MindShift: An Anxiety Reducing m-Health App

Targets symptoms of anxiety and depression

Compiled by Dr. Stanger’s Digital Mental Health Students Module 1, 2021

**MAIN FEATURES**

- Self journaling
- Lessons about different anxieties
- Symptom management tools and activities
- Goal setting
- Share your progress with other users!

**TIPS FOR USE**

- Use the app everyday to track your anxiety levels
- Take your goals seriously!
- Practice the given tools and challenges
- Be honest and easy on yourself!

TIPS FOR USE

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After three weeks anxiety levels of participants decreased.

22% of participants who had presented severe levels of anxiety transitioned to moderate, mild or no visible symptoms.

Rates of depression also decreased from 22% to 6.3% by week 3.

Our Feedback:
The app has good reminders on rational thinking, has great management techniques, easy to use, very informative. Overall great learning tool!