

Structured Evaluation of the Top Depression & Anxiety Self-Help Apps

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Table of Contents

Project Overview.....	2
Application Spreadsheets	3-6
Select Application Evaluations	7-14
Irrational Thinking CBT Test	7-8
Positive Activity Jackpot.....	9-10
T2 Mood Tracker	11-12
eCBT Mood.....	13-14
Other Applications.....	15-25

Project Overview

This evaluation is written by Majed Najjar under the supervision of Edwin Boudreaux and Donna Lesperance from the University of Massachusetts Medical School, Department of Emergency Medicine Research.

Purpose:

The purpose of this project is to identify and evaluate the smartphone depression and anxiety self-help apps available to the general public.

Methods Overview:

A list of apps available to both iPhones and Android phones has been compiled via a search of the app store for both phones. The key words used to conduct this search are 'apps for depression & anxiety', 'apps for depression', 'apps for anxiety', 'apps for depression self-help', and 'apps for anxiety self-help'. In addition to this a search was conducted on Google with the key words 'top smartphone apps for depression & anxiety' and 'top 10 smartphone apps for depression & anxiety'. All applications compiled are reviewed for overall quality, ease of navigation, and the main features of each. Four applications have been chosen for a more detailed, structured evaluation.

Applications for Depression and Anxiety: Android OS


App Name	# of Installs (in last 30 days)	# of Raters	Rating ¹	Price	Target Symptoms				Strategies							
					Depression	Anxiety	Panic	PTSD	Relaxation	Mindfulness & Meditation	Mood Monitoring	Journaling	Thought Monitoring and Challenging	Exposure	Pleasant Activity	Hypnosis
1. Relax Melodies	100-500K (Sept 10 – android)	2535	4.7	Free					X							
2. Cognitive Diary CBT Self-Help	50-100K (Oct 21)	243	4.6	Free	X	X						X	X			
3. Irrational Thinking CBT Test	50-100K (March 4)	184	4.6	Free	X	X							X			
4. Stop Panic & Anxiety Self-Help	100-500K (July 21)	418	4.5	Free		X	X		X			X				
5. Worry Box --- Anxiety Self-Help	50-100K (Aug 25)	233	4.5	Free	X	X			X			X				
6. Nature Sounds Relax and Sleep	500K-1mil (Sept 23)	3353	4.4	Free	X	X			X							
7. T2 Mood Tracker	10-50K (Oct 5 – android)	718	4.3	Free	X	X					X					
8. Calming Music to Simplicity	50-100K (June 13)	259	4.3	Free	X	X			X	X						
9. Breathe 2Relax	10-50K (Oct 31, 2011 – android)	42	4.3	Free		X			X							


App Name	# of	# of	Rating ¹	Price	Target Symptoms				Strategies							
10. Simply Being – Guided Meditation for Relaxation & Presence	5-10K (Oct 20, 2011 – android)	106	4.2	.99		X			X	X						
11. Qi Gong Meditation Relaxation	50-100K (June 13)	233	4.1	Free	X	X			X	X						
12. PTSD Coach	10-50K (June 16, 2011 – android)	134	4.1	Free				X	X					X		
13. BioZen	100-500 (Aug. 21)	1	4	Free							X	X				
14. Positive Activity Jackpot	500-1000 (May 23)	17	3.8	Free	X										X	
15. Mood247			N/A								X					


App Name	# of Installs (in last 30 days)	# of Raters	Rating ²	Price	Target Symptoms				Strategies							
					Depression	Anxiety	Panic	PTSD	Relaxation	Mindfulness & Meditation	Mood Monitoring	Journaling	Thought Monitoring and Challenging	Exposure	Pleasant Activity	Hypnosis
1. PE Coach		5	5	Free		X	X	X	X		X			X		
2. Breathe 2Relax		131	4.5	Free		X			X							
3. Equanimity		98	4.5	4.99					X	X		X				
4. PTSD Coach		51	4.5	Free				X	X					X		
5. Relax Melodies		25658	4	Free		X			X							
6. Anxiety Free		382	4	Free		X			X							
7. T2 Mood Tracker		95	4	Free	X	X					X	X				
8. Simply Being – Guided Meditation for Relaxation & Presence		57	4	.99		X			X	X						
9. Happy App – Beat Depression		36	4	3.99	X	X			X							X
10. iMind & Mood		26	4	1.99	X	X			X		X					
11. Tactical Breather		8	4	Free		X			X							
12. Moody Me – Mood Diary and Tracker		710	3	Free	X	X					X	X		X		
13. eCBT Mood		92	3	.99	X						X	X	X			


