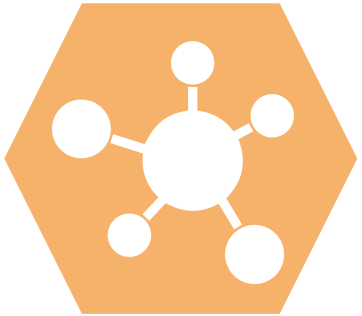
MoodPal

9:41 AM
MoodPal
Barney
Male
Beagle
Hey Charlotte!
I am your pal Barney. Together
we will find our way to health
and happiness.

System Proposal

Works with SIMS foundation,enabling Austin musicians and music industry workers to self-monitor and self-manage their mental health.

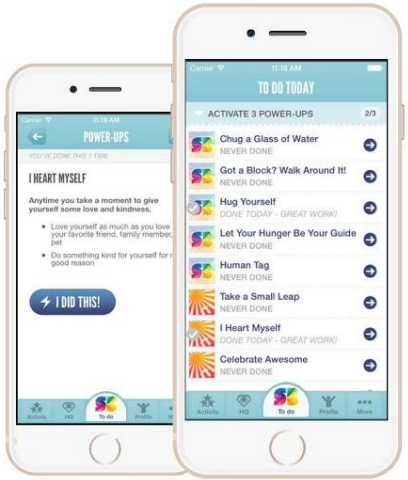
Remind user of their ongoing goal and motivation. Facilitating users' making real-time appraisals of stressors and threats, enabling positive coping responses



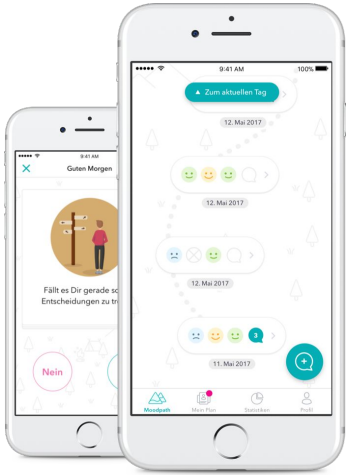
Connecting users with mental health services and social network. Create a Platform for communication

Competitive Analysis

- Virtual Hope Box
  Location: Falls Church, CA
  Founded Date: 2016
  Company name: Military Health system

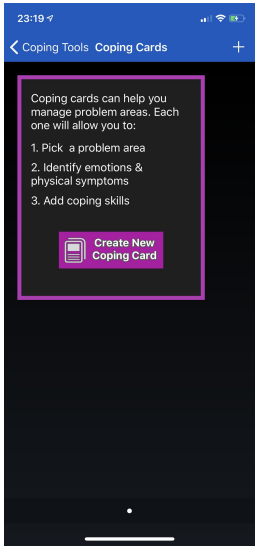


- Superbetter
  Location: San Francisco, CA
  Founded Date: 2011
  Company name: Superbetter Lab



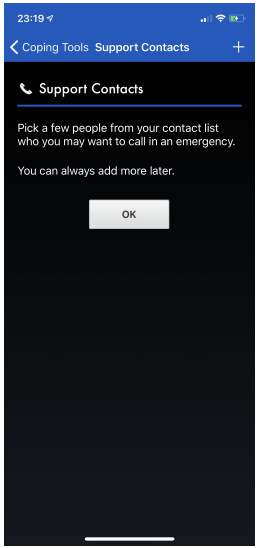
- Moodpath
  Location: Berlin, Germany
  Founded Date: 2016
  Company name: Aurora Health

Virtual Hopebox



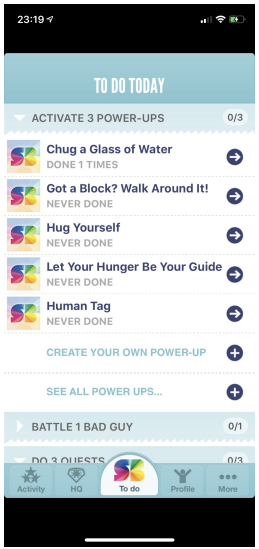
Remind user of their ongoing goal and motivation.

Simple, intuitive interface

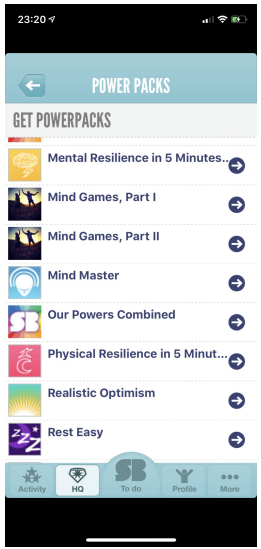


Provide both in-app therapy and support contact from physician

Superbetter



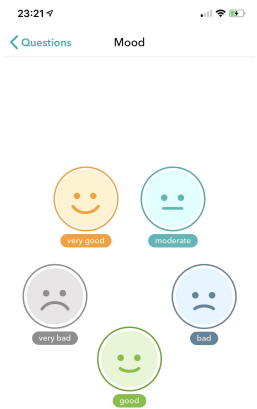
helping people to adopt a new habit through gamification challenges



