moodpath

Moodpath is an interactive mental health screening program that recognizes symptoms of depression. After a 14-day screening period participants receive a thorough evaluation of their mental health and support for self-help. It is available for free on iOS and Android. Further material will help participants to better understand their results and assistance in finding an expert can be provided.

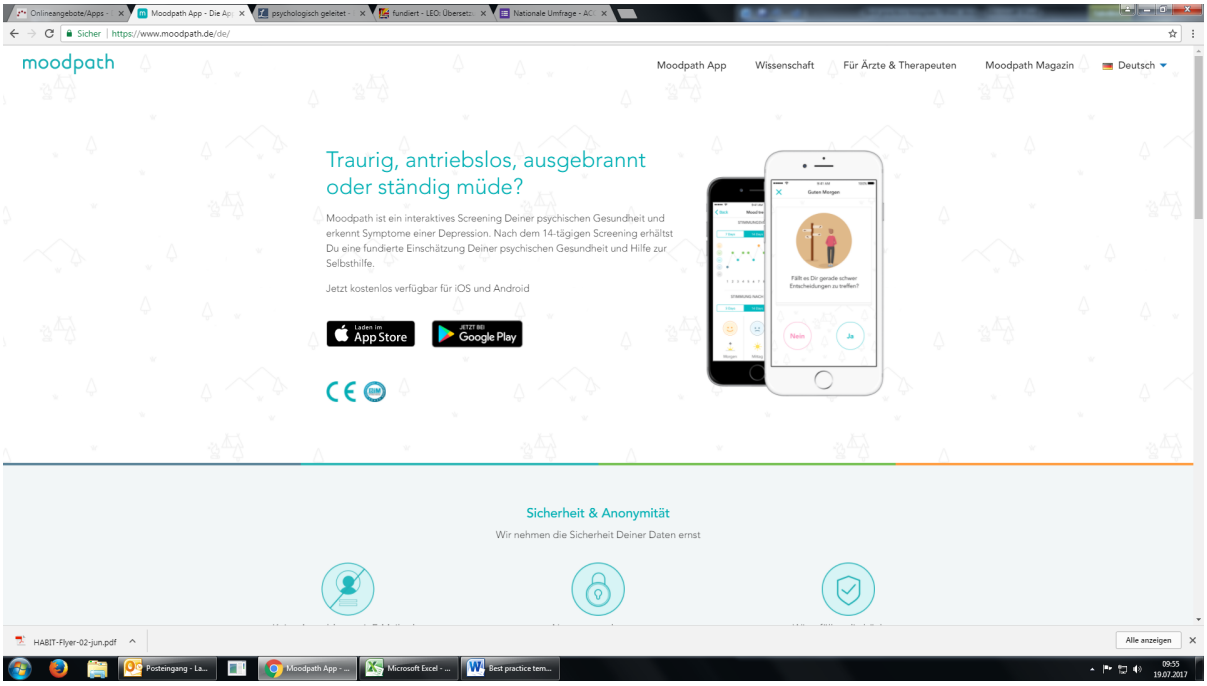
Type of Best Practice

- Screening program

Target Groups	Topics	Country
• Adults	• Depression	• Germany

Description

Moodpath is an optimized screening procedure for recognizing depression, specifically designed for the use on smartphones. The screening was developed in close cooperation with the Division of Clinical Psychological Intervention of the Free University of Berlin. During the screening, the smartphone will accompany the user in his daily life for 14 days. Thereby the collection of valid data points concerning mental illnesses that require treatment is enabled. Moodpath is currently being evaluated in a clinical study at a hospital in Berlin. Over the course of 14 days, participants will be asked about their physical and emotional well-being. Thereby participants reflect their own mood and can better understand the interplay of their thoughts, feelings, behaviour and body. They will receive a profound assessment of their state of mental health after the screening. Further material will help to learn more about their results and potential treatment options. Besides they will receive a summary of their results as a pdf file so that they can share it with their doctor or therapist. If needed, Moodpath can connect the client with experts in his/her area. Finally comprehensive information about depression can be found on the website.



Original language

German

Country

Germany

Link

https://www.moodpath.de/de/

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