14. Seven Minute Stress Cure		73	3	.99	X	X			X							
15. Panic Control		36	3	1.99		X	X		X			X		X		


Select Application Evaluations

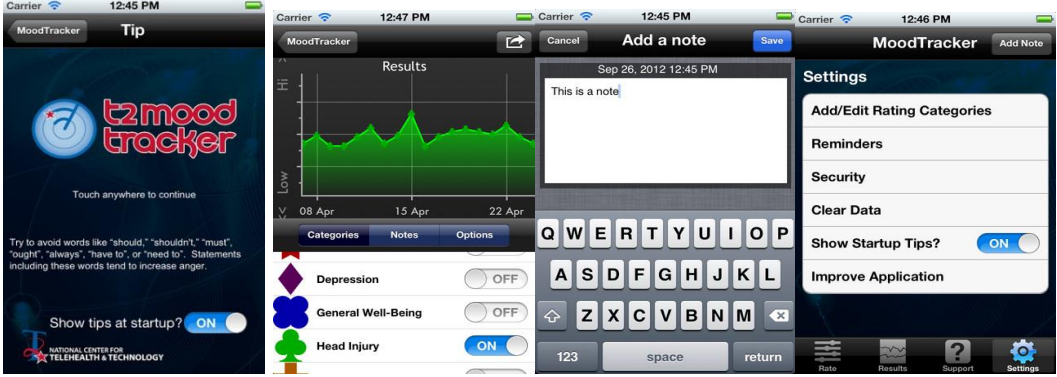
	Irrational Thinking CBT Test 
Purpose	Learn about yourself & improve your life, for self-help and self-improvement
Target Audience	General population. It is meant for personal assessment to aid in self-help for personal improvement
Users Rating³	4.6 (by 184 android users)
Design and Section Organization	<ul style="list-style-type: none"> - INFO, TEST, Results tabs on main page. - INFO tab has information about the app, CBT, How To's of the app, along with articles of these various sections for further reading - TEST tab has a set of 110 5-answer multiple choice questions for users to answer - Results tab has synopsis of the test results split into 13 styles of thinking, each concluded based on the user's answers - Depending upon the result of each style of thinking, certain articles and additional/complementary apps are suggested (i.e. Worry Box --- Anxiety Self-Help and Cognitive Diary CBT Self-Help apps) - Depending on which tab is selected 3 of 5 total tabs show up at the bottom of the screen: HOME, TEST, TERMS, RESULTS, INFO - 'About ExcelAtLife' tab at bottom of TERMS and RESULTS pages give information about ExcelAtLife as well as a link to its website.
Layout & Navigation	<ul style="list-style-type: none"> - Simple yet good layout and organization - Very straight-forward and user-friendly - Lack of graphics/illustrations/color.


External Affiliations	<ul style="list-style-type: none"> - Ads at bottom of each page except during test questions. - Sponsored by Monica A. Frank, Ph.D., clinical and sport psychologist.
Expert Content	Read psychological articles based upon cognitive-behavioral therapy and resources for personal change such as questionnaires, videos, and cognitive diaries via ExcelAtLife.com.
Authors & Oversight	<ul style="list-style-type: none"> - No authors listed - excellatlife.com is the developer's website
Readability	Very readable in all sections
Language	English appears to be the only language available
User-Generated Content	None noted
Policies	Terms of Use page available with specific instructions/warnings
Social Media & Content Sharing	None
Screenshots	
Website(s)	http://www.excelatlife.com/ https://play.google.com/store/apps/details?id=com.excelatlife.cbttest&hl=en

