Integrating Smartwatches in Community Mental Health Services for Severe Mental Illness: A Case Series

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Abstract

Objective: This case series explored the integration of smartwatches in a community mental health service to support severe mental illness (SMI) management and intervention. We examined whether biometric data provided by smartwatches could help to predict relapse and inform treatment decisions. **Method:** Four SMI patients were selected from a prior study. Clinicians accessed patients' biometric data (activity, sleep, heart rate, and electrodermal activity) through smartwatches. **Results:** Changes in circadian rhythm and electrodermal activity preceded hospitalization in two cases. Additionally, smartwatch data was effectively used to guide targeted interventions, improving patient treatment outcomes. **Conclusion:** Integrating smartwatches in community mental health services offers promise as adjunct tools for severe mental illness management. However, ethical considerations on data privacy and technology reliance require further evaluation.

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