

BRIEF DESCRIPTION OF RESEARCH ACTIVITIES

Name: Christo El Morr **Affiliation:** 1) York University, Associate Professor
2) North York General Hospital, Research Scientist

Keywords, expertise (Up to10): Virtual Communities, Virtual Care, Health Data Analytics and Machine Learning, eHealth, eMental Health, Disability Informatics, Equity Informatics.

Introduction & Research program:

I use health informatics approaches to address challenges in the healthcare system and deliver innovative approaches to enhance health outcomes. For the last two decades my work addressed the use of online communities to address health outcomes including mental health, disability rights, equity in access to health. My innovative approaches were cross-disciplinary and community-based, both locally and globally, and takes an equity and human rights perspectives. Information can be found at this URL: www.christoelmorr.ca

Main undertaken research projects:

Nowadays, I am leading multiple groups of researchers conducting the following main projects:

Project 2: Students Mental Health: Virtual Support on Campus

A student mental health crisis is increasingly acknowledged and will only intensify with the COVID-19 crisis. Given accessibility of methods with demonstrated efficacy in reducing depression and anxiety (eg, mindfulness meditation and cognitive behavioral therapy [CBT]) and limitations imposed by geographic obstructions and localized expertise, web-based alternatives have become vehicles for scaled-up delivery of benefits at modest cost. Mindfulness Virtual Community (MVC), a web-based program informed by CBT constructs and featuring online videos, discussion forums, and videoconferencing, was developed to target depression, anxiety, and experiences of excess stress among university students. The aim of this study was to assess the effectiveness of an 8-week web-based mindfulness-CBT program in reducing symptoms of depression, anxiety, and stress (primary outcomes) and increasing mindfulness (secondary outcome) within a randomized controlled trial (RCT) with undergraduate students at a large Canadian university. The project was conducted in partnership with ForaHealthyMe.com.

Project 2: Disability Wikibase

This interdisciplinary project brings together a unique interdisciplinary team of social sciences and humanities scholars and data analytics scholars in order to apply informatics and AI approaches to the pressing need for qualitative and quantitative data (best practices, legal arguments and precedents, policy critiques, records of rights violations, innovative community and leadership practices) that comprises the empirical evidence both needed for, and generated through, disability advocacy, broadly understood as equity-focused policy and practice interventions led by organizations of people with disabilities (OPDs) at the local, national, and/or international levels.

Recently Completed Research Projects

1) Analyzing Patient Readmission Patterns: Assessment of the LACE Tool Impact; 2) Reporting Accessibility Issues Collaborative Mapping; 3) Employing eHealth to Enhance Equity in Access to and Quality of Chronic Care Services in Primary Health Care in Lebanon; 4) Adjunct Strategies Impact on the Self-Management Skills and Health Care Outcomes for Persons Living with Mid to Late Stage Heart Failure; 5) Analyzing Readmission Patterns: Assessment of the LACE Tool Impact; 6) Virtual Community for Patient Education, Self-management and Data Capture for Chronic Disease Patients.

SUPPORT (GRANTS AND CONTRACTS)

Christo El Morr has been the Principal Investigator of sponsored research, primarily with CIHR, SSHRC, and MITACS in Canada.