Depressn't: A Mobile Cognitive-Behavioral Therapy App for Depression

Jaimy Camille D. Arcilla

1

Background

What is Cognitive Behavioral Therapy

Cognitive-Behavioral Therapy (CBT)

type of psychotherapy where thought patterns are modified to change moods and behaviors

Cognitive-Behavioral Therapy (CBT)

"It is about changing the thoughts that create bad feelings, rather than talking about feelings themselves"

Similar Apps

Similar Apps

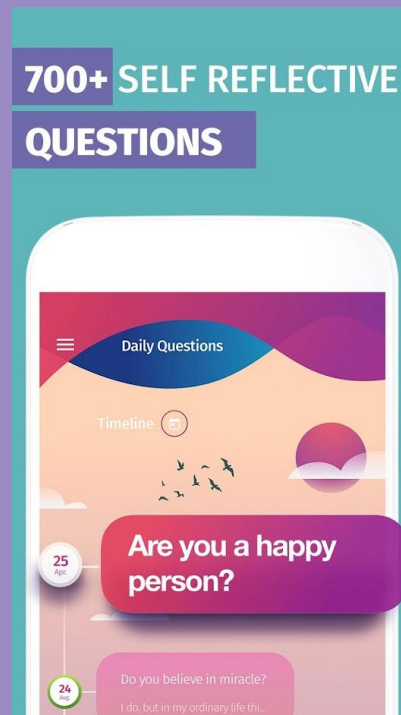## Mind Journal: Diary, Mood Tracker, & Gratitude

The app allows the user to experience mindfulness journaling that lets the user unwind, provides guided reflection wherein it improves mindfulness and teaches gratitude to the user, enables the user to track their daily mood dynamics, provides a self-analysis that encourages the user to a new way of thinking to avoid depression and lastly provides the user with an analysis on the trend of their bipolar schedules

INSIGHTS ABOUT YOUR MENTAL STATE
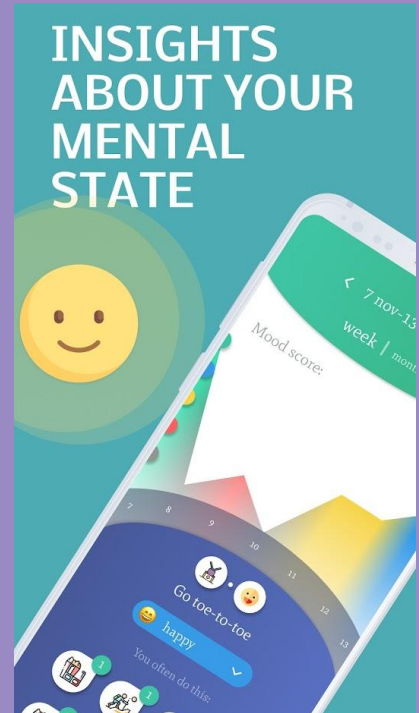
Similar Apps

Mood Tracker. Mental Health

Provides users facing mental problems with a mood tracker and self-care journal app that provides daily questions regarding the user's health, relationships, emotions, etc. to create a brief analysis on the status and possible solutions to overcome their mental instability

700+ SELF REFLECTIVE QUESTIONS

Daily Questions

Timeline

Are you a happy person?

25
Apr.

24
Aug.

Do you believe in miracle?

I do, but in my ordinary life thi...

Similar Apps

CBT Thought Diary - Mood Tracker, Journal & Record

Designed to make its users feel less stressed, anxious, frustrated, and unmotivated. The app allows the user to document their negative emotions and provides it with its respective solution/re-evaluation to lessen or balance out the user's mental health
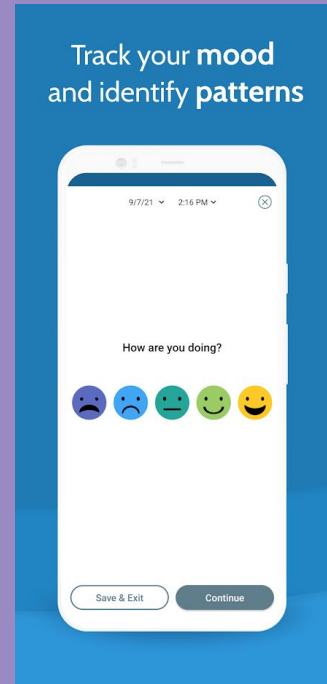
2

Problem Statement

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University students are reported to be displaying signs of depression and anxiety in many regions of the world.

About 1 of 10 Filipino young adults experience moderate to severe depression.