Positive Activity Jackpot 	
Purpose	Provide suggestions for positive activities that can be accomplished on a daily basis
Target Audience	Those with depression, self-harming behaviors, and more generally individuals without any mental health difficulties
Users Rating³	3.8 (by 17 android users)
Design and Section Organization	<ul style="list-style-type: none"> - 3 major tabs: Create Activity, My Activities, and Settings - Choice of activity either through random selections (Jackpot), user choice (Customize an Activity), or by proximity to the user (Find Something Nearby) - Each of these methods of choosing an activity follow a set of easy-to-follow and graphically stimulating steps in order to come up with a specific activity - Activities can be done alone, in pairs, or in groups; Indoor, outdoor, Water, Thoughts, Free, Road trip, Physical activity, Shopping, Restaurant/food, Travel, and Miscellaneous; over 381 possible activities - Through Jackpot and Customize an Activity options, activities are categorized and a summary of the activity and all possible Google options of specific locations that might relate to this event are given. - Through the Find Something Nearby option, activities given based on local proximity within a 30 km radius rather than category selected. - Once an activity is selected, a set of actions you can perform for activity appears (navigate to local address, call the local option, schedule the even in the phone's calendar, and contact any suggested individuals to perform activity with). - Save all activities under My Activities to view at any time and once performed, the activity can be rated (this rating system will influence the probability an activity will be recommended at random under the Jackpot tab). - Under the Settings tab is information about the app, the How To's of the app, and the different preferential aspects of the app.

Layout & Navigation	<ul style="list-style-type: none"> - Excellent layout and organization - A complex system with easy-to-follow steps.
External Affiliations	<ul style="list-style-type: none"> - Appearance of external hyperlinks.
Expert Content	<ul style="list-style-type: none"> - No professional content - Content based off of the positive event lists created by both Lewinsohn (1974) and Linehan (1993).
Authors & Oversight	<ul style="list-style-type: none"> - The app was developed by the Department of Defense National Center for Telehealth and Technology with activities selected for military service members - Contributing psychologist on app is Amanda Edwards Stewart, Ph.D.
Readability	Very readable in all sections
Language	English appears to be the only language available
User-Generated Content	None noted
Policies	Privacy & Security Policy Notice available at: http://t2health.org/privacy-policy.html
Social Media & Content Sharing	May post activity to social media such as Facebook or Twitter
Screenshots	
Website(s)	http://t2health.org/apps/positiveactivityjackpot https://play.google.com/store/apps/details?id=t2.paj&hl=en


