



Depression Wellness Analyzer

There is a lack of tools available for patients with depression to self-monitor their symptoms, medications and treatment plans. While there are tools that allow patients to track mood or medications, none of them incorporate personalized definitions of wellness, indicators for increased risk of suicidal intention, or input from trusted family members. Despite the paucity of literature on web-based self-monitoring tools for depression, there is growing evidence that web-based self-monitoring tools are beneficial in such treatments for weight management, heart disease, diabetes, and HIV.

Families for Depression Awareness (FFDA) built the online Depression Wellness Analyzer to educate, inform and enhance care coordination for patients with depression. It is well known that patients who are active participants and engage as partners in managing their health have improved communication with their care providers and this is true for improved management of depression. The Depression Wellness Analyzer is a tool for patient-centered management of depression. Use of the Depression Wellness Analyzer improves treatment of depression in primary care environments, improves coordination and communication among health care professionals about patients with depression, and gives patients an easy to use mechanism for communication with their clinician.

The Depression Wellness Analyzer is unique among other mood charts and online tools:

- It incorporates a personal definition of wellness for individual tracking.
- It is HIPAA compliant, as no data is stored remotely from the user computer.
- It has been tested with users (see below for details).

Online Depression Wellness Analyzer Introduction

The Online Depression Wellness Analyzer is an online application based on our unique three-step monitoring Depression Wellness Guide (Copyright, 2006). We created and tested the Guide with hundreds of families across the country, and revised it based on their feedback. Our pre- and post-surveys of a pilot group showed that users of the guide had:

- high levels of continued adherence to treatment plan (64%),
- high levels of increased knowledge about depression (70%),
- improved communication with their clinician (88%),
- improved alerts of when to contact clinician (61%),
- improved understanding of medication side effects and adverse reactions (58%).

Our pilot participants overwhelmingly requested online access to the Guide. With the online version, users can download the program to their private computer, and then save the completed results to either email to their doctor or family member, or print for their

own records. Families for Depression Awareness will not maintain any patient information nor have access to a patient's Analyzer results.

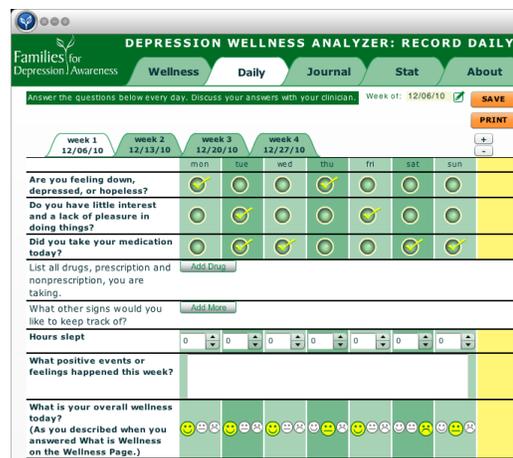
Online Depression Wellness Analyzer Description

Step One of the Analyzer asks targeted questions to help patients/caregivers map out a personal definition of wellness and determine their wellness and functioning goals for both the short and long term. This component is unique among other mood analyzers that are available online. Examples of the kinds of questions are:

- What is well and functioning?
- What is feeling or acting just ok?
- How to live an active and fulfilled life.
- How to adhere to a prescribed treatment regimen to maintain remission and prevent relapses.

Step Two of the Analyzer enables patients/caregivers to track their mood, medication, and other daily functioning (e.g., sleep) every day, to show any patterns of behavior that might lead to negative consequences. Our model is based on the PHQ-9, a well established benchmark of depression attributes. The Analyzer alerts them to possible red flags, which encourages them to call their doctor or clinician if they feel they are not doing well and thus may become non-adherent to their treatment program.

Step Three of the Analyzer is a journal to record life events and reactions to those events. Studies have shown that writing in a journal improves long term management of depression.



Benefits of The Online Depression Wellness Analyzer

The Depression Wellness Analyzer helps those with depression and their family members/friends to:

- Define their wellness, level of functioning, and goals.
- Track their mood, medication adherence, and daily functioning.
- Adhere to their prescribed course of medication/therapy.
- Stay in treatment.
- Take an active role in monitoring treatment.
- Be aware of red flags that alert them to call clinicians.
- Reduce their fear around the FDA advisory on antidepressant use and monitoring treatment.
- Discuss how their treatment is progressing with their doctor to prevent relapses and maintain adherence.
- Chart their progress between mere functioning to a level of remission and enjoyment in all areas of their life so they may stay well.

Testimonials from our users

“It allowed me to customize what I wanted to track. It got me to really stop and think about what is going on when I am and am not well, and how to tell when things start going wrong, and to talk to my family about that. And it helped me to think more about the kinds of things that I do need to pay attention to on a daily basis and to ask my family to pay attention to, so that I can ask for help before things get bad.” Cynthia from GA

“The best thing is the graph that shows patterns in my mood.” Lori from MA

“It was quick. The questions are simple to understand.” NM from OH

“It helps me reflect. It helps my husband and I communicate about my depression. It helps me realize how many positive days I have.” Traci from KY

“It records day to day, so you can see patterns. It helps me remember my medication. It gives me something to look forward to.” David from MS

“I like that it's easy to use, that it tracks a lot of different details, including space for a journal, and that I can look at short and long term charts of my moods and progress.” Evon from UT