

TITLE

FROM ASSESSMENT TO PERSONALIZED CARE: INDIVIDUALIZED DIARY MONITORING IN PSYCHIATRY

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Abstract

The need to tailor mental health treatment more closely to patients' specific symptoms is increasing. Diary monitoring based on the Experience Sampling Method (ESM) offers an innovative, data-driven approach to personalized psychiatric care. PETRA (Personalized Treatment by Real-time Assessment) is a web-based application integrated into the electronic health records of eight Dutch mental health care institutions. It enables the collection of ESM and supports personalized feedback through its feedback module that provides descriptive and visual summaries of the data. Using their smartphones, patients report cognitions, mood, behavior, activities, social interactions, and contextual factors multiple times per day, which in turn increases self-awareness. The clinician and patient discuss the feedback module during a regular treatment session, may be beneficial for enhancing personalized treatment planning, clinical insight, self-management of symptoms, and the therapeutic alliance.

PETRA was developed through a co-design process involving patients, relatives, and clinicians (Bos et al., 2022). In addition to diary monitoring, the platform includes two recently funded innovations: Digi-CBT, a digital version of the traditional Cognitive Behavioral Therapy (CBT, Servaas et al submitted) thought record, and CycleWise, a menstrual cycle diary developed in collaboration with gynecology (Schmitter et al., 2026).

The Digi-CBT module consists of three integrated components: (1) a digital thought record completed independently by patients, (2) automatically generated feedback that supports collaborative discussion during therapy sessions, and (3) a patient portal that provides continued access to completed thought records and personalized summaries of helpful thoughts and behaviors, even after treatment has ended. Compared with traditional paper-based thought records, the automated feedback module facilitates the identification of recurring cognitive patterns and supports more structured, focused therapeutic discussions.

The CycleWise module is designed to monitor menstrual cycle-related symptoms over two menstrual cycles. It assists clinicians in identifying conditions such as Premenstrual Dysphoric Disorder (PMDD) and Premenstrual Exacerbation (PME) of underlying conditions, enabling more accurate diagnosis and personalized treatment.

This interactive workshop includes a live demonstration of the PETRA tool, followed by small-group discussions of a clinical case using personalized feedback generated from the diary and both innovative modules. Participants will develop practical skills in interpreting diary data, discussing intervention strategies, and exploring opportunities and challenges for implementing personalized diary monitoring in routine mental health care. Maximum number of participants is 20.

Statement: the tool discussed during the workshop is **not a commercial product** and the workshop organizers **have no commercial or financial interest** related to this tool.

- Is it a beginner or advanced workshop; BEGINNER
- What is the target audience (i.e. researchers, clinicians, students, or others?) CLINICIANS AND OTHERS
- Is it a half-day or full-day workshop? HALF