



PRESS RELEASE

HealthTech Company Mika Announces Publication of Peer-Reviewed Clinical Trial

- The renowned Journal of Internet Medical Research (JMIR) has published the results of the OnkoDigiTrial-II study on the effectiveness of the Mika app, led by Prof. Dr. Anja Mehnert-Theuerkauf, after a peer review.
- Mika is a Digital Therapeutic (DTx) aimed at providing targeted and comprehensive support to people with cancer. Through scientifically proven methods and techniques of therapy management, Mika helps patients to actively participate in their treatment.
- The study results demonstrate the therapeutic impact of Mika on several of the most common side effects of cancer: chronic fatigue, depressive mood, psychological stress, and anxiety symptoms.
- A total of 218 cancer patients participated in the study. Patients were assigned to the Mika group or a control group. The Mika group used the app over a period of twelve weeks and showed superior results.

Berlin, April 29th, 2024

Mika's groundbreaking study, now published in the peer-reviewed Journal of Internet Medical Research (JMIR), showcases a major leap forward in digital therapeutic interventions for cancer patients. The research team led by Prof. Dr. Anja Mehnert-Theuerkauf at the University Hospital Leipzig with participation of Prof. Dr. Guy Montgomery of the Icahn School of Medicine at Mount Sinai in New York conducted a study with 218 patients suffering from various types of cancer to investigate how the use of the Mika app affects well-being during therapy. After twelve weeks, the app showed comprehensive effects in the intervention group participants compared to the control group receiving standard care.



The randomized controlled OnkoDigiTrial-II study with a waitlist control group was conducted from September 2021 to March 2022 at the University Hospital Leipzig with a total of 218 patients. Under the title "[Digital Therapeutic \(Mika\) Targeting Distress in Cancer Patients: Results from a Nationwide Randomized Wait-list Controlled Trial](#)", the results have been published on April 25th by the renowned [JMIR](#) magazine. Significant improvements were observed particularly in chronic fatigue, depressive mood, psychological stress, and anxiety symptoms, in participants using the Mika app compared to the control group. The observed effects were comparable to the efficacy of traditional psychotherapeutic intervention.

"A cancer diagnosis often represents a complex burden for those affected. Both the cancer itself and its treatment often lead to widespread psychosocial stresses. Our study shows that the Mika app can make a meaningful improvement in the range of services offered in clinical oncology. Simply, the data from the OnkoDigiTrial-II study gives solid evidence that the use of the Mika app leads to a reduction in psychological stress among patients. Not only did the patients feel better when using the app, they felt more empowered and motivated through the app," **said study co-author Prof. Dr. Guy Montgomery, Director of the Center for Behavioral Oncology at Icahn School of Medicine at Mount Sinai, New York.**

"The publication of the study results in a top-notch, peer-reviewed journal marks an important milestone for Mika and for cancer patients. The study strongly supports that Mika is not only efficacious for improving the well-being of cancer patients but also has the potential to be a scalable intervention that does not stress clinical resources," **said Dr. Ayline Maier, co-first author of the study and Head of Clinical Affairs at Mika.**

Digital Therapeutic Supports Cancer Patients

Annually, about 18,000,000 people worldwide are diagnosed with cancer – with an increasing trend.[1] The most common accompanying symptoms include so-called cancer-related fatigue and depressive symptoms. About 70 to 90 percent of all cancer patients are affected by these.[2] "Every cancer patient goes through a very individual ordeal. In addition to physical pain

and impairments, people often also suffer psychologically from the exceptional situation. The study proves that Mika is a reliable digital therapeutic and evidence-based source of information and motivation, especially in such cases," **said Dr. Gandolf Finke, Mika founder and CEO.**

Sources:

[1]<https://www.wcrf.org/cancer-trends/worldwide-cancer-data/>

[2]<https://www.krebsinformationsdienst.de/>

Photos



Caption: Prof. Dr. Guy Montgomery, Director of the Center for Behavioral Oncology at Icahn School of Medicine at Mount Sinai, New York. (credit: private)



Caption: Dr. Gandolf Finke, Mika-Founder and Managing Director (credit: Viktor Strasse)

About Mika

Mika is an app-based platform aimed at providing targeted and comprehensive support to people with cancer using digital technology. Through scientifically proven methods and techniques of therapy management, the Digital Therapeutics (DTx) helps patients to actively participate in their treatment and regain more quality of life - with daily symptom monitoring, psychologically oriented coaching courses, and AI-supported, personalized recommendations. To achieve this, Mika combines innovative machine learning technologies with a multimedia knowledge database of rigorously verified content, such as nutritional tips, exercise routines, or mindfulness training. The evidence-based content was developed in collaboration with leading oncological research institutions and tumor centers such as the Berlin Charité and the University Hospital Leipzig. As a clinically effective medical product, Mika has been shown to help reduce psychological distress in all oncological indications.

Fosanis, the Digital Health company behind Mika, was founded in Berlin in 2017 by Dr. Gandolf Finke and Dr. Jan Simon Raue and completed a Series-A financing round of more than 10 million euros in 2022. After tens of thousands of patients in Germany and the UK have already used the free DTx platform alongside their cancer therapy, the fifty-strong team of experts continues to expand its growth in the global HealthTech market. More information at www.mika.health



Editor's Note:

We are pleased to arrange interviews or background talks with Mika company founders Dr. Jan Simon Raue and Dr. Gandolf Finke, as well as Dr. Ayline Maier, co-author of the study and Head of Clinical Affairs at Mika, and Prof. Dr. Guy Montgomery, co-author of the study and Director of the Center for Behavioral Oncology at Icahn School of Medicine at Mount Sinai, New York.

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