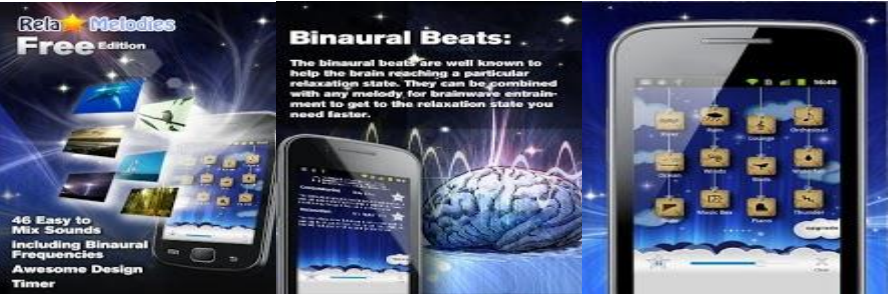


T2 Mood Tracker 	
Purpose	To help users track their emotional experience over time and to provide them with a tool to share this information with their health care provider.
Target Audience	General population. It is meant to track ones mood and the impact of daily events or medications on one's mood. But more specifically tracks anxiety, depression, head injury, PTSD and stress.
Users Rating³	4 (by 95 iPhone users) 4.3 (by 718 android users)
Design and Section Organization	<ul style="list-style-type: none"> - 4 main tabs: Rate, Results, Support, Settings. - Rate tab allows for rating of the following categories: Anxiety, Depression, General Well-Being, Head Injury, PTS (Post-traumatic Stress), Stress, and Social - Users can add custom rating categories. - Each category has 10 ratable characteristics specific to each illness/mood state. - Also an Add Note tab is present on each of the 4 tab pages that allows for writing and saving notes. - Results tab allows users to 'Graph Results' based on their ratings, 'Create Reports' with specific specifications, access 'Saved Reports', and 'View Notes' saved by user. - Graph Results option gives a colorful graph showing the categories rated, whether they are Hi or Low, and their progression over time (from last rating till current rating or based on the time table set by the user): <ul style="list-style-type: none"> o Options tab available gives user chance to show symbols designated for the different categories on the graph, show gradients for the different categories on the graph, and select the Data Range time table (30 days, 90 days, 180 days, and 1 year). o Option to 'Save to Photo Gallery' and 'Email Screenshot' under Graph Results. - Support tab offers users the opportunity to read 'About T2 Mood Tracker', receive instructions on app usage via 'Help', voice their opinion via 'Feedback' and 'Rate App', 'Tell A Friend', and receive help/contact help personal via 'Local Resources/Help.' - Settings tab allows users to 'Add/Edit Rating Categories', set 'Reminders', set a 6-digit PIN via 'Security', 'Clear Data' saved, turn on or off 'Show Startup Tips?', and turn on or off 'Improve Application.'


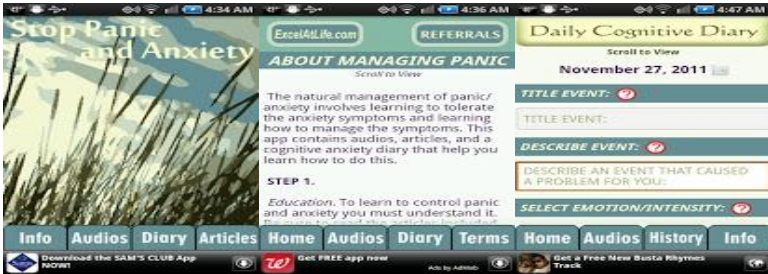


Layout & Navigation	Excellent layout and organization.
External Affiliations	None
Expert Content	No professional content.
Authors & Oversight	The app was developed by the National Center for Telehealth and Technology, a component center of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE).
Readability	Very readable in all sections.
Language	English appears to be the only language available.
User-Generated Content	User can generate PDF or CSV reports to email to health care provider.
Policies	Privacy & Security Policy Notice available at: http://t2health.org/privacy-policy.html
Social Media & Content Sharing	Generate PDF or CSV reports to print or email to health care provider.
Screenshots	
Website(s)	http://t2health.org/apps/t2-mood-tracker https://play.google.com/store/apps/details?id=com.t2.vas&hl=en https://itunes.apple.com/us/app/t2-mood-tracker/id428373825?mt=8

	<p>eCBT Mood</p> 
<p>Purpose</p>	<p>To help people who are feeling down or depressed to feel better by using the scientific principles of cognitive behavioral therapy (CBT).</p>
<p>Target Audience</p>	<p>Those with depression as well as those requiring intervention to help them address their problems.</p>
<p>Users Rating³</p>	<p>3 (by 92 iPhone users)</p>
<p>Design and Section Organization</p>	<ul style="list-style-type: none"> - Connecting thoughts, feelings and behaviors... <ul style="list-style-type: none"> o Explains important connection between thoughts, feelings, and behaviors and the importance of challenging your thoughts to help you feel better. - Main Menu page has 4 tabs: eCBT Toolbox, Daily Mood Assessment, Weekly Mood Assessment, About eCBT Mood © - eCBT Toolbox tab gives users the options to ‘Learn about Thoughts, Feelings and Behaviours’, choose from a list of preset thoughts via ‘Identify My Automatic Thoughts’, take notes via ‘Feeling and Thoughts Log’, contest/question preset thoughts via ‘Challenge Automatic Thoughts’, and ‘Identify & Challenge Core Beliefs.’ <ul style="list-style-type: none"> o Feeling and Thoughts Log gives user chance to describe any upsetting situations, then select from a list of preset automatic thoughts you had in the situation, rate how much you believe what you were telling yourself (ranging from Not At All to Completely), select from a list of choices how you felt, rate how strongly you felt like that (ranging from Not At All to Completely), and the option to challenge these thoughts. - Daily Mood Assessment & Weekly Mood Assessment give users ability to track mood and the option to email these results to care givers and others: <ul style="list-style-type: none"> o Done by answering a group of 5-answer multiple choice questions concerning feelings, moods, activities, and thoughts o An excerpt regarding suicidal tendency is provided as well as the need to seek help and contact the National Suicide Prevention Lifeline o Your score is then given along with the general category of depression it places you in and an emphasis on seeking proper treatment/management