Activities linked to explicit reported mood problems

Connecting users by social network and community

Moodpath

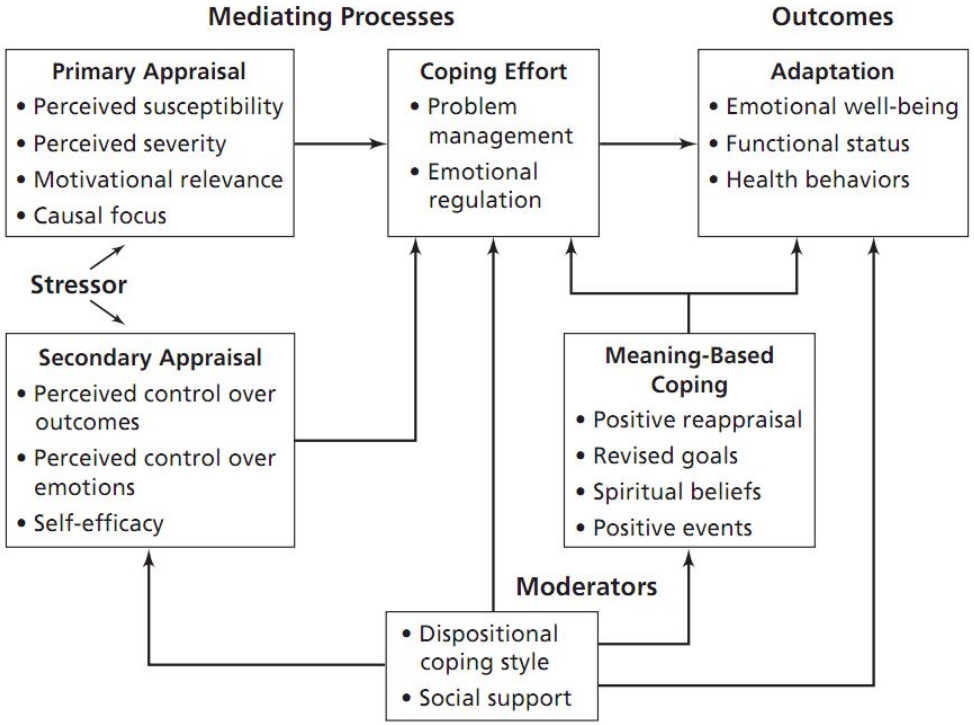


screens user well-being by asking questions on a daily basis

Provide assessment of mental health result

A broad range of psychoeducative modules that explain cause of depression

Theory Employed



Transactional Model of Stress and Coping (Lazarus & Folkman, 1984)

Theory Table

CONSTRUCT	TRANSACTIONAL MODEL COMPONENT	RATIONALE	APP FEATURE
Positive reappraisal	**Meaning-Based Coping** (positive reappraisal)	MHapp will help user activate their own value system to reappraise stressors	Customizable avatar
Problem management	**Coping Effort** (problem management)	MHapp will help user proactively manage problems as they emerge	Calendar sync
Self management	**Coping Effort** (emotional regulation)	MHapp will help user manage moods	Mood tracking

Theory Table

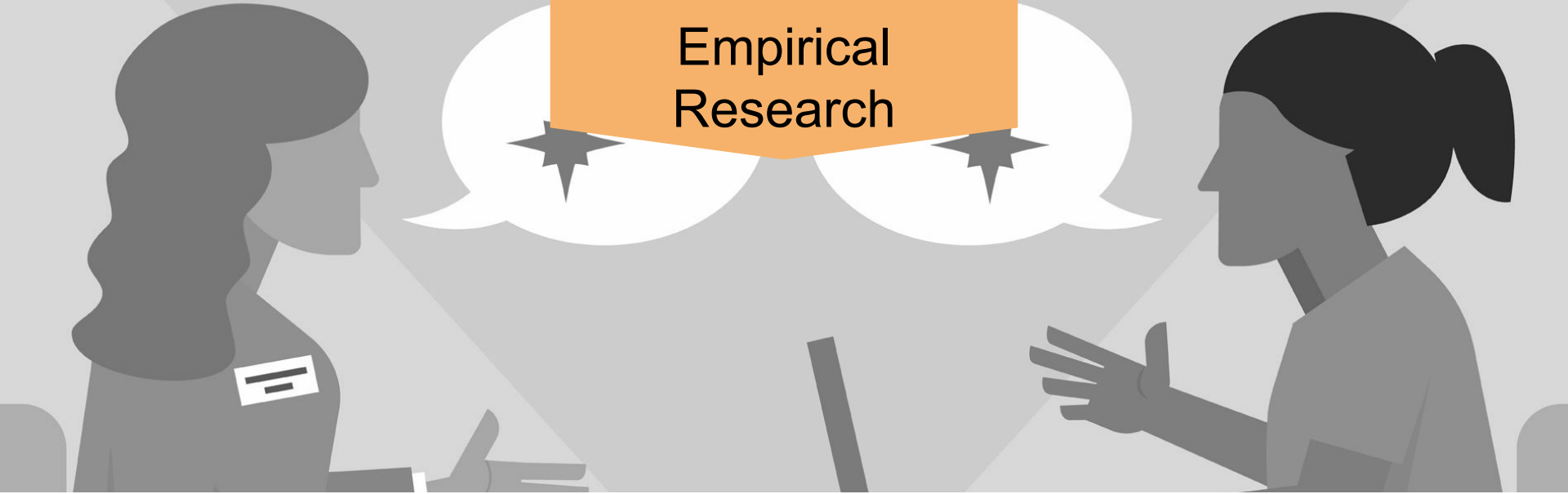
CONSTRUCT	TRANSACTIONAL MODEL COMPONENT	RATIONALE	APP FEATURE
Identify allies	**Moderator** (social support)	MHapp will enlist the user's existing support system	Contacts
High-level data visualization and analysis	**Secondary Appraisal** (Self-efficacy; perceived control over outcomes)	MHapp will provide synoptic data about user's pattern of usage over time	Insights
Crisis intervention	**Coping Effort** (problem management and emotional regulation)	MHapp avatar will direct user to real-life crisis intervention resources	Mental Health First Aid

