moodpath

Moodpath je interaktivni program mentalnog zdravlja za prepoznavanje simptome depresije. Nakon 14-dnevnog razdoblja praćenja sudionici dobivaju temeljitu procjenu svog mentalnog zdravlja i podršku za samopomoć. Besplatno je dostupan na iOS i Androidu. Daljnji materijal će pomoći sudionicima da bolje razumiju svoje rezultate a pružena je pomoć pri pronalaženju stručnjaka za mentalno zdravlje.

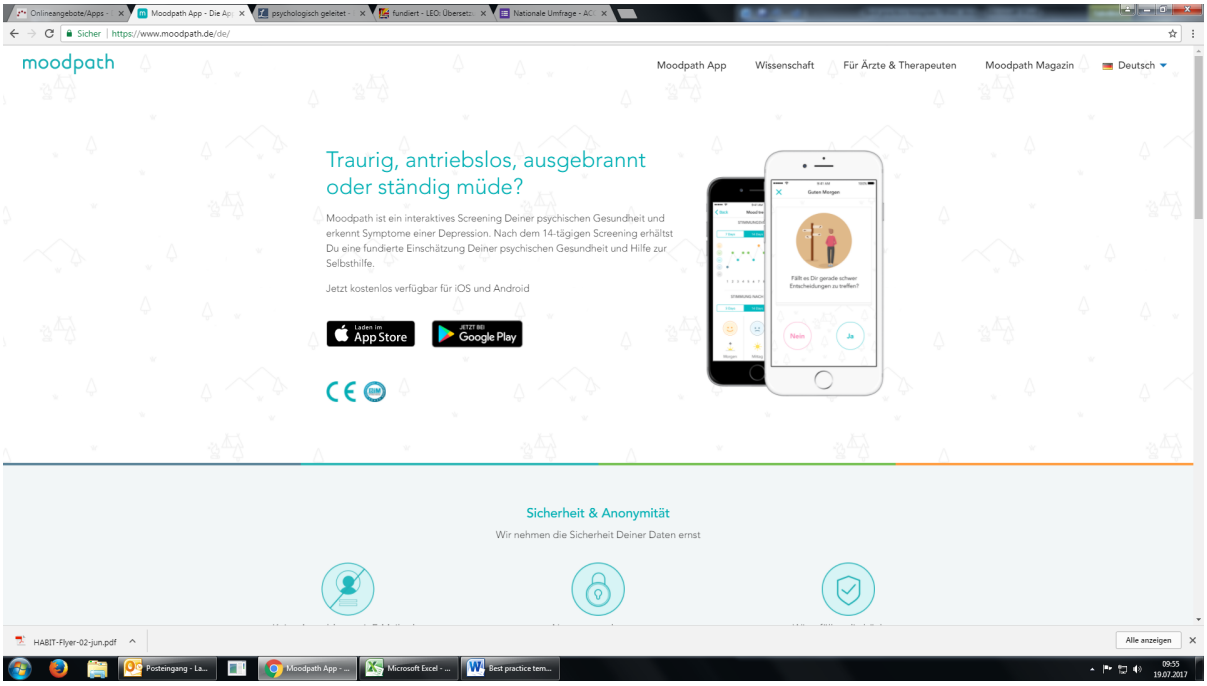
Vrsta dobre prakse

- Program probira

Ciljana skupina	Tema	Zemlja
• Odrasli	• Depresija	• Njemačka

Opis

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.



Jezik originala

German

Zemlja

Germany

Poveznica

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

(access date: 07/19/2017)

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ILI. *moodpath.* Skinuto sa Sunday November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP457/

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

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

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