	<ul style="list-style-type: none"> ○ A graph of your moods is then given
Layout & Navigation	<ul style="list-style-type: none"> - Easy-to-follow navigation and organization - Lack of graphics/illustrations/color.
External Affiliations	National Suicide Prevention Lifeline contact number listed.
Expert Content	No professional content.
Authors & Oversight	An electronic Cognitive Behavioral Therapy (eCBT) Tool by MindApps™ LLC © 2009.
Readability	Very readable in all sections.
Language	English appears to be the only language available.
User-Generated Content	User has ability to track mood and email these results to care givers and loved ones.
Policies	App provides a policy with a guarantee that it doesn't collect or store any information
Social Media & Content Sharing	Tracked mood results can be emailed to a caregiver and loved ones.
Screenshots	
Website(s)	http://www.mymindapps.com/ https://itunes.apple.com/us/app/ecbt-mood/id324060472?mt=8
³ Rating: minimum 0 stars, maximum 5 stars. Rating found in iTunes and Android Application stores.	

Other Applications

Application	Notes & Features	User Rating ⁴
<div style="text-align: center;">  </div> <p>Email: support@ipnossoft.com</p>	<ul style="list-style-type: none"> - Mix your favorite sounds to create your own personal melodies - 46 High quality ambient sounds including 2 binaural beat frequencies for brainwave entrainment - Timer system to stop the melodies when you go to sleep - Individual sound volume adjustment - High quality Retina graphics with unique aurora, stars and clouds animation. - Complete and easy to follow help screen <div style="text-align: center;">  </div>	<p>4.7 (android)</p> <p>4 (iPhone)</p>
<div style="text-align: center;">  </div> <p>Email problems or suggestions: excelatlife@gmail.com</p>	<ul style="list-style-type: none"> - This app can teach you how to recognize thinking that interferes with achieving your goals in life and how to change that thinking. - Use the tools of cognitive-behavioral therapy (CBT) to challenge irrational thinking. - Helps you to determine some ways to challenge the irrational thinking and once you have done that, it is important to read the rational challenges frequently until they automatically come to mind rather than the irrational thinking; done by reviewing the history of your recorded events. <div style="text-align: center;">  </div>	<p>4.6 (android)</p>

<p>Stop Panic & Anxiety Self-Help</p>  <p>Email problems or suggestions: excelatlife@gmail.com</p>	<ul style="list-style-type: none"> - Self-Help Methods to Learn to Control Panic and Anxiety. - Focuses on the fear and the fear of the sensations when having a panic attack. - Links to articles about panic/anxiety and cognitive-behavioral therapy (CBT). - Anxiety Thought Diary to learn to challenge fearful thinking. - Emotion Training Audio to learn to access calming states. - Relaxation Audios to learn deep relaxation. - Panic Assistance Audio to coach through panic attacks. - All audios can be downloaded from ExcelAtLife.com. 	<p>4.5 (android)</p>
<p>Worry Box---Anxiety Self-Help</p>  <p>Email problems or suggestions: excelatlife@gmail.com</p>	<ul style="list-style-type: none"> - Self-help for Worry and Anxiety - Cognitive diary to help you determine how to cope with the worry. - Audio to coach you through an exercise to learn how to manage worry. - Audios for relaxation and anxiety management. - Imagery and self-talk to learn how to put your worries away. - Includes articles and links to articles to help you understand the cognitive-behavioral therapy (CBT) approach to manage worry. 	<p>4.5 (android)</p>

