

Abstract: MetaBrain Labs Inc: Customer User Survey 2023

A Global Survey to Understand Cognitive Behavioral & Technology Solutions to improve Mental Health Fitness.
MetaBrain Labs INC. Bellevue, WA, October 2023.

Background: Bioinformatics and Digital Tools are being developed for many industries including healthcare. New tools and solutions are needed in healthcare to understand consumer and patient needs for coping with mental health (ref 1: Jones, A and Fortunato. APA, 2023). We aim to understand cognitive behavioral and technology solutions to improve mental health fitness.

Methods: MetaBrain Labs INC with the assistance of Pollfish Platform developed a 15-question survey for the following healthcare domains: demographics, tools to address mental challenges(Q2), influence of unconscious mind(Q8), state of mental health(Q1, Q3, Q5, Q7, Q12, Q14, Q15), technology and mental Health(Q4, Q5, Q9, Q11), Perceptions for the effect of beliefs on behaviors(Q10). Jaya Jaya Myra Productions administered the survey to 1000 participants in the US, UK, and Canada on September 21, 2023. In addition, they performed the statistical analysis for frequencies and age strata reported in a written technical report.

Results: One thousand participants completed the survey in which 50% were men and 50% were women. Age stratification was 20% for each age strata of >54 years, 45-54 years, 35-44 years, 25-34 years and 18-24 years. The state of mental health includes understanding adaptive theory (43%), feeling stuck at some point in life(56.6%), difference between conscious and unconscious mind (55.7%), frequent beliefs about conscious and unconscious mind holding me back (13.9%), importance of working on mindset(57.3%), experience of midlife crisis (44.6%), and mental health significantly worsened post covid (10.9%).

It was common for participants to address mental struggles to use traditional therapy (49.8%) or coaches (15.4%), mindfulness or meditation (58.4%) and technology including apps, technology or online programs (35.5%) or no current solutions (18.2%). There was an influence of the unconscious mind in the following areas: career aspirations and decisions (32.1%), relationships (51.8%), personal growth, self worth and confidence (32.3%), physical health (55.1%) and no impact (11.1%). Twenty-one percent of the people who have had their health impacted had professional development impacted. The majority of the respondents confront limiting beliefs (66.6%) and current solutions for the respondents include mindfulness and meditation (36.3%), self help books (18.4%) or discussions with families and friends (44.8%)

Seventy percents of the respondents expressed an interest in using technology to provide an assessment of mindset and beliefs. Twenty-one percent of the respondents expressed a desire to use technology solutions such as using a chatbot for mental health; however, 41.8% were unsure. Twenty-six percent of the respondents responded they would be willing to use a brain wave headset to understand mindset and help personal development.

Conclusions: The state of mental health includes understanding the principles of cognitive adaptive theory and traditional therapeutic approaches. There is an interest in using technology solutions to evaluate mindset such as a chatbot or headset wearable, or mindfulness and meditation. A variation in responses by gender and age strata for these technology solutions suggests the need to customize solutions to the user.

1Jones, A and Leano Fortunato. Research Roundup: Evidence for Digital Therapeutics. APA. July 28, 2023. Available at URL:// <https://www.apaservices.org/practice/ce/expert/digital-therapeutics#:~:text=Furthermore%2C%20there%20is%20a%20growing,lower%20the%20cost%20of%20treatment>