Problem Statement

CBT has long been used to treat depression and has been proven effective. Mobile app implementation of CBT will be helpful to these students to deal with their depression.

But most CBT techniques like cognitive restructuring, activity scheduling, and mindful meditation do not come in a single application.

3

Significance

CONVENIENCE

Significance

The application to be developed can help people with depression by helping them identify thought patterns, identify and challenge faulty thinking, explore, reframe, and restructure causes of faulty thinking, motivate them to complete tasks even when feeling low, and calm themselves and focus on physical relaxation.

4

Objectives

Objectives

- provide a framework for cognitive restructuring based on the 7-Column Thought Record by Christine A. Padesky to help identify and challenge faulty thinking through journaling and then explore, reframe, and restructure its causes
- provide an activity scheduler that includes rewards for completion to motivate users to complete tasks even when they are feeling low.
- calm the users using guided mindfulness meditation
- test the finished application's usability and efficacy through surveys

5

Scope and Limitations

Scope and Limitations

- Android only
- Covers specific techniques in CBT including activity scheduling, cognitive restructuring, and meditation
- Aimed towards university students with depression, diagnosed or not

6

Methodology

6.1

Development System

6.1 Development System

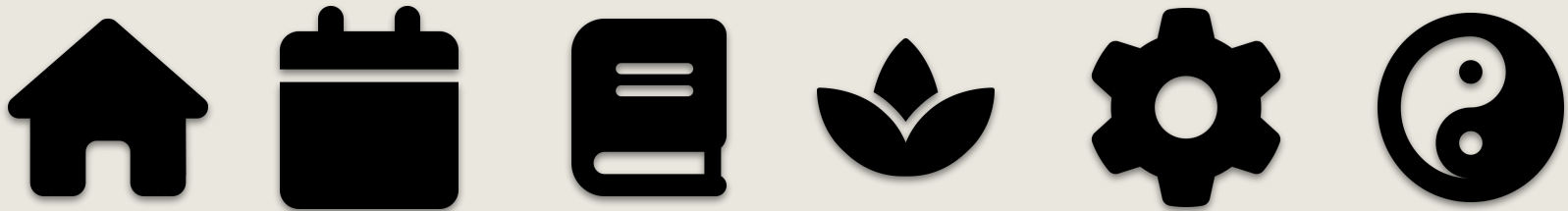The application will be developed using the React Native framework on a computer running Windows 10

6.2

Application Assets

6.2 Application Assets

Icons will be taken from the free assets library of fontawesome.com. The artists who made the free assets to be used in the app will be cited in the credits.

6.3

Application Features

6.3 Application Features

Cognitive Restructuring Framework

The cognitive restructuring tab will record the problems or situations encountered by the user and will then be analyzed.

Mindful Meditation

The mindful meditation will have two main features: breathing exercises (intended to promote effective and healthy breathing and breath control) and mindfulness meditation (type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment).
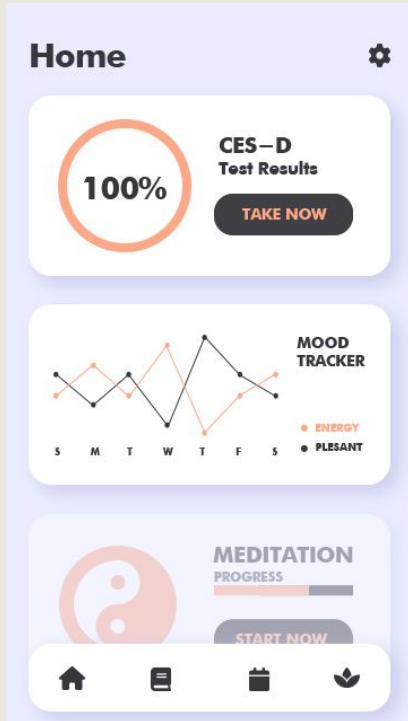
Activity Schedule

A weekly calendar will be shown where the users can schedule their activities for that day and include rewards for themselves if they finish their tasks.

6.3 Application Features

Assessment

Assessments from the previous features will be shown here. A graph of the moods from Cognitive Restructuring feature, progress with the meditation feature, and the results from the CES-D test will be included.

6.4

Usability and Efficacy Testing

6.4 Usability and Efficacy Testing

Mobile Application Rating Scale (MARS) will be used for the usability testing.

The Center for Epidemiologic Studies Depression Scale (CES-D) will be used for the efficacy test.

A total of 30 university students will use and test the app for 4 weeks. The apk will be sent to the students for testing

T-test will be used to see if there is a significant difference between the CES-D results before and after using the app. The mean of the MARS score will be used to evaluate the usability of the app.

Thank you!

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