Nature Sounds Relax and Sleep



Email:
zodinplex@gmail.com

- Choice of 6 different good quality nature relaxing sounds (sounds of nature).
- Count down timer for music relaxation therapy.
- Beautiful wallpaper for each sound of nature.
- Nature sounds relaxation techniques for some of the following reasons:
Anger management, Cardiac health, Depression therapy, Bedtime songs and bedtime sounds, General well-being, Headache therapy, High blood pressure, Immune system support, Insomnia therapy, Pain management, Stress management.



4.4 (android)

Calming Music to Simplicity











Email support:
downloadandroid.info




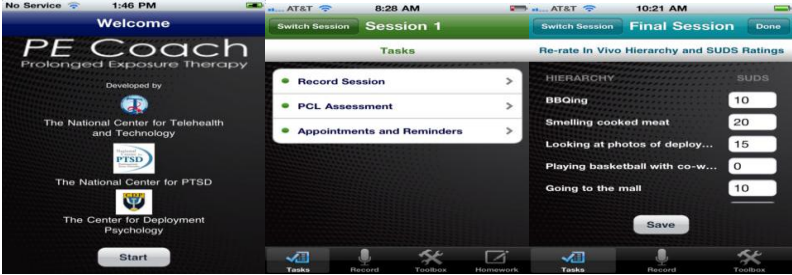
- A light music collection providing relaxing experiences through the balance and harmony in the Chinese Tai Chi way of meditation.
- Nine pieces of Chinese traditional music packed.
- Interface of Chinese style.
- Different meditative states.
- Elaborate descriptions.



4.3 (android)

<p>Breathe2Relax</p>  <p>Email: AskUs@t2health.org</p>	<ul style="list-style-type: none"> - A portable stress management tool - Provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing - Can be used alone or in tandem with directed clinical care. - Updated user interface, and streamlined functionality. - An initial setup guide to assist with tailoring the application to the user's desire. - Option of relaxation music to listen to during the breathing exercise. 	<p>4.3 (android) 4.5 (iPhone)</p>
<p>Simply Being – Guided Meditation for Relaxation and Presence</p>  <p>Email: meditate@meditationoasis.com</p>	<ul style="list-style-type: none"> - Created by Mary Maddux, MS, HTP and Richard Maddux known for their popular Meditation Oasis podcast and CDs - Voice-guided app talks you through a relaxing meditation session. - Choice of meditation length (5, 10, 15 or 20 minutes.) - Optional music/nature sounds. - Read instructions to support and enhance your meditation. - Links to support on the Meditation Oasis website. 	<p>4.2 (android) 4 (iPhone)</p>

<p style="text-align: center;">Qi Gong Meditation Relaxation</p>  <p>Email problems or suggestions: excelatlife@gmail.com</p>	<ul style="list-style-type: none"> - Articles about: meditation, relaxation, stress management & CBT. - Qi Gong relaxation audios & meditation audios & videos (YouTube). - Daily Qi Gong meditation for: <ol style="list-style-type: none"> a. Managing stress and related symptoms such as depression and anxiety. b. Reducing the impact of physical illness particularly arthritis, fibromyalgia, high blood pressure. c. Reduces pain and improves quality of life; Improves quality of sleep and reduces insomnia. - 3-main methods of relaxation: breathing, muscle relaxation, and guided imagery. 	<p>4.1 (android)</p>
<p style="text-align: center;">PTSD Coach</p>  <p>Email: julia.hoffman@va.gov</p>	<ul style="list-style-type: none"> - Designed for Veterans and military Service Members who have, or may have, Posttraumatic Stress Disorder (PTSD). - Provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help users manage the stresses of daily life with PTSD. - Users can customize tools based on their preferences and can integrate their own contacts, photos, and music. 	<p>4.1 (android) 4.5 (iPhone)</p>

