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(57) Abstract :

Mental health issues are an increasing worldwide concern, compounded by impediments to appropriate diagnosis and treatment. We describe a remote patient monitoring system that uses Internet of Things (IoT) technologies to improve mental health evaluation and 5 assistance. The system uses wearable devices and mobile apps to continually collect and evaluate crucial physiological and behavioral data, such as heart rate variability, sleep patterns, and daily activity levels. The system's real-time monitoring features enable healthcare providers to follow patient well-being outside of typical clinical settings, allowing for prompt interventions when required. It also empowers patients by providing them with 10 self-management tools like as mood monitoring and educational materials. The secure cloud architecture guarantees that patient data is securely kept and transported, allowing healthcare practitioners to make well-informed choices based on full information. This novel method promises to increase accessibility, engagement, and customization in mental health treatment, resulting in improved patient outcomes while addressing the critical demand for effective 15 remote solutions in mental health management.

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