

Mood Journal

Problem

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

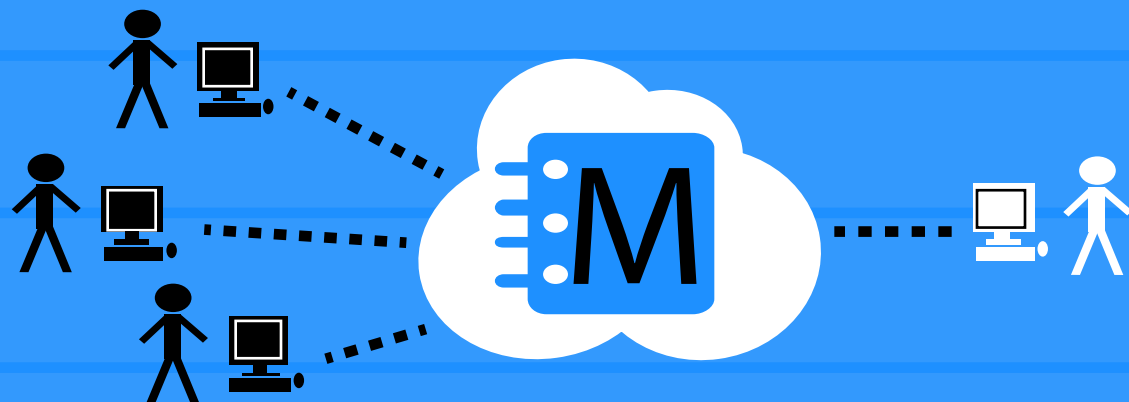
How many days have you felt sad in the past 14 days?



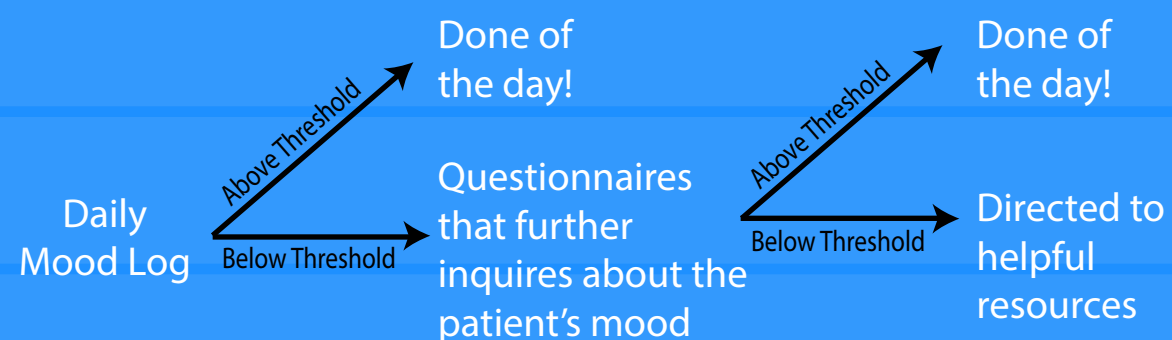
Inaccurate answers

Solution

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



How it works?



Mood Journal Features



Daily Mood Log

In the last 24 hours...

1. How would you rate your overall mood?

— 5

2. How was your energy level?

— 5

3. Have much have you enjoyed activities?

— 5

Submit

Daily mood log questions



Patient Calendar

May 2013						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
29 mood:3 energy:6 activity:2	30 mood:3 energy:6 activity:2	1 mood:3 energy:4 activity:5	2 mood:1 energy:8 activity:6	3 mood:2 energy:7 activity:5	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

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%)