<p style="text-align: center;">BioZen</p>  <p>Email: mobileapplications@t2health.org</p>	<ul style="list-style-type: none"> - One of the first mobile applications to provide users with live biofeedback data from multiple wearable body sensors covering a range of biophysiological signals, including: EEG, EMG, GSR, ECG or EKG, respiratory rate, and temperature. - Can display several brain wave bands (Delta, Theta, Alpha, Beta, and Gamma) using algorithms that may indicate relevant cognitive states. - Features a meditation module that represents biometric information with user-selectable graphics that change in response to the user's biometric data. - Automatically generates graphical feedback from the recording sessions to allow users' to create notes and monitor their progress over time. - Not designed or intended for psychological therapy or medical treatments. 	<p>4 (android)</p>
<p style="text-align: center;">PE Coach</p>  <p>Email: AskUs@t2health.org</p>	<ul style="list-style-type: none"> - Designed to be used during psychotherapy provided by a behavioral health professional that is trained in Prolonged Exposure (PE) therapy. - By itself, PE Coach is not a self-help tool. - App will guide you through the exercises assigned by your therapist. - Allows you to track and record your progress in treatment. - Provides you with techniques to help you tolerate and decrease your distress. - Help you remember and track your upcoming therapy sessions. - Audio record your sessions directly onto your phone. 	<p>5 (iPhone)</p>

Equanimity



Email:
robin@equanimity.info

- Designed to help you establish and maintain a daily meditation practice.
- Simple, inviting visual design –provides a beautiful journal for sitting notes.
- The meditation timer times your sittings.
- Displays graphical tracking giving you clear feedback on your meditation practice.
- Data can be exported from your email for printing or loading into a spreadsheet.
- A chart and bar graph illustrates your progress over the course of the year.
- Application icon optionally counts the number of days since you last meditated.
- Works in background on devices that support multitasking
- iPod music can play in background
- Easily log meditations not timed using your iPhone
- Full support for the iPhone 4 Retina Display



4.5 (iPhone)

Anxiety Free



Email:
techsupport@ican-hypnosis.com

- App introduces the iCan hypnosis brand and can be used to learn self-hypnosis for tackling many other problems.
- Audio recordings contain subliminal signals that speak to the subconscious with powerful effect.
- Audio lasts for about half an hour, but once you have learned the technique of self-hypnosis, you can use the technique for just fifteen minutes, as often as required.



4 (iPhone)

Happy App – Beat Depression



Email:
rachaemeddowsapps@gmail.com

- Soothing, therapeutic hypnotherapy tracks designed by Rachael Meddows.
- High quality, state of the art recordings.
- Choice of a short or long hypnosis induction.
- Choice of four different soothing background animations and sounds.
- Customizable wake or sleep endings with built-in alarm clock.



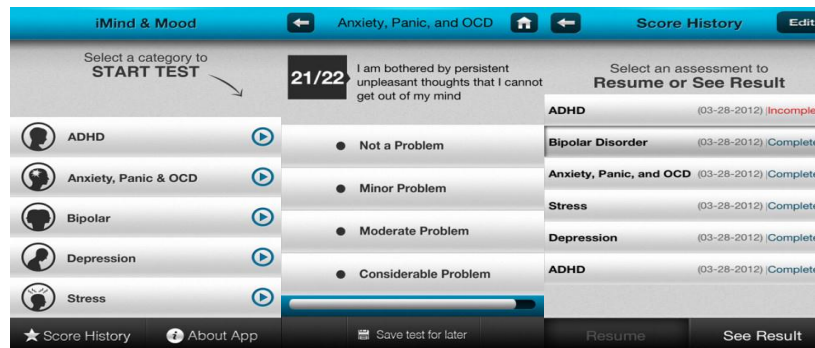
4 (iPhone)

iMind & Mood



Email:
info@m-m-clinic.com

- Get individually tailored recommendations on how you can tackle your concerns by yourself and when to seek professional help.
- Track your progress in professional treatment or through self-help measures.
- Tracking your mental health is easy by answering nine mental health questions.
- Receive highly customized feedback with deep subcategory analysis.
- Email the results to yourself or your therapist with the click of a button.



