



Resource impact summary report

Resource impact

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Three digital health technologies can be used in the NHS while more evidence is generated, to help manage symptoms of psychosis or prevent relapse for adults. The technologies are:

For managing symptoms:

- AVATAR Therapy, for managing auditory verbal hallucinations (hearing voices)
- SlowMo, for managing distressing thoughts or paranoia.

For preventing relapse:

- CareLoop, for monitoring symptoms of psychosis to prevent relapse.

These technologies should be delivered or supported by a mental health professional trained in the technology. They can only be used once they have appropriate regulatory approval including NHS England's Digital Technology Assessment Criteria (DTAC) approval.

As the guidance is an early value assessment, the resource impact tools are not directing organisations to assess the cost of full rollout of these technologies. If there is an unmet need, these technologies could be a solution. Organisations may therefore wish to identify the potential resource impact.

Depending on current local practice, areas that may require additional resources and result in additional costs include:

- digital health technology software and technology costs.

Implementing the guideline may:

- offer another option for adults with psychosis who may otherwise not have psychological interventions
- detect early signs of relapse, which could allow quicker access to treatment when needed
- improve symptoms of psychosis or prevent relapse in adults
- AVATAR Therapy and SlowMo may use less staff resources and time than cognitive behavioural therapy for psychosis (CBTp)
- CareLoop may detect relapse and enable earlier treatment, which could reduce hospital stays and demand on crisis intervention services.

These benefits may provide savings to offset against technology costs.

Services for people with psychosis are commissioned by integrated care boards and NHS England. Providers are NHS mental health trusts, third sector organisations and commercial providers.