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VXVY Database Description

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The Challenges

The pandemic rapidly accelerated the development and adoption of digital mental health solutions during the past three years, driving start-up investment to new highs. Venture capital investment in digital mental health in 2020 surpassed total investments in 2019. The recent White House Report also emphasizes the need to create standards for digital mental health. With this, there are multiple challenges:

- The high volume of new and existing products makes it difficult for providers, consumers,   employers, health plans, and investors to determine the highest quality products.

- Many products are brought to market with little evidence supporting effectiveness.

- Industry-wide standards to guide the development, investment, and selection of digital mental products are limited.

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VXVY Mental Health recognizes the need for widely disseminated industry standards to assess digital mental health tools. Developing comprehensive standards will assist a large ecosystem of providers, consumers, universities, investors, and payors. Additionally, standards development creates an opportunity to build the most comprehensive database of companies and products in the digital mental health space. Such a database will enable VXVY to identify promising products rapidly that address a particular condition/problem, help guide investment opportunities, and provide a platform to apply, evaluate, and revise the standards.

VXVY is uniquely positioned to develop digital mental health standards, given our experience evaluating the rapid implementation of various technologies in diverse settings with diverse populations. Our team of project managers, program managers, evaluators, and psychologists have a deep background in mental health technology. VXVY brings together the constituent parts of the mental health technology ecosystem – community providers, tech companies, payers, and investors – to create a dynamic environment to accelerate the deployment of digital mental health solutions into routine use for the benefit of end-users.

Through the network model, we can rapidly develop and implement tech-driven mental health solutions to ensure people have access to clinically validated tools that will drive and change how we treat mental health and addiction. The network helps clinics and organizations navigate the digital landscape by vetting new technologies. The network is a unique and essential resource that can provide us with information to facilitate our knowledge and ability to adapt technology to real-world settings successfully.

The Goal

The VXVY Technology Database will address the following goals:

- Guide, develop, maintain, and disseminate Digital Mental Health Standards

- Develop, populate, and maintain a digital mental health database that includes a range of technology, including mobile apps, chatbots, virtual reality, and devices.

- Leverage the standards and database to guide decisions on technology dissemination across various sectors, including consumers, investors, technology developers, universities, payors, and providers.

Digital Mental Health Standards

Building on several models developed for specific technology verticals, VXVY has begun to create guidelines and standards across the digital mental health landscape. The goal is to disseminate these standards across various sectors, including investors, tech developers, universities, payors, and providers.

Given the explosion in mental health technology, especially since the start of the pandemic, VXVY recognizes the importance of a tiered and scalable approach to expanding and building the database. It is estimated that there are over 10,000 mental-health and psychiatry-related smartphone solutions available today (Torous J, Firth J, Huckvale K, Larsen ME, Cosco TD, Carney R, Chan S, Pratap A, Yellowlees P, Wykes T, Keshavan M, Christensen H. 2018) and only 3.41% of those have research to justify their claims of effectiveness (Marshall JM, Dunstan DA, Bartik W. 2019). Furthermore, there may be technologies developed in adjacent sectors (remote patient monitoring, fitness, wellness, social determinants of health, etc.) that may have utility for mental health use cases but have yet to define themselves as such.

The VXVY team has developed a series of success measures to guide the evaluation of the standards in real-world settings. Evaluation data guides ongoing updates to the document as new technologies emerge and the landscape changes.

VXVY continues to iterate on the development of a new state-of-the-art database. This includes testing the model with current and potential technology partners working with the VXVY team. The structured database leverages our current data points and evaluation data to guide ongoing development.

Existing Database

VXVY has assessed hundreds of companies according to our current guidelines examining technology across academic institutions, government agencies, and for-profit, non-profit, and healthcare companies focused broadly on mental health. We leveraged several frameworks to design the database. Existing frameworks primarily examine mobile apps limited to assessing the entire landscape. Therefore, VXVY examined multiple models to integrate into a formal assessment across mobile, AI, virtual reality, devices and mobile platforms (Henson, David, Albright, & Torous, 2019; Stoyanov, Hides, Kavanagh, & Wilson, 2016).

The categories assessed across technologies include the following:

1. **Company/Organization Background**
2. **Hardware/Software Assessment**
3. **Clinical Foundation & Evidence-Base**
4. **Target Use Case- Prevention, Treatment, Recovery**
5. **Privacy & Safety**
6. **Diversity, Equity, Inclusion, and Access Considerations**
7. **User Engagement and Functionality**
8. **Readiness for Deployment**
9. **Mode of Deployment (e.g., DTC, DTX, etc.)**
10. **Data Integration**
11. **SWOT Analysis**

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Example Use Cases

Below are several examples of how the database has been leveraged to date for members of our network:

1. Market and competitive analyses
2. Extensive company and product vetting
3. Expansion into new use cases and markets based
4. Emerging trends and insights into the field
5. Providing technology recommendations across a wide range of community sites, including K-12 schools, hospitals, community mental health clinics, state and federal agencies, and more.
6. Collecting data that can inform investment and technology purchasing decisions to ensure return on investment and scalability
7. Identifying gaps in evidence-informed technology for specific groups.

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