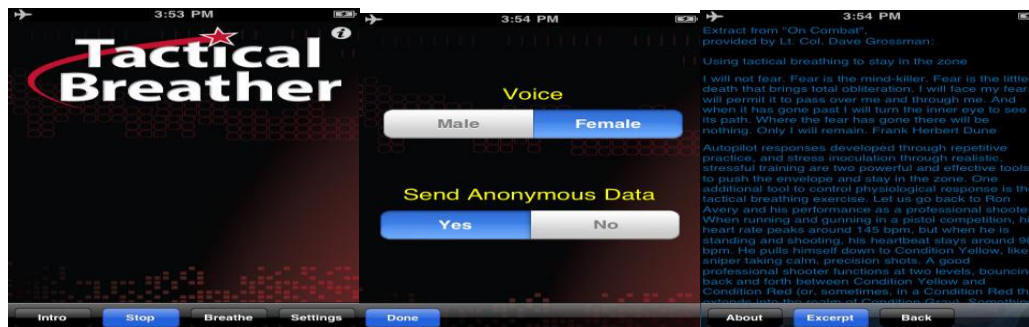
4 (iPhone)

Tactical Breather



Email:
AskUs@t2health.org

- Introduction Narrative to the Benefits of Tactical Breathing
- Tutorial on how to use Tactical Breathing
- Practice Mode to help you learn
- Settings Page to change voice gender and graphics preferences
- Excerpt Page provided by Lt. Col. Dave Grossman that displays several chapters from his book



4 (iPhone)

Moody Me – Mood Diary and Tracker



Contact Info:
<http://www.medhelp.org/contactus.htm>

- Log your mood, note what affects it and record any treatments you're taking.
- Take pictures of what makes you happy and play them back for an instant lift.
- Record events, various symptoms (like anxiety or fatigue), and any treatments you may be taking (including medications) to see exactly what affects your mood.
- See how your mood changes from day-to-day and month-to-month with graphs.
- See how your mood trended over the last 90 days to get the big-picture view.
- Calendar view shows how you were feeling and what influenced your mood.
- Post questions and get answers to your mood concerns in support communities.
- Backup your data online and access to your information from any computer.
- Add information online and have it automatically sync to your iPhone.
- Print out all your mood data from medhelp.org.







Track your mood wherever you are



See how your mood changes over time

3 (iPhone)

<p>Seven Minute Stress Cure</p>  <p>Contact Info: http://www.sevenminutesresscure.com/app/</p>	<ul style="list-style-type: none"> - Created by a Certified Hypnotherapist - Designed to relax and center a person in only seven minutes - Enhanced 3D surround sound mix 	<p>3 (iPhone)</p>
<p>Panic Control</p>  <p>Email: therapybydesign@me.com</p>	<ul style="list-style-type: none"> - App developed specifically to help people who suffer from panic attacks in the moments before, during and after an episode. - Written reminders of important facts and coping strategies. - Practical actions you can take in the moment to feel better. - Relaxing images, sounds and inspiring mantras to provoke a calmer perspective. - Tips for managing, reducing and hopefully eliminating your panic attack. - Record what's wrong in the moment and save this info to your journal. - Easy way to record dates, times and specifics of episodes to give you and/or your therapist greater insight into possible triggers. - Customize your app by adding your own soothing pictures. 	<p>3 (iPhone)</p>

Mood247



Contact Info:
<http://www.remedyhealthmedia.com/contact>

- Developed by Health Central based on technology licensed exclusively from Johns Hopkins University to help you track your daily mood.
- Provides an easy way to record how you're feeling.
- Pick a time of day to receive a text message.
- If you miss a message, Mood 24/7 will send you a reminder later.
- Track your progress online; print your chart or share it online with friends, family, or a health professional.



N/A

⁴User Rating: minimum 0 stars, maximum 5 stars. Rating found in iTunes and Android Application stores.