moodpath

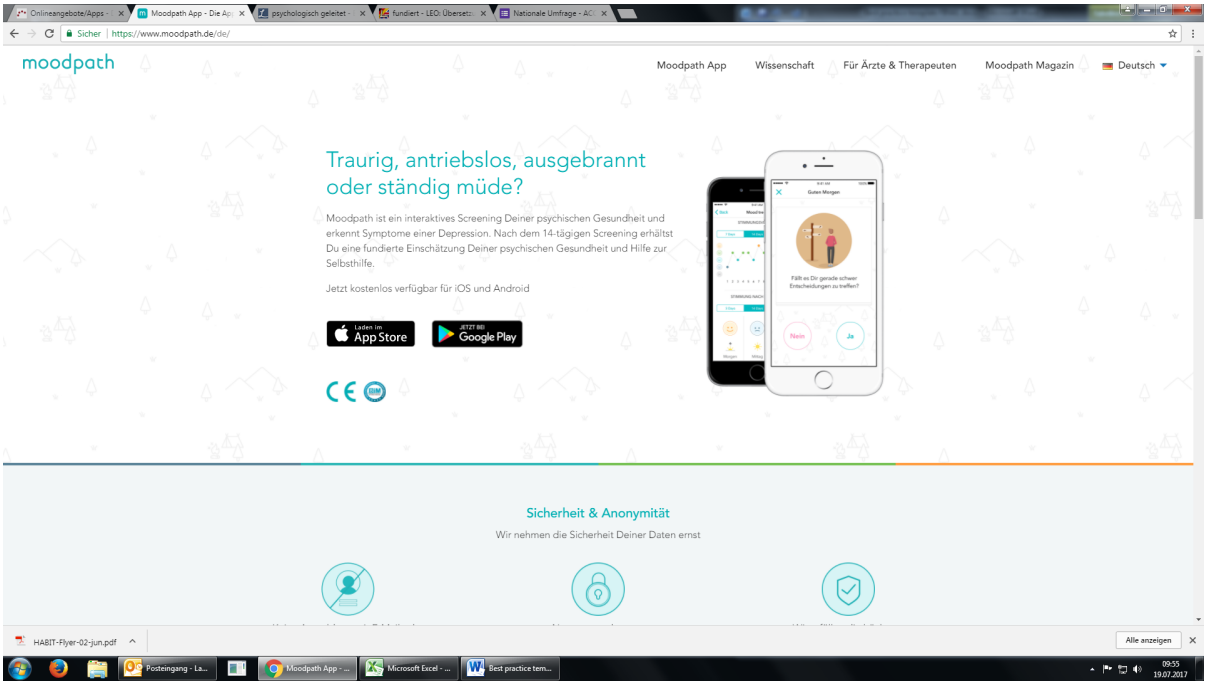
Moodpath er vefsíða og einstaklingum er boðið að taka þátt í gagnvirku prógrammi til að finna hvort þeir þjáist af þunglyndi. Einstaklingarnir fá upplýsingar um hvernig þeir geti tekið á sínum vanda en greining kemur í ljós eftir að þeir hafa fyllt út spurningalista. Þjónustan er ókeypis. Einstaklingar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

Tegund árangursríkra aðferða

- Leitaraðferð

Markhópur	Efni	Land
• Fullorðnir	• Þunglyndi	• 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.



Upphaflegt tungumál

German

Land

Germany

Tengill

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

(access date: 07/19/2017)

CC - Attribution-NonCommercial-ShareAlike
http://creativecommons.org/licenses/by-nc-sa/3.0/

ILI. *moodpath*. Retrieved on Sunday November 22, 2026 from https://ecounselling4youth.gunet.gr/online-material/courses/TGP450/

Co-funded by the Erasmus+ Programme of the European Union

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

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