



CompanionMx

INSIGHTS FROM THE 40TH ANNUAL SOCIETY OF BEHAVIORAL MEDICINE CONFERENCE

by Victoria Smith

Last month, the CompanionMx team was represented at the [40th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine \(SBM\) in Washington, DC](#). SBM brings together academic and clinical scholars focused on applying the principles of behavioral change to medicine and clinical care.

In a symposium focused on academic-industry collaborations, Danielle Blanch Hartigan, PhD, MPH, Assistant Professor of Natural and Applied Sciences at Bentley University, presented the results of our randomized, controlled trial funded by a Small Business Innovation Research (SBIR) grant through the National Institute of Mental Health.

In this trial, we evaluated the efficacy of the Companion™ system on patient treatment outcomes across two collaborative care, patient centered medical homes with co-located primary care and behavioral health services associated with the Brigham and

Women's Hospital (Boston, MA, USA, an affiliate of Harvard Medical School).

Eligible patients receiving general behavioral health services were enrolled and randomized to either download the Companion mobile app onto their personal smartphones in addition to standard care, or to continue with care as usual. For patients randomized to the Companion group, we collected measures of vocal features and smartphone metadata over a period of six months, and providers utilized a clinician dashboard to monitor their patients during the study.

Results showed that the patients randomized to use the Companion system with their clinician had statistically and clinically significant reductions in PHQ-9 scores and increases in psychological well-being compared to those receiving standard care alone. These results provide empirical support for improved treatment outcomes with the utilization of a mobile monitoring system in a clinical behavioral health setting.

hospital and Co-Investigator of the Companion trial. Dr. Ahern moderated a discussion on current topics in the digital health space



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including the use of mobile solutions to address physical health comorbidities and provide insights into patient and provider communication. The panel included Emil Chiauzzi, PhD, from Patients-LikeMe and Jessica Lipschitz, PhD, of Brigham and Women's Hospital. Drs. Chiauzzi and Lipschitz also presented their work in the mobile health space.

The role of digital health technology in health emerged as a main theme for this year's conference, and with that, the importance of understanding proper study design, the importance of patient input to clinical workflows, and how to reach our most vulnerable clinical populations.



Alongside of Dr. Hartigan was David Ahern, PhD, Brigham & Women's Hos-

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