

Adaptation of a Digital Health Intervention to Enhance Recovery and Prevent Relapse in Adults Diagnosed with Psychotic Disorders: Phase 1 of the Horyzons-Canada Research Program

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What is Horyzons-Canada?

HoryzonsCa is a web-based mental health intervention to enhance recovery in young adults that have experienced **First Episode Psychosis (FEP)**.

It was originally developed and tested in Australia and is powered by the **Moderated Web-Based Social Therapy (MOST)** system, which consists of interactive strengths-based psychosocial interventions, social networking (kind of like Facebook), and clinical and peer support.

The content in MOST can be adapted for a variety of populations in need of mental healthcare!



2) How did we do it?

First, we created an **adaptation framework** to help guide data collection.

You can check out the details of the framework on the next page or by clicking this link: <https://www.researchprotocols.org/2018/4/e100/>

Next, we recruited **11 patients with FEP (ages 19-37)** and **15 clinicians (ages 26-56)** from 1 urban and 1 urban-rural setting:

Stage 1: Orientation, Exploration, Group Discussions, Feedback Forms on Horyzons (beta version) (90-120 mins)

Stage 2: Extended Exploration and Feedback Forms on Horyzons (up to 120 min over 2-4 weeks)

Stage 3: Individual Consultations and Reviews to complete adaptations

4) What did we adapt?

We made changes to content that addressed: employment, study and volunteer opportunities; and post-discharge (e.g., finding a family doctor). We also adapted safety and moderation protocols and features for local context (e.g., adapting terms of use; adding problem words; tailoring clinical notes and supervision structure).

A new version of Horyzons with our adaptations was created: **HoryzonsCa!**

1) What were our objectives?

Based on positive results from preliminary research on Horyzons in Australia, we wanted to evaluate the intervention in Canada (vs. recreating the wheel...). However, we first wanted to see if this service was acceptable and relevant for Canadians! We also **wanted to know what types of adaptations would be needed** before implementing it in Canada.

Our main objective for Phase 1 was to **assess initial perceptions** of Horyzons and **adapt the platform to a Canadian context** to prepare it for Phase 2 (live 24/7 pilot testing!).



3) What did we learn?

1) Participants appreciated the **therapeutic approach and relatability** of Horyzons

2) Participants had diverging opinions on **design, layout and ease of navigation**

3) Participants (especially clinicians) were concerned about **implementation capacity (e.g., crisis management)**

4) Participants provided a range of suggestions for **changing content and features (e.g., community resources, volume of text, mobile accessibility)**.

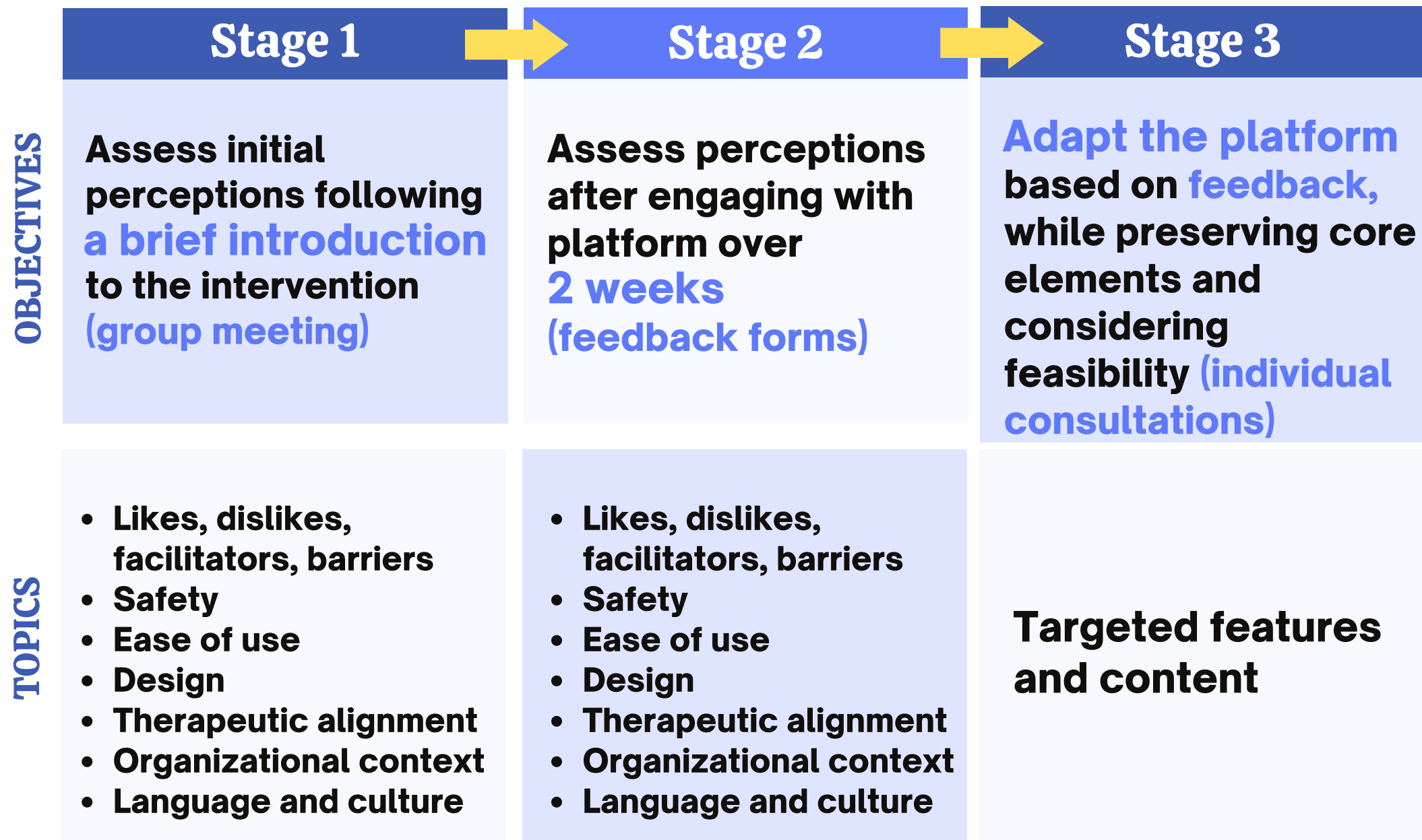


5) What's next?

This study provides insights into factors to consider when adapting digital health innovations to optimize their use in localized settings including: stakeholder representation; universal accessibility; opportunities for engagement; workforce capacity and training; and infrastructure. The **next step** consists of pilot-testing a live 24/7 version of HoryzonsCa with 20 participants. Data collection is completed; analysis in process. Stay tuned for results from **Phase 2! Phase 3** (100 participants, 4 cohorts) will be launched this month!

Overview of Digital Health Intervention Adaptation Framework

The development of our adaptation framework was informed by a literature review on research pertaining to adapting interventions across cultural and contextual settings. We identified several models on adaptation from different fields. We also considered frameworks for evaluating web-based tools, implementation research models, and technology and innovation models. The framework consists of three stages described below:



To learn more about our adaptation methods, use this link to access our protocol:

<https://www.researchprotocols.org/2018/4/e100/>

Lal S, Gleeson J, Malla A, Rivard L, Joobor R, Chandrasena R, Alvarez-Jimenez M
Cultural and Contextual Adaptation of an eHealth Intervention for Youth Receiving Services for
First-Episode Psychosis: Adaptation Framework and Protocol for Horyzons-Canada Phase 1
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