myCompass: Using mobile phone and web technology to improve mental health and build resilience

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Overview

• Collaborative endeavour
  o Developed by the Black Dog Institute, funded by the Commonwealth Department of Health and Ageing

• A world first
  o Public health intervention
  o Completely automated – no therapist input
  o Delivered via the internet to people’s computers and mobile phones
  o No registration fee

• >13,000 registered users

• International uptake
Global use of myCompass
Learn to manage your fear and anxiety

What is myCompass?

Nearly half of all Australians aged 16 and over will suffer from some form of stress, anxiety or depression in their lifetime and the numbers are growing.

myCompass is an interactive self-help service that aims to promote resilience and wellbeing for all Australians. myCompass is a guide to good mental health — it points you in the right direction. You can track your moods, write about them and view information and tips. You can also choose to do one of the modules designed to help you manage mild to moderate stress, anxiety and depression.

To get the most out of myCompass we recommend you:
- track at least 2 moods, feelings or events each day
- complete at least 2 of the modules & home tasks

myCompass Tools

Tracking
Build awareness of your moods, feelings, triggers and events by tracking or monitoring them. Using your mobile phone you can monitor how you are feeling anywhere at any time.

Reports
View changes in your health and behaviour over time, identify patterns and possible causes. Understand why you feel the way you do and identify starting points for taking action.

Modules
Learn new techniques to manage your moods and feelings through these interactive modules. Personal, fun and engaging – build your coping mechanisms and improve your wellbeing.

Log In
Email or Mobile Number
Password

New Here?
It only takes a moment to register, then you can start using myCompass.

Register
Tailored to a user’s needs
Profile Setup Step 1 of 3

There are many ways that stress, anxiety and depression can be felt. Please tell us about how you have been feeling over the last few weeks on a scale of 0 (not at all) to 10 (extremely).

1. How well have you been able to concentrate?

   Not At All
   0 1 2 3 4 5 6 7 8 9 10

2. How energetic have you been feeling?

   0 1 2 3 4 5 6 7 8 9 10

3. How confident have you been feeling?

   0 1 2 3 4 5 6 7 8 9 10

4. How motivated have you been feeling?

   0 1 2 3 4 5 6 7 8 9 10

5. How depressed have you been feeling?

   0 1 2 3 4 5 6 7 8 9 10

6. How anxious have you been feeling?

   0 1 2 3 4 5 6 7 8 9 10

7. How stressed have you been feeling?
Skill-building modules

- Cognitive Behaviour Therapy
- Interpersonal Psychotherapy
- Problem Solving
- Positive Psychology
myCompass modules have been developed to provide you with exercises and activities that will help you better understand some of the triggers and behaviours that may be troubling you.

**Paused Module(s)**
- **Solving Problems**
  - Resume

**Complete Module(s)**
- **Increasing Pleasurable Activities**
  - Review
  - Re-Start
- **Building Happiness & Wellbeing**
  - Review
  - Re-Start
- **Taking Charge of your Worry**
  - Review
  - Re-Start

**Recommended Modules**
- Managing Stress & Overload
- Communicating Clearly
- Solving Problems
- Managing Fear & Anxiety
- Setting SMART Goals
- Increasing Pleasurable Activities
- Sleeping Well
- Managing Loss & Major Life Changes
- Breathing & Relaxation
- Managing Stress & Overload
- Communicating Clearly
- Solving Problems
- Building Happiness & Wellbeing
- Tackling Unhelpful Thinking
- Taking Charge of your Worry
Self-monitoring
• Ecological Momentary Assessment
Track Now

You are currently tracking:

- Depression
- Diet
- Medication

How depressed do you feel right now?

Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Extremely

How satisfied do you feel right now that you have taken your prescribed medication for stress, anxiety and depression?

Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Extremely

How satisfied do you feel right now that you have eaten a balanced and healthy diet?

Not at all | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | Extremely

Where are you?  
At work

Who are you with?  
Please select

What are you doing?  
Please select

Colleagues
Friends
Family
Alone
People I don't know
Other
The more you know who you are and what it is that you want, the less things bother you.

25/03/2012 3:00 PM

Tracking Reminder: Have you monitored your feelings or tracked your behaviours at myCompass today? If not, track them now at https://m.mycompass.org.au

26/03/2012 9:00 AM

Smooth seas do not make skilful sailors
Graphical feedback
• Each data point presented alongside contextual information:
  • Who
  • Where
  • What
Reports

Reports are here to help you identify patterns in what you choose to track. By default we display the last 7 day’s data but you can customise them as you need.

Thoughts and Feelings

- Depressed

Lifestyle

- Diet
- Medication

Own Tracker - Challenges

We have not received any data for this report for the last 7 days. Click on the button(s) below to view an earlier report.
Report Details

Depression

Can you see any patterns in the graph below?

What were you doing?

Modify Report

Select a date range
Start Day: 28-May-2014
End Day: 3-Jun-2014

Select areas to show on the report
- Confident
- Motivated
- Anxious
- Depressed
- Irritable
- Restless

Update

Where are you?

At work
At home
Public transport
Alerts and warnings

From your responses, it sounds as though you are having a difficult time at the moment. We recommend that a face to face consultation with a health professional may be a better option for you, than doing the myCompass program at this stage. Your GP is likely to be the best first treatment option.

Further information about face to face health services in your area can be obtained from Lifeline's Just Ask information line on 1300 13 11 14. Lifeline can be reached on 13 11 14, if you are troubled by thoughts that you might hurt yourself. If there is a supportive family member or friend you can talk to, this is likely to be a helpful.

If you would like to continue to use myCompass at the same time, click on the button below.

To learn more about depression, you might be interested in the Black Dog Institute's Depression Education Program, which can be found here: [http://www.blackdoginstitute.org.au/public/resources/depressioneducationprogram.cfm](http://www.blackdoginstitute.org.au/public/resources/depressioneducationprogram.cfm)
myCompass RCT

Randomised Controlled Trial

Mild-to-moderate depression, anxiety and/or stress randomised to:

- myCompass
- Placebo
- Waitlist

Symptoms and functioning assessed at:

- Baseline
- Post intervention
- 3 month follow up
Work and social impairment

WSAS

- myCompass
- AC

Total score

Baseline  | Post  | Follow-up

10  | 12  | 14

20
Mental health symptoms

DASS Total

DASS Depression

DASS Anxiety

DASS Stress

myCompass

AC
Where to next?

Research
• The mechanisms of change
• High risk groups
• Further module development

Continuous quality improvement
• Ease of use/feedback/flexibility
• Evidence-based

Dissemination
• Translation
• Linkages, e.g., health, industry and the corporate sectors
Acknowledgements

A/Prof Judy Proudfoot
Director eHealth
Black Dog Institute

Prof Helen Christensen
Executive Director
Black Dog Institute

Dr Andrea Fogarty
Research Officer
Black Dog Institute

The myCompass team, including
Cesar Anonuevo, Jacinto Santamaria, Vijaya Manicavasagar,
Dusan Hadzi-Pavlovic, Gordon Parker, Alexis Whitton, Mary-Rose Birch
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