Literature Review

- Bakker, D., Kazantzis, N., Rickwood, D., & Rickard, N. (2016)
  - Evidence of demand
    - 76% of survey respondents interested in using mobile phones for self-management/self-monitoring of mental health if service were free.
  - Promise of MHapps
    - Can make mental health more accessible and reduce barriers to treatment-seeking.
  - Challenges
    - Design principles that have led to the success of physical health apps have not been utilized in the MHapp field.
    - Evidence-based guidelines that have been developed for other mental health self-help interventions have not been applied to many MHapps.
  - 16 recommendations

Literature Review

- Avatars in MHapps
  - Rehm, I., Foenander, E., et. al. (2016)
    - Avatars can:
      - Facilitate the development of a virtual therapeutic alliance.
      - Reduce communications barriers.
      - Promote treatment-seeking through anonymity.
      - Promote expression and exploration of client identity.
      - Enable therapists to control and manipulate treatment stimuli.



- Expert interview
- Survey
  - SIMS database: Musicians in Austin
  - Inferences derived from responses received

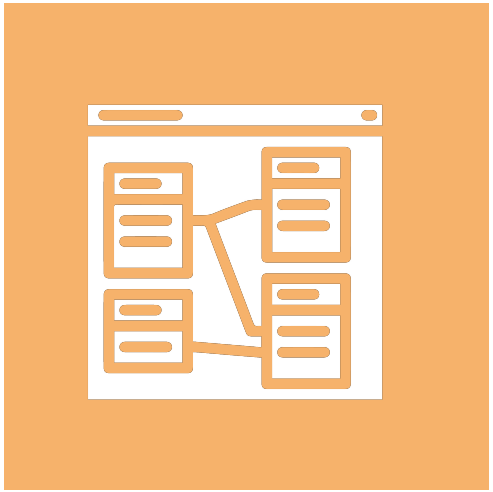
Empirical Research

- **Technology-Enabled Therapy for Behavioral and Mental Health**
  - Access with greater ease
  - Lower cost than face to-face conventional psychotherapy
  - Virtual Assistant
- **COD's (*Co-occurring Disorders*)**
  - The **Columbia-Suicide Severity Rating Scale (C-SSRS)** is a questionnaire used for suicide assessment.
  - **GAD-7** (Generalized Anxiety Disorder) is a 7-question screening tool that identifies whether a complete assessment for anxiety is indicated.
  - **Patient Health Questionnaire (PHQ-9)** is the most common screening tool to identify depression. It is available in Spanish, as well as in a modified version for adolescents
  - **"Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide"** is designed to help health care professionals quickly identify people at risk for alcohol-related problems.
  - **The Mood Disorder Questionnaire** (MDQ) includes 13 questions associated with bipolar disorder symptoms.
  - The Abbreviated PCL-C is a shortened version of the PTSD Checklist – Civilian version **(PCL-C)**. It was developed for use with in primary care or other similar general medical settings.

Features

- **Login & User Profile**
- **Customize avatar**
- **3 use cases for login**: new SIMS member, Returning SIMS member, Brand new member
- **Google calendar sync**
- **Spotify sync**
- **Contacts**
- **Journaling**
- **Mood tracking:** evidence from psychological studies to validate the questions we ask for daily tracking
- **Flag suicidal/ terminal cases**, send notification to in- house SIMS counselor assigned
- **Insights:** An analysis based on responses. The app will run on a NLP based algorithm. Each response is related to a category. Cumulatively the responses lead to one possible answer.
- **Resources**

Prototyping



- **Adobe XD, medium- high fidelity prototype**

- **User-testing:**
  Let people engage with the app prototype and get feedback

Demo

MoodPal