

## Integrating an Institutional Open Light Treatment for SMI : a Dedicated Web Portal.

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### Introduction

Recent studies demonstrated the effectiveness of Telemental Health in the management of several psychiatric disorders. In our previous work we described a new model of Day-Hospital for Severe Mental Illness (SMI) defined Institutional Psychiatric Open Light Treatment.

### Objectives

According to our model , we test the effectiveness of a dedicated website , with several different functions, in organize a better monitoring and cooperation with SMI patients, affected by psychosis and personality disorder.

### Methods

A pilot, observational study , for a group of twenty five patients admitted to a day hospital, in which we have analyzed whether and how patients use the website, what functions they use easily or in a greater extent and if it's possible to correlate the use of these functions with clinical evolution of treatment.

### Results

The patients using more the website give a better outcome results, depending from a good compliance to the integrated treatment and a better link to the teamwork.

There is no evidence of a correlation between the way of use the website and diagnostic categories, but there is a significant correlation with age, interests and personal resources of patients.

Generally, it 's possible to measure a support in empowerment, autonomy activation and cooperation with treatment.

### Conclusions

A dedicated website offers new useful tools for operators and patients, in a recovery process adding lightness, autonomy activation and better compliance to treatment.

Improve these tools and build a functioning closer to the needs of a recovery process, it'll be object of further studies.