



During the first four weeks, the MindCraft app runs in the background, tracking things like steps and general noise levels. Twice daily, it will prompt you to answer a few short questions about your mood and sleep.



Baseline appointment*



Follow-up appointment*

* You will receive a £30.00 payment after completing each appointment

You'll receive a short (3-5 minutes) weekly phone call by an automated speech agent during the first four weeks, asking you simple questions about your mood and sleep.



You will wear a wristband in your day-to-day life over the course of the 12-month study. While we encourage you to keep the wristband on as much as you can, you can remove it at any time and put it back on if you wish.