

What is REALMENT?

Mental disorders are a daunting challenge for Europe's healthcare system, marked by ineffective treatments and the burden of polypharmacy. By tapping into real-world big data, clinical trials, and precision medicine, REALMENT seeks to optimise the treatment of severe mental disorders.

This innovative approach aims to reduce the trial-and-error method that has long plagued mental health treatment. Leveraging existing pharmaceutical options, the project promises to improve patient outcomes significantly.



Partners



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2. Karolinska Institute (KI), Sweden
3. Region Hovedstaden (REGH), Denmark
4. deCODE Genetics (DECODE), Iceland
5. University of Helsinki (UH), Finland
6. University of Tartu (UTARTU), Estonia
7. Vrije Universiteit (VU), Netherlands
8. Cardiff University (CAR), UK
9. Janssen Pharmaceuticals (JANSSEN), Belgium
10. Stichting Buro ECNP (ECNP), Netherlands
11. Smurfit Medical Research Int AS (SMERUD), Norway
12. DNV-GL (DNV), Norway
13. University of Bari (UNIBA), Italy
14. Precision Health AS, Norway



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REALMENT

Using real-world big data from eHealth, biobanks and national registries, integrated with clinical trial data to improve outcome of severe mental disorders.



REALMENT in a nutshell



The challenge

Mental disorders burden healthcare systems due to patient volume and limited effective treatments, compounded by a lack of understanding of the disease mechanisms and novel therapeutic options.



The plan

Optimisation of schizophrenia, bipolar, and depression treatments by utilising big data, AI, and machine learning. Algorithms are validated in clinical trials and implemented in a clinical management platform.

Workpackages



The goal

Introduce personalised medicine in psychiatry by establishing a sustainable REAL-WD data infrastructure, employing AI for extensive datasets, and creating a clinical management platform with predictive medication algorithms.



The impact

Leverage multi-disciplinary real-world data (RWD) for complex chronic conditions, develop advanced data tools, and support cross-border health data exchange in the Digital Single Market.

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