

moodpath

Moodpath er vefsíða og einstaklingum er boðið að taka þátt í gagnvirku prógrammi til að finna hvort þeir þjáist af þunglyndi. Einstaklingarnir fá upplýsingar um hvernig þeir geti tekið á sínum vanda en greining kemur í ljós eftir að þeir hafa fyllt út spurningalista. Þjónustan er ókeypis. Einstaklingar á nákvæmar upplýsingar til að skilja betur erfiðleika sína og þeir geta fengið aðstoð við að finna sérfræðing.

Tegund árangursríkra aðferða

- Leitaraðferð

Markhópur

- Fullorðnir

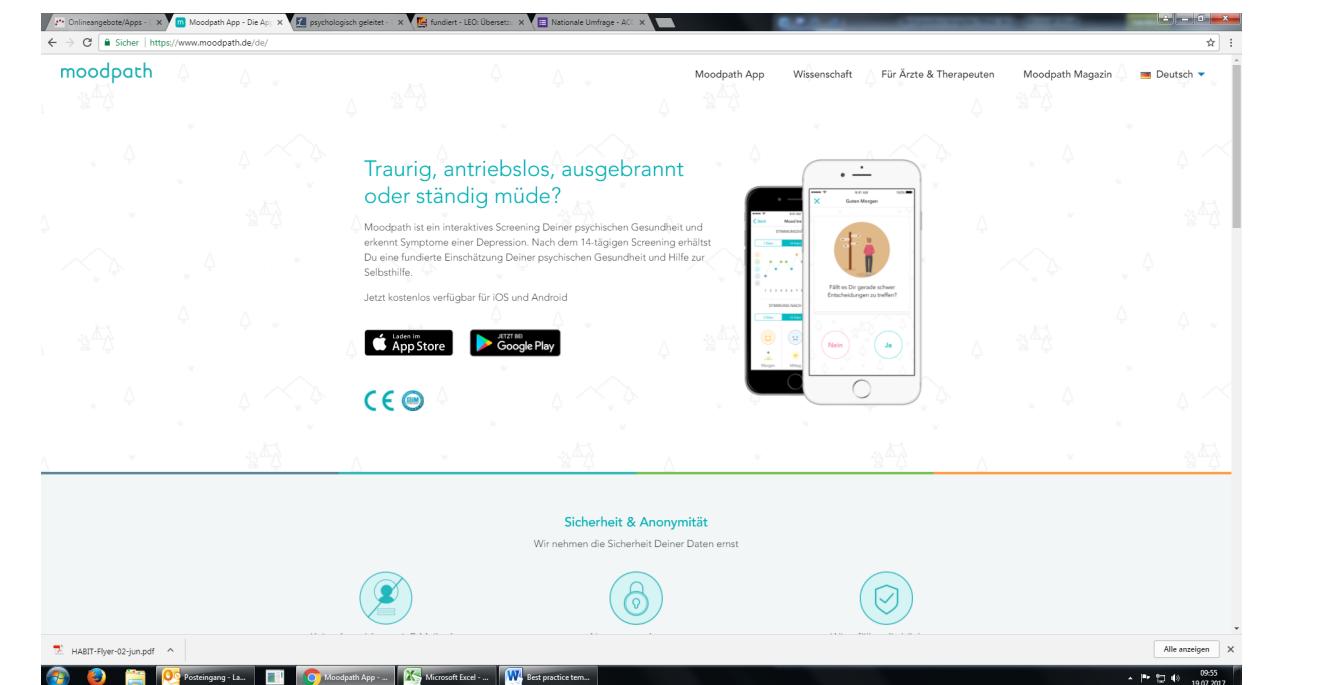
Efni

- Þunglyndi

Land

- Þýskaland

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.



The screenshot shows the moodpath.de website. The top navigation bar includes links for 'Moodpath App', 'Wissenschaft', 'Für Ärzte & Therapeuten', 'Moodpath Magazin', and a language switch to 'Deutsch'. The main content area features a forest background with a central smartphone displaying the app interface. Text on the page includes: 'Traurig, antriebslos, ausgebrannt oder ständig müde?', 'Moodpath ist ein interaktives Screening Deiner psychischen Gesundheit und erkennt Symptome einer Depression. Nach dem 14-tägigen Screening erhältst Du eine fundierte Einschätzung Deiner psychischen Gesundheit und Hilfe zur Selbsthilfe.', 'Jetzt kostenlos verfügbar für iOS und Android', download links for 'App Store' and 'Google Play', and quality assurance icons for 'CE' and 'GS'. Below this is a section titled 'Sicherheit & Anonymität' with the subtext 'Wir nehmen die Sicherheit Deiner Daten ernst' and three icons: a person with a slash over it, a padlock, and a shield.

Upphaflegt tungumál

German

Land

Germany

Tengill

<https://www.moodpath.de/de/>

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III. moodpath. Retrieved on Monday January 26, 2026 from <https://ecounselling4youth.gunet.gr/online-material/courses/TGP450/>



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Framkvæmdastjórn Evrópusambandsins, styrkir verkefnið en er ekki ábyrgt
fyrir skoðunum eða innihaldi efnis tengdu verkefninu.

<https://www.ecounselling4youth.eu/project/>