise in research and teaching in information and communication technology. The Department of Electronic & Computer Engineering is a leader in research on artificial intelligence for Internet-based therapy.

Odense University Hospital, the Danish Depression Association and the strategic innovation agency Is It a Bird are also involved in the project.

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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 the treatment and gives 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 researcher worldwide in our endeavours to deliver solutions that fit into the life of patients and health care professionals. To learn more visit [www.monsenso.com](http://www.monsenso.com)

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