consuming, inconvenient, and costly, thereby limiting accessibility of behavioral therapy treatment.

[0009] Because current mechanisms for enabling mental health professionals to remotely provide behavioral therapy treatment to patients outside of a medical office or support group setting are limited, the shortcomings associated with traditional psychological support and treatment options presents a technical problem, which requires a technical solution. As digital applications and systems continue to replace human interactions, this problem becomes even more pronounced, due to the fact that people are increasingly relying on digital applications to provide them with support and assistance in a wide variety of aspects of their daily lives. As such, the failure of traditional solutions to address the technical system complexities involved with providing remote care to patients has the potential to lead to significant consequences for a large number of people.

[0010] Thus, there is a need in the fields of health care and digital therapeutics to provide a new and useful system and method for detecting patient states and providing adaptive interventions for improving patient states, including systems and methods for treating health conditions using digital therapeutics in order to ensure that patients receive adequate care, support, and treatment.

SUMMARY

[0011] Embodiments of the present disclosure provide a technical solution to the technical problem of effectively, efficiently, and remotely treating health conditions using digital therapeutics in order to ensure that patients receive adequate care, support, and treatment. The inventions covered by the system and method disclosed herein can confer several benefits over conventional systems and methods, and such inventions can be further implemented into many practical applications related to improvement of technologies utilized for patient healthcare.

[0011a] According to an aspect of the present disclosure, there is provided a computing system implemented method comprising providing a patient with a user interface to a therapeutics system; generating, through the therapeutics system, patient profile and pre-assessment data; generating, through the therapeutics system, patient illness narrative data; processing, by the therapeutics system, the patient profile and pre-assessment data and the patient illness narrative data to generate a personalized intervention regimen for the patient wherein the personalized intervention regimen for the patient defines one or more interactive therapy modules to be administered to the patient; administering the one or more interactive

therapy modules to the patient through the user interface of the therapeutics system according to the personalized intervention regimen generated for the patient; monitoring the patient's interactions with the content of the one or more interactive therapy modules to generate patient interaction data representing the patient's interactions with the content of the one or more interactive therapy modules; at least partly based on the patient interaction data, dynamically controlling patient progression through the interactive therapy modules; at least partly based on the patient interaction data, dynamically updating the patient's personalized intervention regimen; and administering one or more additional interactive therapy modules to the patient through the user interface of the therapeutics system according to the updated personalized intervention regimen generated for the patient.

[0011b] According to another aspect of the present disclosure, there is provided a system comprising one or more processors; and one or more physical memories, the one or more physical memories having stored therein data representing instructions which when processed by the one or more processors perform a process, the process comprising: providing a patient with a user interface to a therapeutics system; generating, through the therapeutics system, patient profile and pre-assessment data; generating, through the therapeutics system, patient illness narrative data; processing, by the therapeutics system, the patient profile and pre-assessment data and the patient illness narrative data to generate a personalized intervention regimen for the patient wherein the personalized intervention regimen for the patient defines one or more interactive therapy modules to be administered to the patient; administering the one or more interactive therapy modules to the patient through the user interface of the therapeutics system according to the personalized intervention regimen generated for the patient; monitoring the patient's interactions with the content of the one or more interactive therapy modules to generate patient interaction data representing the patient's interactions with the content of the one or more interactive therapy modules; at least partly based on the patient interaction data, dynamically controlling patient progression through the interactive therapy modules; at least partly based on the patient interaction data, dynamically updating the patient's personalized intervention regimen; and administering one or more additional interactive therapy modules to the patient through the user interface of the therapeutics system according to the updated personalized intervention regimen generated for the patient.

[0011c] According to another aspect of the present disclosure, there is provided a method comprising obtaining patient profile and pre-assessment data; obtaining patient illness narrative data; processing the patient profile and pre-assessment data and the patient illness narrative data to generate a personalized intervention regimen for the patient wherein the personalized intervention regimen for the patient defines one or more interactive therapy modules to be administered to the patient; administering the one or more interactive therapy modules to the patient according to the personalized intervention regimen generated for the patient; monitoring the patient's interactions with the content of the one or more interactive therapy modules to generate patient interaction data representing the patient's interactions with the content of the one or more interactive therapy modules; at least partly based on the patient interaction data, dynamically controlling patient progression through the interactive therapy modules; at least partly based on the patient interaction data, dynamically updating the patient's personalized intervention regimen; and administering one or more additional interactive therapy modules to the patient according to the updated personalized intervention regimen generated for the patient.

[0012] The systems and methods disclosed herein allow behavioral therapy to be remotely administered to patients in a convenient and flexible, yet structured fashion, via a prescription digital therapeutics (PDT) system. In some embodiments, the invention(s) disclosed herein can employ non-traditional systems and methods for providing services such as interventions to patients exhibiting symptoms associated with one or more health conditions. In some embodiments, the invention(s) can deliver psychological-based interventions to patients, such as, but not limited to, cognitive behavioral therapy (CBT)-based interventions, as well as other types of interventions, which are described in more detail below, by way of a platform having components implemented in a mobile device environment and/or other computer or