UNIVERSITY of WASHINGTON
Department of Psychiatry and Behavioral Sciences

SPIRIT
Supporting Psychosis Innovation through Research, Implementation & Training

Mobile Applications to Support Mental Health—There's an App for That!

CBT Apps Coming Soon!

CBT2Go: Offers both assessment and personalized interventions as experiences arise that may cause an increase in symptom-related distress. CBT2Go is currently in a clinical trial phase and not available for distribution at this time. Email info@cbsst.org for more information.

PRIME: Intended to help individuals with schizophrenia improve their quality of life. Includes social networking, goal setting, and access to motivational coaches. Currently only availble to those participating in the clinical trial. Email drivelab@ucsf.edu to determine eligibility.

Focus: Targets five major domains including medication use, coping with auditory hallucinations (voices), managing mood (e.g., depression, anxiety), sleep difficulties, and enhancing social functioning. Stay updated by visiting https://www.mh4mh.org/focus.

mindLAMP: Customizable app that collects information such as step count, heart rate, and phone sensor data through brain games and Apple HealthKit data. Currently in an initial testing phase and can only be accessed by individuals who are part of a LAMP clinical study. Stay updated by visiting https://www.digitalpsych.org/lamp.html

CBT Apps Currently Available for Download

IntelliCare Apps: Includes a series of apps to help users track their goals, challenge negative thoughts, learn and develop new skills, managing worry, and more. The Hub app helps users navigate IntelliCare apps by recommending those aligned with their personal goals.

CBT-i: Developed in collaboration with the VA's National Center for PTSD to help users with insomnia improve their sleeping habits. It can be used on its own but is intended to augment therapy sessions for those with clinical insomnia.

CBT Tools for Healthy Living, Self-help Mood Diary: users record bothersome or problematic events and rate the level of distress the event caused. They list the thoughts that occurred during the event, the percentage of thoughts they believe, and the irrational beliefs they had. Users then identify the positive thoughts they and write positive feedback or outcomes from the event, before rating their distress again.

Choices by the Voices Clinic: Based off *Overcoming Distressing Voices* book, this app allows user to choose between four strategies for managing voices (voice beliefs, core beliefs, assertiveness, and coping strategies).

PeerTech: Allows users to take classes with a peer support specialist to improve both physical and mental health. Users can interact with their peer support and work towards their personal goals between classes.

Virtual Hope Box: Designed to be used by individuals and their behavioral health providers as an accessory to treatment. Intended to help with coping, relaxation, distraction, and positive thinking. Can be personalized and can then used away from clinic.

Train your Brain

T2 Mood Tracker: Developed by the VA's National Center for PTSD to help users monitor their moods on six scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Custom scales can also be built, and users can track things associated with mood changes including medication or other treatment changes.

BrainHQ: Web-based cognitive training intended for all types of users as it targets five categories of cognition: Memory, Attention, Speed, People Skills, and Intelligence. The program contains 19 exercises that address each category and adapt to users' skill level.

Happify: Designed to improve overall well-being and happiness, with influences from positive psychology, cognitive behavioral therapy and mindfulness. Each activity intends to strengthen one of the five happiness skills: savor, thankful, aspire, give, or empathize. As the user completes activities, they earn points and unlock additional activities.

MCT and more: Intended to reduce emotional problems such as sadness and loneliness by using a combination of cognitive behavioral therapy and metacognitive training techniques. Taking care of our mental wellness takes practice, and this app supports users to practice activities daily to promote mastery.

Mood Coach: Developed by VA's National Center for PTSD. Teaches and allows users to practice behavioral activation by scheduling positive activities that map on to selected values, tracking progress and mood, and providing education about depression, PTSD, and behavioral activation. Also utilizes the PHQ-9 to track depressive symptoms

STOPP app: Aims to stop the cycles of depression by giving users the option to record their feelings as they feel them and stop to think about the best course of action.

Catch it: Uses CBT to help users deal with their emotions as they experience them through three different phases—Catch it, Check it, and Change it. When the three sections are completed the mood is added to the user diary and a short recommendation is provided.

Safety

Calm Harm: An award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause using the basic principles of Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalize the app if you so wish. You will be able to track your progress and notice change.

My3 Support Network: User is able to define a safety network of 3 natural supports and develop a safety plan to use when experiencing suicidal thoughts. Users list coping strategies, people, and places that provide comfort during crises. Also allows users to access the National Suicide Hotline 24/7.

My Mental Health Crisis Plan: Allows user to develop a psychiatric advance directive or mental health advance directive to help manage crisis situations when they arise. Developed by SMI Advisor.

Relaxation

Breathe2Relax: Teaches a skill called "diaphragmatic breathing" to help users feel more relaxed. Diaphragmatic breathing, also known as "belly breathing," is a common relaxation skill utilized in a variety of treatments for anxiety and PTSD.

Breath Ball Breathing Exercise: Guides users through 4 easy breathing techniques which have been found to help relieve stress and anxiety, soothe the symptoms of COPD, lower high blood pressure and overcome sleeplessness

Headspace: Helps reduce stress and anxiety through guided meditation, tips for better sleep and wakefulness, and mindfulness practices for cooking, cleaning, etc. Also includes a wide range of meditation practices, including those for walking, running, weight loss, and relaxation.

Stop, Breathe, and Think: Offers interventions to help reduce anxiety. It allows users to record their mood, emotional state, and physical health both before and after completing activities.

Mindfulness Coach (2.0): Developed by the VA's National Center for PTSD to help users understand and adopt mindfulness practices and includes activities and assessments to help users increase their proficiency in practicing mindfulness.

*Additional mobile applications can be found at https://psyberguide.org/apps/

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