Problem
When patients come in to mental health clinics and attempt to fill out mood surveys for diagnosis:

- How many days have you felt sad in the past 14 days?

Solution
A simple daily mood journal:
More accurate mood records = better diagnosis = better therapy session!

How it works?

- Daily Mood Log
  - Below Threshold: Done of the day!
  - Above Threshold: Directed to helpful resources
- Questionnaires that further inquire about the patient’s mood

Mood Journal Features

- Daily Mood Log
  - Inaccurate answers
- Patient Mood Calendar

Evaluation
- Did you have any difficulties in recalling your mood, behaviour and enjoyment in the past day?
  - No (80%)
  - Yes (20%)

- If you were seeing a therapist, would you use Mood Journal to better track your feelings?
  - No (30%)
  - Yes (70%)